Clip Book

(April-June 2021)
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100k in 30 Days for Breast Cancer Ireland

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Galway Bay FM @ 03-Jun-2021 11:44:12 AM

100k in 30days fundraiser begins

Jerry Springer shout out for the Pink Army

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Pink Army marches past €1m in first three days

The Argus - 6/8/2021 12:00:00 AM

down your way

Nenagh Guardian - 6/12/2021 12:00:00 AM

GAA ROUND UP

Nenagh Guardian - 6/12/2021 12:00:00 AM

Local pink army help raise €1m

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Pink Army marches past €1m in first three days

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An incredible €1m raised within just 3 Days, by 100k in 30 Days event to support Breast

Northern Standard - 6/10/2021 12:00:00 AM

Lorraine Keane Broadcaster

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Today FM @ 14-Jun-2021 12:26 - (breast)

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sonrai wanted how and's autographs it wasn't her son or his daughter he got them so he could donate them for auction to raise money for a centre in Romania that provide therapy for those with autism quite an absolute legend so that's why he did what a star bar a little and I how and the insights and I mean the case that criticism and he probably knew well we needed this he was going to be criticised and he still went and in that respect my man Yes because he knows both the yellow and red card will raise a tonic cash because how and I say is such a high spot Mescal of the football world in every and put pen to paper and everyone 100 where the O'Neill start I said all men because it's got all the talent they have It's a new era in him in the line of work broke protocol I think it is not about films in this job you interviewed last famous people in the line of duty in the light you see I have Yes I talk about this a lot I got Ed Sheeran to wear a bra for charity they Yeah Yeah for and for breast Cancer Ireland for might check those poppy campaign and needed he was really sound about it and Yeah it was lovely and as well I think the nice little cream numbered only free even if it goes well Yeah it's lovely can I have the wire support it gave the underwire as well Yeah I know just wondering about the line of duty there when Gary stop people comparatively little black book and pay in say they pulled over someone famous now nothing Daniel O'Donnell would ever be stuck for any other reason than a checkpoint to rise do you think they might be like in a sign that their from the idea I think the guards have loads of autographs a man in a black pen I let the office it's like we are I know I have done nothing and that's okay with my little sing song gives you a lot about the garden listening to have mud grass Oh 8.1 or two of them we love the year if we lose lose Best signature in a little black book Oh 1.1 7 Eireann's come up in just a couple of minutes here she's 2000 euro for a win that is the jackpot on know that noise first the latest from Ed Sheeran after cracks really think dishes in your head OK he's gone Oh my God is with us here there's and I have done this since the Oh Yeah I really love to the be me Oh my
SCOTSTOWN LADIES RUN AROUND IRELAND RAISES €11,420

Pictured is Mary Callery from the Crocus Cancer Support Group in Monaghan, accepting the presentation of €5,710 from some of the representatives of the Scotstown Ladies GFC Senior Team and management, Laura Carey, right and Alanna and Abbie McCarey. The money is half of the proceeds of the teams virtual run around Ireland, which raised a total of €11,420, with a matching amount presented to Breast Cancer Ireland. The players and management were delighted to have raised such a generous amount and thanked everybody who supported them in the fundraiser, with support from sportspeople and celebrities from around the country also forthcoming, along with the donations that they received. ©Rory Geary/The Northern Standard
Scotstown Ladies Run Around Ireland Raises €11,420

Pictured is Mary Callery from the Crocus Cancer Support Group in Monaghan, accepting the presentation of €5,710 from some of the representatives of the Scotstown Ladies GFC Senior Team and management, Laura Carey, right and Alanna and Abbie McCarey. The money is half of the proceeds of the team’s virtual run around Ireland, which raised a total of €11,420, with a matching amount presented to Breast Cancer Ireland. The players and management were delighted to have raised such a generous amount and thanked everybody who supported them in the fundraiser, with support from sportspeople and celebrities from around the country also forthcoming, along with the donations that they received. ©Rory Geary/The Northern Standard
Images of the Weekend

NO LIGHTWEIGHTS: Ireland's Fintan McCarthy (left) and Paul O'Donovan celebrate winning the Lightweight Men's Double A Final by showing off their 1st place medals at the 2021 European Rowing Championships at Varese, Italy. Photograph: Detlev Seyb/Inpho

DOUBLE FIRST: Jockey Rachael Blackmore rides Minella Times to become the first female jockey to win the Grand National Handicap Chase on Grand National Day at Aintree Racecourse in Liverpool, England, on Saturday. Photograph: Scott Heppell/AFP/Getty

WE ARE FAMILY: Derek Jennings, from Clondalkin, Dublin, with daughter Hannah and wife Lisa, after he was released from mandatory hotel quarantine at the Crowne Plaza Dublin Airport hotel, Northwood Park, Santry Demesne, Dublin. Photograph: Tom Honan

HOME EVICTION: Conor Fanning carries his LP records after he was evicted from his home at St Joseph's Place in Dublin city. Photograph: Tom Honan

FAMOUS LAST WORDS: Prof Linda Doyle, newly elected as first female provost of Trinity College Dublin in its 429-year history, beside the campus statue of George Salmon, whose words are still infamous in Trinity: "Over my dead body will women enter this college." Photograph: Nick Bradshaw

COOL CANTER: Andrew Gosson exercises his horse Cosmo Reynor on Portmarnock Beach in Dublin. Photograph: Tom Honan

MELLOW YELLOW: People walking along Howth Pier, Co Dublin, at sunrise. Photograph: Tom Honan

SINGLE FILE: Walkers on the South Bull Wall in Dublin Bay. Photograph: Nick Bradshaw

PRINCELY PASSING: Maise Cairns (18 months) holds a card in tribute to the late Prince Philip at the gates of Hillsborough Castle in Northern Ireland during a 41-round gun salute, following the announcement of the death of the Duke of Edinburgh at the age of 99. Photograph: Brian Lawless/PA Wire

IN THE PINK: Fiona Morgan-Coleman, a breast cancer survivor and garda from Shrule, Co Mayo, at the launch of the 100k in 30 Days event in aid of Breast Cancer Ireland. The event invites participants to walk, jog, run or wheel a total of 100km during the month of June to help raise funds for the charity. Funds raised will go towards a clinical trials centre at the new Breast Cancer Research Centre on the grounds of Beaumont Hospital, Dublin. Photograph: Leon Farrell/Photocall Ireland

HOME GUTTED: A woman cries next to the burnt-out debris of her shanty dwelling at a slum in Noida, a suburb of New Delhi, India. Two children were killed and more than 150 huts in the slum, inhabited mostly by ragpickers, were gutted in a fire on Sunday afternoon. Photograph: Altaf Qadri/AP Photo

LOCKDOWN LOCKSTEP: Dancers perfom Mozart a 2 et Sinfonia (Mozart at 2 and Sinfonia) by French choreographer Thierry Malandain, which is inspired by the Covid-19 lockdown, at the Victoria Eugenia Antzokia theatre in the Spanish Basque city of San Sebastian. Photograph: Ander Gillenea/AFP/Getty

NEPALESE NEW YEAR: Nepalese devotees participate in the Biska Jatra Festival in Bhaktapur, Nepal, on Saturday. During this event, also regarded as Nepalese New Year, images of Hindu god Bhairava and his female counterpart Bhadrakali are enshrined in two large chariots and pulled to an open square, after which rituals and festivities are performed. Photograph: Niranjan Shrestha/AP Photo

RIDER ON THE STORM: Roscoe Jarboe, of New Plymouth, Idaho, takes a spill during the bullriding event at the RAM National Circuit Finals Rodeo, Silver Spurs Arena, Osceola Heritage Park, Kissimmee, Florida. More than 200 riders were competing. Photograph: Joe Burbank/Orlando Sentinel/AP

HOT STUFF: A man in swimming trunks, wearing a face mask against coronavirus, joins other skiers and snowboarders for the Boogel Woogel festival at the mountain resort of Krasnaya Polyana near the Black Sea resort of Sochi, Russia. Photograph: Artur Lebedev/AP Photo
Green on red with Conor Halpin I didn't mention they got a new album called 1963 and tell us a little bit more have Dara Quilty with me there are in your own words tell us what's the crack with a pen at the moment the crack in my mind is blown and the number one Independent album on the Official Albums Chart and the number of new album in the country right now behind Justin Bieber they can there be more crack that may get you a lovely girl give me I was 10 the numbers I was with my mum and Justin Bieber with a 100 and one failed ahead of us we are at one Mail Online the be and bananas and look the album itself as 1963 all proceeds going to the Marie Keating Foundation is there a reason why you got involved with the Marie Keating Foundation a 100 % so I've said publicly that my mom living with stage 4 metastatic breast cancer Unfortunately some people have to deal with breast cancer in their lifetime Fortunately others live their entire life without ever being breast cancer that figure in Ireland and real than actually a 3700 will and every single year signature are told they have breast cancer and that terrifying my mother's first diagnosed in 2010 and 19 chemo and affect me in the operation and the hormone therapy the radiation therapy for I've seen a lot of work when Anthony Hanover 12 hours of them so I didn't really know what we got on so all I heard was it finally got it he's gonna be okay the doctors said I never really thought about how she was practising and she's an Irish mammy and what do Irish mammy take Conor they say I'm grand and the rather Grand loved even when they're not around and she was the Grand and even you know she got 5 years appears she finally and then you know eventually when we figured out that the weather is Fine we got we've got support and Murtagh got support I saw the mum had growing up but returned and it was served basis then they would like she'd right next to the Alliance support in any cancer are any traumatic experiences absolutely crucial so I can read them to the Marie Keating Foundation because I mean there are various Catholic charity breast Cancer Ireland their money goes into the cancer research and that's really important I want to I will now create an awareness of the need for support side of cancer because that's what the Marie Keating Foundation does a review set up by Ronan Keating and his sister Linda Keating when their mother passed away from breast cancer over 20 years ago and I called I can't indicate and she didn't even ask who it was or anything about my career she out on a limb and Mark what's your name how she how are you doing she getting treatment with their doctor and the first 30 minutes that were not about me now Emma music not about fundraising not about money but rather my mum that's why that line that's when I knew the It was the right thing to do what we've done is thanks to a great Irish company got Dublin via not we get be limited additional White TD digital there are no go on sale the tally music duck up and were giving 100 % of the proceeds to the Marie Keating Foundation because Conor my goal was for the dog I think Yeah and you open your Spotify Apple Music had been at sea a record that was my goal now I know it but Spotify and Apple Music pay very much actually I think I gave them more money they give me night I give them a nice balance I like that about him the there's nothing in training and out of this and why with a tally music duck calm no we can control the money there and every single sales build on going the album's release on April second and this is why I am amazed that when the
Duo's virtual cancer stroll due to begin

A COUPLE who have raised more than €1.2million for Breast Cancer Ireland yesterday launched a new 100k in 30 days virtual initiative.

Niall Carroll and Cara McAdam, from Co Louth, said the fundraiser is aimed at strollers, walkers, joggers and runners.

Mr Carroll, who established the event in support of Cara following her cancer diagnosis, said: "We're aiming to increase participation this year to 20,000, and have full confidence that once again our 'pink army' from all of the island of Ireland will jump on board and get involved."

Registration will open on Thursday, April 15 via www.100kin30days.ie.
‘Don’t delay going for cancer check’

Nicole Glennon

When Madeleine McCool first discovered a lump on her right breast while in the shower, she didn’t pay much heed to it.

“I have two young kids, I was working full time,” she said, by way of explanation. “I did ignore it for a couple of weeks.”

However, a few weeks after, when she ended up in her doctor’s surgery for another reason, with her son, she decided to mention it. Three weeks later, she was diagnosed with a grade-three tumour:

“My oncologist referred to it as a nasty... but I was very lucky because I caught it at stage one,” said Ms McCool.

“If I had ignored that for any longer, my diagnosis probably would have been very different.”

Like many breast cancer survivors, the mother of two from Carrigaline, Co Cork, was inspired to share her story in the hopes of raising awareness and ensuring more people got a “good prognosis” as she did.

That, and her belief that research is ensuring more people not only survive breast cancer but thrive, is what made her sign up as an ambassador for this year’s 100km in 30 Days challenge for Breast Cancer Ireland.

The challenge was initiated last year by Louth couple Niall Carroll and Cara McAdam, following Ms McCool’s own breast cancer diagnosis in 2019. It was a resounding success, raising over €1.2m, with participants in more than 30 countries.

This year, the virtual event is hoping to reach 20,000 participants, who can stroll, walk, jog, or run the 10km during the month of June. Proceeds from the event will help fund life-saving research and the provision of breast health education and awareness programmes nationwide by Breast Cancer Ireland.

For Ms McCool, it is a cause near to her heart, as she knows the importance of funding both research and awareness programmes.

“It was never as bad as I feared. I know everyone’s story is different and everyone’s treatment is different, but it is so treatable and I suppose that’s the reason why funding for ongoing research is so important because it’s those improvements that are changing it from ‘oh my God I’ve got breast cancer, and I’m going to die’ to ‘I’ve got breast cancer but it’s survivable’,” she said.

Ms McCool said there is a fear that Covid-19 might prevent people from visiting their doctor, and that people will end up with a further progressed cancer prognosis as a result. Her message is simple: Don’t delay.

“If there’s anything unusual at all, not even a lump, if there’s anything that you’re uncertain about, don’t feel silly about getting checked or feel like ‘oh sure it’s probably nothing, I don’t want to be wasting their time’. Nobody will ever think that, just go get it checked.

“For people that are going through it, I think you will realise that you’re braver than you might give yourself credit for... you will look back and go, wow I did that,” she said.

Registrations for the event open at 100kin30days.ie on Thursday, April 15.
100km in 30 Days Challenge ambassador Madeleine McCoole with Alec and Aaron McGarry from Carrigaline, Co Cork, at the launch of the event in aid of Breast Cancer Ireland. Registrations open at 100kin30days.ie on Thursday.

Picture: Leon Farrell

Madeleine McCoole with her family. With two young children and a full-time job, she admits initially ignoring a lump on her breast.
'Don't delay or feel silly about getting checked out', says Cork cancer survivor

Mother's belief that research is ensuring more people not only survive breast cancer, but thrive, is what made her sign up to be an ambassador for this year's 100km in 30 Days challenge for Breast Cancer Ireland.

When Madeleine McCoole first discovered a lump on her right breast in the shower, she didn't think much of it.

"I have two young kids, I was working full time," she said, by way of explanation.

"I did ignore it for a couple of weeks."

But when, a few weeks later, she ended up in her doctors with her son for another reason, she decided to mention it.

Three weeks later, she was diagnosed with a grade 3 tumour.

"My oncologist referred to it as a nasty ... but I was very lucky because I caught it at stage one."

"If I had ignored that for any longer ... my diagnosis probably would have been very different."

Like many breast cancer survivors, the mother of two from Carrigaline, Co Cork, has been inspired to share her story in the hopes of raising awareness and ensuring more people get a 'good prognosis', as she did.

That, and her belief that research is ensuring more people not only survive breast cancer, but thrive, is what made her sign up to be an ambassador for this year's 100km in 30 Days challenge for Breast Cancer Ireland.

The challenge was organised last year by Louth couple Niall Carroll and Cara McAdam, following Ms McAdam's breast cancer diagnosis in 2019.

It was a resounding success, raising over €1.2m, with participants in more than 34 countries.

This year, the virtual event is hoping to reach 20,000 participants who can stroll, walk, jog or run the 100km during the month of June.

Proceeds will go towards the establishment of a state-of-the-art clinical trials centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, along with funding specialist breast cancer research nurses in the designated cancer centres all across Ireland.

Funds raised will also support the Breast Cancer Ireland education and outreach programmes delivered nationally to schools, companies, and community groups.

For Ms McCoole, it is a cause dear to her heart, as she knows how important funding for research and awareness programmes is.

"It was never as bad as I feared. I know everyone's story is different and everyone's treatment is different, but it is so treatable and I suppose that's the reason why funding for ongoing research is so important."

"It's those improvements that are changing it from 'oh my god I've got breast cancer, am I going to die?' to 'I've got breast cancer but it's survivable.'"

She also saw the role research has in treating cancer and preventing its reoccurrence.

"At the start, it wasn't clear whether I'd need chemotherapy or not and they did an Oncotype DX test, which is a genetic test to determine the likelihood of cancer returning or not," she explained.

Read More

Two cancer research projects receive funding boost from charity

"Even just around the time that we were waiting on results of that, new research came out in relation to how effective chemo was, depending on whether you came out, low, medium or high on that test, and that fed into the treatment that I got."

"I came out high which meant that I had a high chance of my cancer returning."

"A few years ago my treatment probably would have been my surgery and radiotherapy but there probably would have been a very high chance of it returning, whereas now because of this research, they know that chemotherapy can actually help prevent it returning. So I went through chemotherapy as well as radiotherapy."

Ms McCoole said there is a fear at the moment that Covid-19 might prevent people from visiting their doctor, and that people will end up with a more progressed cancer prognosis as a result.
Her message is simple: Don’t delay.

“If there’s anything unusual at all, not even a lump, if there’s anything that you’re uncertain about, don’t feel silly about getting checked or feel like ‘oh sure, it’s probably nothing I don’t want to be wasting their time’ … nobody will ever think that, just go get it checked.”

“For people that are going through it, I think you will realise that you’re braver than you might give yourself credit for … you will look back and go, ‘wow I did that’.”

Registrations for the event will open at 100kin30days.ie on Thursday.

Irish researchers help identify genes which can predict breast cancer

Watch: Is it Fungie? Possible sighting six months after vanishing

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Caption:
Madeleine McCoole, breast cancer survivor and 100k in 30 Days event ambassador, with her boys Alec McGarry, 7, and Aaron McGarry, 5, from Carrigaline, Co Cork, at the launch of 100k in 30 Days in aid of Breast Cancer Ireland. Picture: Leon Farrell/Photocall Ireland Madeleine McCoole with her family.

Caption:
“If I had ignored that for any longer…my diagnosis probably would have been very different.”
Mayo garda helps launch 100k in 30 Days for Breast Cancer Ireland

FIONA Morgan-Coleman, a garda from Shrule, and a breast cancer survivor (pictured), has helped launch this year's 100k in 30 Days event, in aid of Breast Cancer Ireland.

Following the phenomenal success of last year’s 100k in 30 Days, organised by Co. Louth couple Niall Carroll and Cara McAdam, which raised over €1.2 million in essential funding for Breast Cancer Ireland, today sees the launch of this year’s bigger and better family-focussed virtual event, with a target of 20,000 #pinkarmy participants and a brand-new title sponsor, Sherry FitzGerald.

The national event, which is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners alike, is open to everyone from ages one to 100, and invites participants to walk, jog, run or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

As an additional incentive, there are circa €30,000 worth of incredible prizes to be won throughout the event to include a €3,500 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations will open at https://www.100kin30days.ie/ on Thursday, April 15, and Niall Carroll, founder, is urging people to register early to ensure participation packs and the much-loved pink t-shirts arrive in good time for the event.

Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented: “We’re aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of the island of Ireland will jump on board and get involved.

“To have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021.

"Last year saw participants from no less than 34 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into three specific areas, namely:

1. The development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in autumn of this year. This new centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

2. Support for the Breast Cancer Ireland funded specialist breast cancer research nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

3. Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Participation is easy – simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account; add an optional photo and watch your kilometres grow!

Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy
Run or walk 100k in 30 days for Breast Cancer Ireland

Following the phenomenal success of last year’s 100k in 30 Days event, organised by Co. Louth couple Niall Carroll & Cara McAdam, which raised over €1.2 million in essential funding for Breast Cancer Ireland, this year’s bigger and better family-focussed virtual event has been launched, with a target of 20,000 #pinkarmy participants and a brand-new title sponsor, Sherry FitzGerald.

The national event which is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners alike is open to everyone from ages 1-100, and invites participants to walk, jog, run or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

As an additional incentive, there are circa €30,000 worth of incredible prizes to be won throughout the event to include a €3500 family travel voucher (sponsored by Connect Credit Union), 5 star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations for the event will open at www.100kin30days.ie on Thursday 15th April, and Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event. Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented:

“We’re aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of the island of Ireland will jump on board and get involved. To have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021. Last year saw participants from no less than 34 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

NO REPRO FEE. Fiona Morgan-Coleman, a breast cancer survivor a Garda from Shrule in Co. Mayo pictured at the launch of the 100k in 30 Days event sponsored by Sherry FitzGerald in aid of Breast Cancer Ireland. Registrations for the national event will open at www.100kin30days.ie on Thursday 15th April, and it is open to everyone from ages 1-100, and invites participants to walk, jog, run or wheel a total of 100km during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland. Following the phenomenal success of last year’s 100k in 30 Days event which raised over €1.2 million in essential funding for breast cancer research, this year’s family focussed event is set to be even bigger and better with a target of 20,000 #pinkarmy participants and a prize fund of €30,000 as an added incentive to get involved. Funds raised will go towards the establishment of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, along with funding specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, and to support the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy. Photo: Leon Farrell/Photocall Ireland

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into 3 specific areas, namely:

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2 Support for the Breast Cancer Ireland funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralized resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial

3 Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Breast Cancer Ireland CEO Aisling Hurley comments “The 100k in 30 Days event is a phenomenal event and the monies raised will help us to fund the consistent and intensive breast cancer research, which is vital in advancing a cure to what can be a devastating disease. Through this research and the ongoing clinical trials seeking to develop newer targeted therapies, the ultimate goal of Breast Cancer Ireland is to transform this disease into a treatable illness that can be maintained long-term”
Sherry FitzGerald CEO, Steven McKenna added “Our sponsorship of this fantastic event aligns well with our own community led brand values. We’re delighted to contribute in any way that we can to help grow the profile of the event and drive participation throughout the villages, towns and cities in which we operate all across Ireland. It is a privilege to be involved in any initiative that helps to advance a cure for breast cancer – a cause that touches the lives of so many including many of our own friends, family, colleagues and associates”.

Participation in the 100k in 30 Days event is easy – simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow!

Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy
Run or walk 100k in 30 days for Breast Cancer Ireland

Following the phenomenal success of last year’s 100k in 30 Days event, organised by Co. Louth couple Niall Carroll & Cara McAdam, which raised over €1.2 million in essential funding for Breast Cancer Ireland, this year’s bigger and better family-focussed virtual event has been launched, with a target of 20,000 #pinkarmy participants and a brand-new title sponsor, Sherry FitzGerald.

The national event which is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners alike is open to everyone from ages 1-100, and invites participants to walk, jog, run or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

As an additional incentive, there are circa €30,000 worth of incredible prizes to be won throughout the event to include a €3500 family travel voucher (sponsored by Connect Credit Union), 5 star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations for the event will open at www.100kin30days.ie on Thursday 15th April, and Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event. Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented:

“We’re aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of the island of Ireland will jump on board and get involved. To have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021. Last year saw participants from no less than 34 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

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Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy. Photo: Leon Farrell/Photocall Ireland

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into 3 specific areas, namely:

1 The development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in Autumn of this year. This new Centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

2 Support for the Breast Cancer Ireland funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralized resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial

3 Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Breast Cancer Ireland CEO Aisling Hurley comments “The 100k in 30 Days event is a phenomenal event and the monies raised will help us to fund the consistent and intensive breast cancer research, which is vital in advancing a cure to what can be a devastating disease. Through this research and the ongoing clinical trials seeking to develop newer targeted therapies, the ultimate goal of Breast Cancer Ireland is to transform this disease into a treatable illness that can be maintained long-term”
Sherry FitzGerald CEO, Steven McKenna added “Our sponsorship of this fantastic event aligns well with our own community led brand values. We're delighted to contribute in any way that we can to help grow the profile of the event and drive participation throughout the villages, towns and cities in which we operate all across Ireland. It is a privilege to be involved in any initiative that helps to advance a cure for breast cancer – a cause that touches the lives of so many including many of our own friends, family, colleagues and associates”.

Participation in the 100k in 30 Days event is easy – simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow!

Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy
LAUNCH OF FUNDRAISER FOR BREAST CANCER RESEARCH

Gerry Rose Morgan-Collman, a breast cancer survivor from Strabane, pictured with her children – Colum Coleman (6) and Francis Coleman (4) – at the launch of the 100km in 10 Days event sponsored by Sherry Fitzgerald and in aid of Breast Cancer Ireland. Registrations will open at www.100km10days.ie on Thursday and limits participants to walk, jog, run or cycle a total of 100km during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland. PHOTO: LORIN McPARRELL/PHOTO4ALL IRELAND

Do you have an image for this page? Please email us at newsdesk@connaught-telegraph.ie including a caption and your name and address and we will try to use.
Pink Army ready to raise funds for Breast Cancer

FOLLOWING the amazing success of last year’s 100k in 30 Days, organised by Blackrock couple Niall Carroll and Cara McAdam, which raised over €1.2 million for Breast Cancer Ireland, this year’s event has been launched with the aim of getting 20,000 pink army participants.

Registrations for this year’s event will open at www.100kin30days.ie on Thursday 15 and Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that the much-loved pink t-shirts arrive in good time for the event.

Niall, who set up the 100k in 30 days in support of his wife Cara following her breast cancer diagnosis said: “We’re aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of Ireland will jump on board and get involved.”

“We have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021. Last year saw participants from no less than 39 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

The 100k in 30 days is a fun event, aimed at casual strollers, keen walkers, joggers and seasoned runners alike. It is open to everyone of all ages who can walk, jog, run or wheel a total of 100km (or more) during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland. As an additional incentive, there are around €30,000 worth of prizes to be won including a €3500 family travel voucher (sponsored by Connect Credit Union), 5 star hotel breaks, restaurant vouchers, luxury brands and family days out.

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland. These include the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, support for the Breast Cancer Ireland funded specialist breast cancer research nurses in the designated cancer centres all across Ireland, and support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.

For further information and to register go to www.100kin30days.ie
Cara McAdam and Niall Carroll.
Blackrock couple's 'pink army' raise €1m for cancer research

Following the phenomenal success of last year's 10k in 30 Days event, organised by Blackrock couple Niall Carroll and Cara McAdam, this year’s bigger and better family-focused virtual event with a target of 20,000 pinkarmy participants has been launched.

The event organised by Niall and Cara last year raised over an astonishing €1.2 million in essential funding for Breast Cancer Ireland.

Local businessman Niall Carroll launched the 10k in 30 Days challenge in aid of Breast Cancer Ireland last June, setting himself a target of raising €100,000 but they far surpassed their target reaching over €1.2 million.

Niall and his wife Cara, who was diagnosed with breast cancer just before Christmas 2019, launched the event last year to raise funds for Breast Cancer Ireland.

And they are hoping this year’s fundraiser, with new title sponsor Sherry FitzGerald, will be even bigger.

Niall said: “We are aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of the island of Ireland will jump on board and get involved.

“We have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021.

“Last year saw participants from 34 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

The national event launched yesterday, Monday, is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners and is open to everyone, from ages one to 100.

People are invited to walk, jog or run a total of 100km (or more) during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

As an additional incentive, there are around 20,000 worth of incredible prizes to be won throughout the event to include a €3500 family travel voucher, sponsored by Connect Credil Travel, five Star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations for the event will open at www.lookinggoodays.ie on Thursday 15th April, and Founder Niall is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event.

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into three key areas.

The areas are the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in Autumn of this year.

This new Centre will help translate laboratory findings into newer, more effective drug therapies for patients into the future.

Support for the Breast Cancer Ireland funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, where role it is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trials.

The raised funds will also support the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.

These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Breast Cancer Ireland CEO Aisling Hurley said: “The 10k in 30 Days event is a phenomenal event and monies raised will help us to fund the consistent and intensive breast cancer research, which is vital in advancing a cure to what can be a devastating disease.

“Through this research and the ongoing clinical trials seeking to develop newer targeted therapies, the ultimate goal of Breast Cancer Ireland is to transform this disease into a treatable illness that can be maintained long-term.”

Sherry FitzGerald CEO Steven McKenna added: “Our sponsorship of this fantastic event aligns well with our own community led brand values.

“We’re delighted to contribute in any way that we can to help grow the profile of the event and drive participation throughout the villages, towns and cities in which we operate all across Ireland.

“It is a privilege to be involved in any initiatives that help to advance a cure for breast cancer—a cause that touches the lives of so many including many of our own friends, family, colleagues and associates.

“Participation in the 10k in 30 Days event is easy—simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account—add an optional photo and watch your kilometres grow.

People can follow ongoing event updates on Instagram @lookinggoodays or on Twitter using the hashtags #lookinggoodays and #pinkarmy."
We are aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ will jump on board.

MIAI CARROLL
Religion name last year I hugely phenomenally successful event took place it was 100 km 30 days I know so many people around this neck of the Woods got involved in this it was all set up by account led couple Niall Carol and Karen back Adam be raised over 1.2 million for breast Cancer Ireland they're hoping to have a bigger and better event this year and will be joined by Niall Carol he's gonna tell us all about it just after the East with the keenest chorus are amazing 2021 and mean we're feeding them a lineout it is my thing I feel the team are available from online let us to build a very active military we're feeding them Corey .ie layout now is 99 % population coverage on 3 so whether you drive out to mislead you can catch up on the chats he even if no one has used to enjoy the WhatsApp group Vantive for binge watch the new C series in a day 3 has you covered with network you can rely on all across Louth and all Irelands fastest mobile network 3 making now Ireland's fastest mobile network based on an analysis of Speed Test intelligence data Q3 Q4 2020 does seasonal event is now on it TJ O'Mahony be inspired and add a touch of colour here Roman God choose from the complete range of you looks whether Shields are breaking up your garden with a splash of pupils all garden shape skew Renault 5 EUR duck's back or less SMEs spend scarce and live outdoors for longer this summer visit us online at TJ O'Mahony .ie I write your local she do O'Mahonys store for us since July's Supersprint deals on technology Harvey Norman like the stunning Samsung Galaxy tab 8 80 staff but now only 1.9 save 40 euro all get a good bit since my watch with tools for stress management in temperature built-in GPS and now only 3.9 and Harvey Norman we are matching competitors prices even missile crisis for more Super spring deals shop online Harvey Norman.ie or simply a spacious stores open until 6 pm daily for home appliances and essential technology the time shut now and your one stop shop for kitchen and bathrooms a spacious showroom in Beechmount Park Navan and Daniel Shelia Virginia County Cavan tyre shop that ie choose from a huge selection of lovely storing bathroom furniture cars of .ie Netherlands now averaging yet yield peace and joy you more as we see these things Kings Forest Service Parts and you think you are a brilliant thing and I can't I'm thinking of applying for a 49 do not want to see more ways we see these things for years free going on from the phenomenal success of last year's 100 km 30 days event which was organised by caint leis couple Niall Carol and Karen back Adam it raised over 1.2 million in central funding for breast Cancer Ireland this year is gonna be bigger and better with a family focus on Virtual Event being launched and a target of 20000 paying any participant and a new title sponsor in shame Mick Fitzgerald as well as organising encouraging everybody to walk jog or run or cycle 100 kilometres in 30 days and raise funds for breast Cancer Ireland I'm delighted to be joined on the line by the man behind this fantastic initiative its Nile Carol from Blackrock in Dundalk colluded Niall I'm good how are you thank you it's great to have you because I remember the last year such a phenomenal success of this event and I think as well I'll was such an important Woman for all the kind of come together virtually I think ahead terms of this event but it seems to have surpassed even your expectations I couldn't believe it to be honest how well it went last year that we we have got together and made male last year and are I need you think we could do it again this year in aid of breast Cancer I think Yeah why not meet we got a crude and organisers and corporate and I got all 100 Grand Yeah people like I get people I was just delighted with the response Yes and even abroad because this went global with people around the world taking part in this mess that right we had people from 34 countries around the world taking power and was a great great the Irish diaspora around the world coming together and join me joining them really getting the right I'm coming from around the world the great I really was such a heartwarming
Fiona launches fundraiser to fight breast cancer

Nenagh native launches ‘100k in 30 Days’ event

NENAGH born breast cancer survivor and well-known fashion and beauty blogger Fiona Morgan-Coleman has helped to launch a nationwide family focussed virtual event aimed at funding life-saving research and provision of good breast health education programmes run by Breast Cancer Ireland.

Fiona, a daughter of former town councillor Tommy Morgan, is now a member of An Garda Síochána living in Shrule on the border of counties Galway and Mayo. She took part in the launch on Monday of this year’s ‘100k in 30 Days’ event. The national fun-filled initiative will be held throughout June and is aimed at casual strollers, keen walkers, joggers and seasoned runners alike to jog, run or wheel a total of 100km, or more, to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

The event is organised by Co Louth couple Niall Carroll and Cara McAdam, and last year it raised over €1.2 million in essential funding for Breast Cancer Ireland.

This year’s event promises to be even bigger and better, and there are around €30,000 worth of incredible prizes to be won throughout the initiative, including a €3,500 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations for the event will open on this Thursday, April 15th, and Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink T-shirts arrive in good time for the event.

Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented: “We’re aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of the island of Ireland will jump on board and get involved. To have a title sponsor such as Sherry Fitzgerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021. Last year saw participants from no less than 34 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

Funds raised will go towards the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in autumn of this year. This new centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

Monies raised will also go towards supporting Breast Cancer Ireland funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, whose role is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus...
helping to speed up discovery times and research progression from laboratory to clinical trial.

The event will generate funds to support Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Breast Cancer Ireland CEO Aisling Hurley comments: “The 100k in 30 Days event is a phenomenal event and the monies raised will help us to fund the consistent and intensive breast cancer research, which is vital in advancing a cure to what can be a devastating disease. Through this research and the ongoing clinical trials seeking to develop newer targeted therapies, the ultimate goal of Breast Cancer Ireland is to transform this disease into a treatable illness that can be maintained long-term.”

Participation in the ‘100k in 30 Days’ event is easy – simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow!

Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy

Nenagh native Fiona Morgan-Coleman pictured with her children Callum (6) and Pearse (4) at the launch of the ‘100k in 30 Days’ event sponsored by Sherry Fitzgerald in aid of Breast Cancer Ireland.
Run 100K in June for Breast Cancer Ireland

Cavan people are being urged to get involved in this year's '100k in 30 days' event to raise funds for Breast Cancer Ireland (BCI) and registration is now open for the fundraiser. It follows the phenomenal success of last year's event, which raised over €1.2 million for Breast Cancer Ireland and this year's virtual event promises to be bigger, better and more family-focussed.

Spearheaded by Co Louth couple Niall Carroll and Cara McAdam, it's hoped this year's '100k in 30 days' will attract 20,000 participants and Sherry FitzGerald have come on board as sponsors.

The fun initiative is aimed at casual strollers, keen walkers, joggers and seasoned runners and is open to everyone from ages one to 100 years. Participants are urged to register to walk, jog, run or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland's leading breast cancer charity. As an additional incentive, there are circa €30,000 worth of incredible prizes to be won throughout the event to include a €3,500 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event. Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented: "We're aiming to increase participation this year to 20,000 and have full confidence that, once again, our 'pink army' from all of the island of Ireland will jump on board and get involved."

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland.

Targets

BCI plans to channel funds raised by the #PinkArmy into three specific areas:

- The development of a state-of-the-art Clinical Trials Centre: It is to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in Autumn of this year. This new Centre will help translate laboratory findings into newer, more effective, drug therapies for patients.

- Support for specialist breast cancer research nurses: These are based in designated cancer centres all across Ireland. Their role is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

- Support for the Breast Cancer Ireland Education and Outreach Programmes: These are delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

'Phenomenal'

Breast Cancer Ireland CEO Aisling Hurley comments: "The 100k in 30 Days event is a phenomenal event and the monies raised will help us to fund the consistent and intensive breast cancer research, which is vital in advancing a cure to what can be a devastating disease. Through this research and the ongoing clinical trials seeking to develop newer targeted therapies, the ultimate goal of Breast Cancer Ireland is to transform this disease into a treatable illness that can be maintained long-term."

To register

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‘Supply is down 30pc this year and there’s no silver bullet that’s going to fix the housing crisis’

Sherry FitzGerald CEO on Ireland’s need for measures and targets

Ellie Donnelly

Occasionally, something as simple as a piece of paper can change your life.

In 2007, Steven McKenna, like many emigrants, made the journey home from Australia to his native Galway for Christmas. At the time he was working with Macquarie Bank, having left Ireland earlier that year.

But a newspaper clipping kept by his mum meant he never missed his return ticket Down Under.

“Wow, my mother had a cutting from a newspaper advertising from financial controller position in Sherry FitzGerald. That was her opportunity to try and get me back home before I maybe settled in Australia.”

Initially, McKenna, a business studies graduate and qualified accountant, “laughed it off”.

“But coincidentally, I bumped into a friend of mine, who was working in Sherry FitzGerald and he told me it was a fantastic place to work... he just kind of blew me away with what he was saying,” McKenna says.

He applied for the job – and got it.

“That was January 2008, just before the crash happened later that year, and so people would laugh and say ‘your timing was terrible’.

But I did find that the people here were fantastic to work with. I remember when I sat down with Mark FitzGerald (then CEO of the company), in my first week, he said to me ‘We’re in the business of property, but we’re a people business and it is very much about relationships and if you understand that, you’ll do really well here’.

The property crash in Ireland that followed was a period in which McKenna says “I learned a huge amount... respond quickly, be agile. We managed to come through that crisis without closing any of our [Irish] offices. But we did have a huge amount of work to try and navigate through it.”

In 2017, less than ten years after McKenna joined the business, Mark FitzGerald made the decision to move into the role of company chairman.

McKenna, who had been made finance director in 2011, succeeded FitzGerald.

Taking over the role of CEO from a company founder can be difficult – in many ways the business is the founder’s baby. However, McKenna says the changing of the guard has been “seamless”.

“There was a lot of trust between me and Mark, we still work very closely, I speak to him very often... And he’s still active in the business. Not as active as he might have been in the past, obviously, but he’s still 40pc shareholder.”

McKenna is in charge of one of the biggest estate agents in the country at a time when there is currently a lack of supply in the housing market.

This year he expects “mid-single-digit price inflation”.

When it comes to solving the housing crisis, there is “no one silver bullet that’s going to fix this issue”, in his opinion.

“There’s been a number of initiatives that the Government have introduced that have been welcomed. LDA (Land Development Agency), for example, that Bill has been going through the Dáil, and that’s to be welcomed. But that’s going to take some time, in terms of delivery of land and more supply,” according to McKenna.

He also welcomes the new first-time buyer initiative, part of the Government’s Affordable Housing scheme. Under the scheme, which some have warned will further increase the price of houses, the Government would take equity of up to 30pc in certain homes that qualify.

“I think it’s another positive measure that’s been introduced. It addresses the affordability issue for those who can afford to purchase a property and are stuck in this rental trap where they’re pay-
ing very expensive rents. This allows them homeownership with the support of the State with the introduction of equity and that's a very positive thing. I think it's a good step amongst a number of measures.

"Not one thing is going to solve it, but we would welcome it. I think it's a positive step," he says.

Something the Government should do to tackle the housing crisis, McKenna feels, is put in place measures and targets across Ireland.

"Every location in the country should have a target, and also have a tenure of property that's needed based on the population demographics and CSO data that is available, because I think what gets measured gets done," he says. "It's not just about housing to buy, but it's also about housing to rent. It's social and affordable, it's mixed-use accommodation, it's working closely with the LDA to deliver on the ground. I think that's something that the Government could do more of, and it's really setting targets, [and] looking at exactly what the needs are - not just in terms of location, but the type of tenure property that's needed as well, and making sure that the infrastructure is being put in place to support that," McKenna adds.

Last year, sales of homes at Sherry FitzGerald were down to 10pc, according to McKenna.

The pandemic has had an impact upon sales and the imbalance between demand and supply has continued into this year.

"Supply at the moment, when you look at what's available on the marketplace and what's been advertised for sale, it's down about 30pc in the opening quarter this year," he says.

"There is a lot of pent-up demand coming and this, combined with a very short supply of stock, is leading to a price inflation," he adds.

While the pandemic has dramatically affected the housing market - with potential home buyers unable to physically view properties until they had gone sold agreed - McKenna says the Sherry Fitz online platform was key in helping the business and its customers navigate the changing environment.

"When Covid happened last March, [and we were] hit with lockdown, we seamlessly moved to a virtual environment overnight. There was no change for us. We all had laptops, we were all able to work from home, we're all logged onto SherryFitz," McKenna says.

"Our customers were able to log into mySherryFitz and register to see virtual viewings and in that first lockdown, back in March, we still sold over 1000 properties online.

"If you had said that to me before lockdown, that that was possible, I probably wouldn't have believed you, but it's a great opportunity and responsiveness when you're forced into something like this, it does force you to think bigger, to be more entrepreneurial, to be agile," he says.

In the first three months of this year, the company has seen 40pc of offers on homes coming in on the platform, compared to about 25pc this time last year.

Just over half of the people looking to purchase homes are first-time buyers.

The onset of the pandemic means people are assessing their housing needs differently, according to McKenna.

"Approximately 20pc of our vendors at the moment are saying that they're going to relocate elsewhere in Ireland, that's up from 15pc last year," he says.

Potential buyers are now looking at their home needs in a changed manner.

"They want that extra space where they can have an office, they believe that the way they're going to work in the future is changed, that idea of Monday to Friday, commuting nine to five is probably a thing of the past," McKenna says.

The company is also seeing a lot of Irish people looking at possibly returning here.

"This quarter alone, we've seen inquiries in the US up by 20pc, compared to this time last year, and a lot of that again, is people thinking about coming home, or maybe getting a holiday home in Ireland as well."

A fitness enthusiast, the former Connacht rugby player spends much of his spare time walking and running.

He is also passionate about Sherry Fitzgerald's role in the communities it operates in. This year the company has got behind a '100k in 30 Days' event in aid of breast cancer.

"While we're a national brand, our people are local," he says. "They're very much involved in their communities, and deeply ingrained in their communities."

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The business of people: Steven McKenna, CEO of Sherry FitzGerald at the launch of the 100k in 30 Days event in aid of Breast Cancer Ireland.

PHOTO: LEON FARRELL
PHOTO:CALL IRELAND
‘I had a feeling something wasn’t right but you are always living in a bit of hope’

Mother helps launch 100k in 30 days for Breast Cancer

By Almee Walsh
almee@echo.ie

A WOMAN tells her inspiring story from breast cancer diagnosis to becoming an ambassador for Breast Cancer Ireland ahead of the launch of their ‘100k in 30 days’ event this June.

Lisa McElwaine, from Rathfarnham, was 45 years old when she was diagnosed with breast cancer after finding a lump in the shower in November 2019.

“I waited then until January, I thought maybe it’s not or maybe it would go away but it didn’t and then I noticed a tiny bit of spotting in my bra, so that was my big alarm bell to go straight to my GP.

“Before I even had my top back on, she had the letter gone off to the consultant. I got an appointment the following week and met with the consultant and had a mammogram and biopsy that day and we went back in the [the oncologist] said we would have the results in two weeks and told my husband to make sure he comes back with me for the results.

“I had a feeling that something wasn’t right, but you are always living in a bit of hope that maybe it’s not.”

“We went back two weeks later and we were given the news that I had breast cancer. I had to wait for results so that they could make the decisions about my treatment.

Lisa says she was given the date for a lumpectomy on February 6 but begged them to put it off for two weeks as her daughter was making her confirmation.

“I had my surgery on February 19, and everything went well. It had just barely touched my lymph nodes and he was happy with all the margins. He just said because of the type of tumour I had, it was grade two stage three and because of my age I would go to see an oncologist.”

Lisa began her chemotherapy sessions on April 3, 2020 and had six rounds, during lockdown.

“We couldn’t have anyone in the house or see anyone. I found that bit really hard but in saying that, I think Covid did me a favour in one sense with the lockdown because I didn’t miss out on life as such and I was able to have all my family around me – nobody was in work or school so I think all that helped me.

“I really rested. I stayed in when I didn’t feel well and on my good days I went out and met my pals and my family. My motto was look good feel good so on my days when I felt good, I did what I could.”

Lisa finished her chemotherapy in July, and in August began 20 rounds of radiotherapy, something she says was “mentally difficult”.

“I wasn’t expecting to see so manyicker people than me. Seeing people that had all sorts of cancer, whereas with the chemotherapy it was just breast cancer.

“I thought, could this be me and could I get a misdiagnosis or what if
the treatment doesn’t work?

“It’s just the fear and then there were children there and you are looking at the kids going in for radiation and their parents sitting outside sobbing, because it was every day. I found it harder mentally and because I had to do it on my own.”

Once she had finished radiotherapy, her oncologist gave her the all clear, but advised she get tested to see if she had the BRCA gene, which gives the person carrying it a much higher risk of developing breast cancer or ovarian cancer.

“BRCA gene means that it doesn’t skip a generation, it is passed from one of your parents, so it is a 50/50 chance of you getting it. My mom is one of 13—her brother had secondary cancer and has since passed away, her two brothers have prostate cancer and my mom had a different type of cancer not related to BRCA.

“I was told I was likely to have the gene since I already had breast cancer at 45 as well as the family history. “I couldn’t stop crying, I was floored. It was worse news than being diagnosed with breast cancer because I had such a high risk now of getting ovarian cancer or getting another type of breast cancer—about 90% and I had the fear that I had passed it onto my children.”

Lisa says that she put the genetic test to the back of her mind and celebrated Christmas with her family in a bubble of 12.

Tragedy struck again in January when nine out of twelve members of her family were diagnosed with Covid-19. “My poor dad got it the worst and unfortunately passed away after being sick for five days. My dad brought me to all my appointments throughout my chemo and my radiation, he was my rock as such.”

Shortly after tragically losing her dad, Lisa received the news that she was BRCA 2 positive, prompting her to make the difficult decision to have a hysterectomy and double mastectomy.

“I had a hysterectomy about five weeks ago and my chances of getting ovarian cancer have gone from 60% to about 5% so I am relieved about that and I am having a double mastectomy with reconstruction in October.”

Lisa said her diagnosis and story inspired her to become an ambassador for Breast Cancer Ireland.

She is launching the “100k in 30 days” which invites people to walk, run or jog 100k in June to raise important funds. The event raised over €1.2 million last year and hopes to do the same this year.

“When I got diagnosed with breast cancer last year, I reached out to Breast Cancer Ireland and I got loads of support from the other ambassadors when I would ask questions about chemotherapy or wigs or whatever it was.

“We did the 100k last year, myself and my pals, and it was a great distraction for me and then when you see how much the event actually raised it is just a no-brainer so hopefully this year it will be bigger.”

“I think prevention is better than a cure and knowledge is power. The more you know about these things the easier it is to one accept and two do something about it, that it is not as scary as you think.”

To sign up for “100k in 30 days” go to https://www.100kin30days.ie/ and for more information on Breast Cancer Ireland go to www.breastcancerireland.com

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"I really rested. I stayed in when I didn’t feel well and on my good days I went out and met my pals and my family. My motto was look good feel good so on my days when I felt good, I did what I could.

Lisa finished her chemotherapy in July, and in August began 20 rounds of radiotherapy, something she says was "mentally difficult".

"I wasn’t expecting to see so many sick people than me. Seeing people that had all sorts of cancer, whereas with the chemotherapy it was just breast cancer.

"I thought, could this be me and could I get a misdiagnosis or what if the treatment doesn’t work?"

"It’s just the fear and then there were children there and you are looking at the kids going in for radiation and their parents sitting outside sobbing, because it was every day. I found it harder mentally and because I had to do it on my own."

Once she had finished radiotherapy, her oncologist gave her the all clear, but advised she get tested to see if she had the BRCA gene, which gives the person carrying it a much higher risk of developing breast cancer or ovarian cancer.

"BRCA gene means that it doesn’t skip a generation, it is passed from one of your parents, so it is a 50/50 chance of you getting it. My mam is one of 13 her brother had secondary cancer and her since passed away, her two brothers have prostate cancer and my mam had a different type of cancer not related to BRCA.

"I was told I was likely to have the gene since I already had breast cancer at 45 as well as the family history.

"I couldn’t stop crying, I was floored. It was worse news than being diagnosed with breast cancer because I had such a high risk now of getting ovarian cancer or getting another type of breast cancer – about 90% and I had the fear that I had passed it onto my children."

Lisa says that she put the genetic test to the back of her mind and celebrated Christmas with her family in a bubble of 12.

Tragedy struck again in January when nine out of twelve members of her family were diagnosed with Covid-19.

"My poor dad got it the worst and unfortunately passed away after being sick for five days. My dad brought me to all my appointments throughout my chemo and my radiation, he was my rock as such."

Shortly after tragically losing her dad, Lisa received the news that she was BRCA-2 positive, prompting her to make the difficult decision to have a hysterectomy and double mastectomy.

"I had a hysterectomy about five weeks ago and my chances of getting ovarian cancer have gone from 60% to about 5% so I am relieved about that and I am having a double mastectomy with reconstruction in October.

Lisa said her diagnosis and story inspired her to become an ambassador for Breast Cancer Ireland.

She is launching the '100k in 30 days' which invites people to walk, run or jog 100k in June to raise important funds. The event raised over €1.2 million last year and hopes to do the same this year.

"When I got diagnosed with breast cancer last year, I reached out to Breast Cancer Ireland and I got loads of support from the other ambassadors when I would
ask questions about chemotherapy or wigs or whatever it was.

“We did the 100k last year, myself and my pals, and it was a great distraction for me and then when you see how much the event actually raised it is just a no-brainer so hopefully this year it will be bigger.”

“I think prevention is better than a cure and knowledge is power. The more you know about these things the easier it is to one accept and two do something about it, that it is not as scary as what you think.”

To sign up for ‘100k in 30 days’ go to https://www.100kin30days.ie/cep and for more information on Breast Cancer Ireland go to www.breastcancerireland.com

“ I had a feeling that something wasn’t right, but you are always living in a bit of hope that maybe it’s not. We went back two weeks later, and we were given the news that I had breast cancer
‘I should have gone sooner’

Michael Olney
m.olney@corkindependent.com

A breast cancer survivor has said that sharing her story has helped her in her path to recovery.

“I found a lump in my breast in the shower and I ignored it for a couple of weeks. It was the day that I had my mammogram that I knew,” said cancer survivor Madeleine McCool who is sharing her personal story in an effort to spread breast cancer awareness across the country.

Madeleine, who was diagnosed with breast cancer three years ago, is the Cork ambassador for 100k in 30 Days, an annual event that raises essential funding for Breast Cancer Ireland.

Speaking to the Cork Independent, Madeleine, who lives in Carrigaline, said she doesn’t find it difficult to talk about her survival story.

“From the start, I really wanted to take any positives I could from it. I’m sharing my story in the hopes it might help anyone else going through their own journey really gave my experience a purpose,” said Madeleine.

CONTINUED ON PAGE 12
‘I should have gone sooner’

Continued from page 1

Madeleine, a Tipperary native, was diagnosed with stage one breast cancer on 22 April 2018 at the age of 42, shortly after finding a lump in her breast.

Over the next couple of weeks she says the lump had got “a lot more obvious” until one day, while attending the doctor with her son, she asked to be checked.

“I should have gone in sooner. I had a mammogram two weeks after that. A week later when I got the results, I was actually fine. I had prepared myself for it. I was lucky because I got it early,” said Madeleine.

Doctors told Madeleine she had a “nasty grade three tumour” in her breast which was growing quite quickly but that they had caught it in stage one of its development.

She was given a 97 per cent chance of survival and did not require a mastectomy. However, having had her lump removed, Madeleine learned she was at high risk of the cancer returning and underwent six months of chemotherapy followed by 20 sessions of radiotherapy.

She said: “I knew there was a challenge ahead with treatment, but if I had ignored it, that could have been a totally different story.” Madeleine, 45, must now undergo an annual mammogram and is receiving ongoing treatment in the form of monthly injections but says she experiences no major side-effects.

“I’m totally fine on a day-to-day basis. I have a lot to be grateful for. It’s changed me a lot, but for the better, and it has helped me realise what I’m capable of and that I’m stronger than I gave myself credit for,” said Madeleine.

Last year 100k in 30 Days raised over €1.2 million in crucial funding for cancer research in Ireland and this year organisers Niall Carroll and Cara McAdam are hoping to raise even more with a target of 20,000 participants.

The family-focused virtual event invites the public to walk, jog, run or wheel a total of 100km or more during the month of June.

As an additional incentive, there are close to €30,000 worth of prizes to be won including a €3,500 family travel voucher.

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Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland.

To register visit 100kin30days.ie.
‘I had a feeling something wasn’t right but you are always living in a bit of hope’

Mother helps launch 100k in 30 days for Breast Cancer

By Aimee Walsh
aimee@echo.ie

A WOMAN tells her inspiring story from breast cancer diagnosis to becoming an ambassador for Breast Cancer Ireland ahead of the launch of their ‘100k in 30 days’ event this June.

Lisa McElwaine, from Rathfarnham, was 45 years old when she was diagnosed with breast cancer after finding a lump in the shower in November 2019.

“I waited then until January. I thought maybe it’s not or maybe it would go away but it didn’t and then I noticed a tiny bit of spotting in my bra, so that was my big alarm bell to go straight to my GP.

“Before I even had my top back on, she had the letter gone off to the consultant. I got an appointment the following week and met with the consultant and had a mammogram and biopsy that day and we went back in he [the oncologist] said we would have the results in two weeks and told my husband to make sure he comes back with me for the results.

“I had a feeling that something wasn’t right, but you are always living in a bit of hope that maybe it’s not.”

“We went back two weeks later, and we were given the news that I had breast cancer. I had to wait for results so that they could make the decisions about my treatment.

Lisa says she was given the date for a lumpectomy on February 6 but begged them to put it off for two weeks as her daughter was making her confirmation.

“I had my surgery on February 19, and everything went well. It had just barely touched my lymph nodes and he was happy with all the margins. He just said because of the type of tumour I had, it was grade two stage three and because of my age I would go on see an oncologist.”

Lisa began her chemotherapy sessions on April 3, 2020 and had six rounds, during lockdown.

“We couldn’t have anyone in the house or see anyone. I found that bit really hard but in saying that, I think Covid did me a favour in one sense with the lockdown because I didn’t miss out on life as such and I was able to have all my family around me – nobody was in work or school so I think that all helped me.

“I really rested. I stayed in when I didn’t feel well and on my good days I went out and met my pals and my family. My motto was look good feel good so on my days when I felt good, I did what I could.

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that had all sorts of cancer, whereas with the chemotherapy it was just breast cancer.

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"I had a feeling that something wasn't right, but you are always living in a bit of hope that maybe it's not. We went back two weeks later, and we were given the news that I had breast cancer"
€50K For Breast Cancer Ireland: Daithi O'Connor, Founder and MD of Revive Active and Andra Rooney, Area Manager, presenting a cheque for €53,000 to Aisling Hurley, CEO of Breast Cancer Ireland, following a successful fundraising drive over the festive period to raise funds to support pioneering research and awareness campaigns. The funds were raised through the sales of limited edition Revive Active Immunity Support Gift Packs. Aisling Hurley, CEO of Breast Cancer Ireland said: "We are delighted to have been selected as the beneficiary of this fundraising initiative, and extremely grateful to all of those who bought the special Revive Active packs, indirectly raising funds to help us realize the ultimate mission of Breast Cancer Ireland, which is to increase the speed of research discovery thus turning breast cancer into a treatable illness which can be managed and cured in the long-term."
Breast cancer survivor and event ambassador of the forthcoming 100km in 30 days fundraiser in aid of Breast Cancer Ireland Madeleine McCool launching the big challenge with her two sons Aloe (7) and Aaron (5) McGarry by her side. Registration for the national event will open at www.100km30days.ie on Thursday 15th April. It is open to everyone from ages 1-100, and participants can walk, jog, run or wheel a total of 100km during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland. Following the phenomenal success of last year’s 100k in 30 Days event, which raised over €1.2 million in essential funding for breast cancer research, this year’s family focused event is set to be even bigger, with a target of 20,000 #pinkarmy participants and a prize fund of €30,000 as an added incentive to get involved.
Breast cancer survivor Madeleine Cooke is event ambassador for the ‘100k in 30 Days’ challenge. She is pictured at the launch of the Sherry FitzGerald sponsored event with Aisie McCarr (7) and Adren McCarr (5). It’s in aid of Breast Cancer Ireland and registrations for the national event will open at www.100kini30days.ie today, Thursday, April 15. Open to all, it invites participants to walk, jog, run or wheel a total of 100km during the month of June.
Ballinrobe's 100 years of racing

Ballinrobe is celebrating 100 years of racing this year and the inaugural race, a National Hunt programme, takes place tomorrow (Friday) behind closed doors.

The opening race in the Ballinrobe Racecourse Centenary Year Marathon Handicap, which goes to post at 4.20pm, followed by the Kilcoole Sportsground (G) and (G) Maiden Handicap, which goes to post at 4.55pm; the McGrath Honeymates Sconce Handicap at 5.30pm; the Boyle Sports Maries Handicap at 5.45pm; the Michael Keane Suspended Collings Handicap at 6.00pm and the DPL Depot 33 Ballinrobe Flat Race at 7.00pm.

Ballinrobe has been allocated 10 meetings this year and a centenary book is being published.

Ballinrobe Town AFC

Registration for the 2021 season is now open; register online at www.ballinrobe-townafc.com. Inscription options are available.

The club is anxious to get old pictures of the club’s matches and teams for its new website - contact the club for details.

Live chat

Recently retired Mayo Gaels footballer, Keith Higgins, gave a live chat to underage players from Shrule-Glencorrib GAA Club remotely as part of the MS Teams last week. He answered the many questions put to him by Brian Joyce and Aibhlin O’Donnell were excellent hosts.

Chris McTigue RIP

The death has taken place of Chris McTigue, Ballinrobe, Moycullen, Galway, Ireland, who passed away peacefully in St. John’s Community Care Centre, Galway, on Tuesday, April 27. He was predeceased by his sister, Fin O’Neill (Ballinrobe), and brother-in-law, Tony O’Neill.

A memorial service will be held on Tuesday, April 27, at 2.30pm, at St. John’s Community Care Centre, Galway, with the burial and memorial Mass will be in Ballinrobe later this year.

Mayo Day

Mayo Day will be celebrated this year on Saturday, May 1. It is a virtual festival day again this occasion with the focus on people and places, and as such showcasing all the county has to offer to a worldwide audience.

Further details later.

Columba Brumby RIP

Columba Brumby (nee Hoban), known to many family members and friends as ‘CQ’, passed away peacefully in Nunaqua Fairlawn Hospital, Ashfield, Virginia, USA, in the care of her daughter-in-law and niece.

A memorial service will be held on Tuesday, April 27, at 2.30pm, at St. Catherine’s, Skerries Catholic Church, Skerries, with the burial and memorial Mass will be in Ballinrobe later this year.

Draw results

No subscriber chose the relevant numbers – 3, 15, 26 and 33 – in last week’s €5,000 Lotto jackpot claimed by Ballinrobe GAA Club.

There were 10 winners of last week’s €2,000 Jackpot and promoted by Slieve Ganns GAA Club. The numbers drawn were 14, 12, 17 and 25 and Carolann Quinn won the free line for this week’s draw. The four €50 prizes went to: Tom Gladden, Glencorrib, Ronan Kenny, Ballinrobe, Claire Murphy, Ballinrobe, and Siobhan Docherty.

Cara Watson, the winner of the €500 draw held by Ballinrobe RFC, received €250.

Angela Glynn, the winner of the €500 draw promoted by Ballinrobe RFC, received €500.

Last week’s €5,000 Lotto jackpot promoted by Hollymount-Garramore GAA Club was won in the numbers drawn were 21, 24, 27 and 28. The €500 prize went to Shane Mc Mahon, DDM, Ballinrobe; Sinéad Darby, Ballinrobe; Gerard Sheridan, Ballinrobe; and Zach Keating, Ballinrobe.

There was no winner of last week’s €6,000 Lotto jackpot promoted by Glencorrib Golf Club, with the following numbers drawn: 12, 21, 23, 25 and 26. The €600 prize went to Aiden O’Connor, Ashill Sound, and Matt Grimes, Carragillen.

Ballytormans won the jackpot prize of €5,000 at last week’s Connacht GAA Club’s special draw.

Carmel Keane, the winner of last week’s €5,000 draw promoted by Connacht GAA Club, received €250.

Nan Doyle won the €5,000 jackpot promoted by The Neale GAA Club. The numbers drawn were 16, 21, 23, 25 and 26. The €500 prize went to: David Murphy, Richard Mellor, and Vanessa Gibbons – total €1,000. Twenty-five matches won the two €500 prizes.

The €2,000 Lotto jackpot promoted by Ballinrobe GAA Club was won. The numbers drawn were 11, 20, 30 and 32, and Bernie Flaherty, Rosie, Ger Lynch, Garrymore, and Dermot Kelly. €500 went to Michael Mannion, the €500 prize.

Fr John Fallon RIP

The death occurred peacefully at Mayo University Hospital on Friday, April 9, of Very Reverend Canon John Fallon, retired parish priest of Kilmaine.

Canon Fallon was a native of Tuamcreeagh, Balla, and ministered as a curate in Achill Island from 1970 to 1985. He was very active in the life of the community and was closely identified with the local GAA club. He also served in Killbegs parish, Louisburgh, from 1985 to 1999, before returning to Achill as PP. His final ministry was in Kilmaine where his diligent administration of his pastoral responsibilities earned the respect of parishioners up to his retirement a year ago.

He is survived from his brother Peggy O’Malleys residence in Kilmurry (Wednesday) for a private funeral Mass at 10am in St. Cronans Church, Balla, followed by burial afterwards in the adjoining cemetery.

Ballinrobe GAA

Mollie O’Malley and John Gilmore will be the COVID-19 supporters again at Ballinrobe GAA Club this year.

Sympathy was extended to the Horan family, Ballinrobe and Limerick, the O’Connells, Ballineen, and the family of John Glennon, Templemore, Co. Tipperary, who passed away peacefully at home.
family, Glebe Street; the O'Toole family, New Street; the Daily family, Lough Mask House; the Walsh family, The Neale Road; the McGrath family, Garenarrin and Kilmaing; and the Horan family, Holycross, on their recent bereavements at a meeting of the executive committee of Ballinrobe GAA Club.

At the same meeting, club chairman, John Flannery, thanked Denise Horan for her work on the Club Plan 2021-2023.

Denise, who has agreed to be the Club Plan Implementation Officer for 2021, gave an overview of the Club Plan process over the past 18 months. It had been hindered by COVID-19 and the final meeting of the steering committee took place in February.

The plan, covering 2021 to 2025, replaces the current Coaching Plan. The responsibility of executing the plan rests with the club’s executive committees.

The plan was adopted by the executive, on the proposal of Kevin Murphy, seconded by Garry O’Malley.

Club for Cora

Cora Stanton, the winner of four All-Ireland medals with Mayo, will not be assisting the county this year. She will continue to wear the colours of her club, Carnacon.

Garden damaged

Tacu Family Resource Centre, Ballinrobe, has expressed deep disappointment that damage has been caused to the community garden through somebody kicking the panels out.

Hana Morgan-Querrie, a breast cancer survivor from Shrule, pictured at the launch of the 100km in 30 Days event, sponsored by Sherry Fitzgerald, in aid of Breast Cancer Ireland. Registrations for the national event will open at www.100km30days.ie this Thursday, and invite participants to walk, jog, run or wheel a total of 100km during the month of June to help raise funds for Breast Cancer Ireland.
‘I should have gone sooner’

A breast cancer survivor has said that sharing her story has helped her in her path to recovery.

“I found a lump in my breast in the shower and I ignored it for a couple of weeks. It was the day that I had my mammogram that I knew,” said cancer survivor Madeleine McCoole who is sharing her personal story in an effort to spread breast cancer awareness across the country.

Madeleine, who was diagnosed with breast cancer three years ago, is the Cork ambassador for 100k in 30 Days, an annual event that raises essential funding for Breast Cancer Ireland.

Speaking to the Cork Independent, Madeleine, who lives in Carrigaline, said she doesn’t find it difficult to talk about her survival story.

“From the start, I really wanted to take any positives I could from it. I’m sharing my story in the hopes it might help anyone else going through their own journey really gave my experience a purpose,” said Madeleine.

Madeleine, a Tipperary native, was diagnosed with stage one breast cancer on 22 April 2018 at the age of 42, shortly after finding a lump in her breast.

Over the next couple of weeks she says the lump had got “a lot more obvious” until one day, while attending the doctor with her son, she asked to be checked.

“I should have gone in sooner. I had a mammogram two weeks after that. A week later when I got the results, I was actually fine. I had prepared myself for it. I was lucky because I got it early,” said Madeleine.

Doctors told Madeleine she had a “nasty grade three tumour” in her breast which was growing quite quickly but that they had caught it in stage one of its development.

She was given a 97 per cent chance of survival and did not require a mastectomy.

However, having had her lump removed, Madeleine learned she was at high risk of the cancer returning and underwent six months of chemotherapy followed by 20 sessions of radiotherapy.

She said: “I knew there was a challenge ahead with treatment, but if I had ignored it, that could have been a totally different story.”

Madeleine, 45, must now undergo an annual mammogram and is receiving ongoing treatment in the form of monthly injections but says she experiences no major side-effects.

“I’m totally fine on a day-to-day basis. I have a lot to be grateful for. It’s changed me a lot, but for the better, and it has helped me realise what I’m capable of and that I’m stronger than I gave myself credit for,” said Madeleine.

Last year 100k in 30 Days raised over €1.2 million in crucial funding for cancer research in Ireland and this year organisers Niall Carroll and Cara McAdam are hoping to raise even more with a target of 20,000 participants.

The family-focused virtual event invites the public to walk, jog, run or wheel a total of 100km or more during the month of June.

As an additional incentive, there are close to €30,000 worth of prizes to be won including a €3,500 family travel voucher.

Registration for the event opens today, Thursday, and organisers are urging people to register early to ensure that participation packs and the much loved pink t-shirts arrive in good time.

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland.

To register visit 100kin30days.ie.
Join the #PinkArmy in Walking 100k in 30 Days in Aid of Breast Cancer Ireland

Calling all casual strollers, keen walkers, joggers and seasoned runners alike...

You can walk, jog, run or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland’s leading breast cancer charity.

Mum of three and breast cancer survivor, Lisa McElwaine is just one of the people who has helped launch this year’s event, in aid of Breast Cancer Ireland.

Following the phenomenal success of last year’s, organised by Co. Louth couple Niall Carroll & Cara McAdam, which raised over €1.2 million in essential funding for, today sees the launch of this year’s bigger and better family-focused virtual event, with a target of 20,000 #PinkArmy participants and a brand-new title sponsor, Sherry FitzGerald.

The national event which is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners alike is open to everyone from ages 1-100, and invites participants to walk, jog, run or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

As an additional incentive, there are approximately €30,000 worth of incredible prizes to be won throughout the event to include a €3,500 family travel voucher (sponsored by Connect Credit Union), 5-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Last year saw participants from no less than 34 countries worldwide getting involved, and Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event.

Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented, “We’re aiming to increase participation this year to 20,000, and have full confidence that once again our #PinkArmy from all of the island of Ireland will jump on board and get involved. To have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021.”

Participation in the 100k in 30 Days event is easy – simply to take part and encourage your friends and family to do the same. Then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow!

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into 3 specific areas, namely:

Lisa, Dublin native and mum of three, found a small lump in her breast in November 2019 but as her son was having surgery at the time, she did not act on it immediately, leaving it until after Christmas.

She went to her GP in mid-January and within days, she was Triple Assessed (ultrasound, mammogram, biopsy). Two weeks later, she was diagnosed with Invasive Ductal Carcinoma, Oestrogen positive, Stage 2, Grade 3.

She completed her chemotherapy in July of last year and began radiation treatment at St. Luke’s the following month.

On Christmas Day last, Lisa and her family celebrated with her parents and her sister’s family. A few days later, a close contact was diagnosed with Covid-19 and the rest of the family, including both her parents, tested positive.

Devastatingly, Lisa’s father, a healthy 75-year old, became unwell and passed away on the 6th of January. Days later she got a call to say her BRCA test results had come in. She got her results over the phone – she has the BRCA 2 gene.

Passionate about breast education and spreading awareness around the BRCA gene, Lisa is now recovering from a full hysterectomy and will have a double mastectomy and reconstruction later this year.

Follow on Instagram for ongoing updates or on Twitter using the hashtags #100kin30days and #pinkarmy.
Madeleine McCooe (breast cancer survivor and 100k in 30 Days Event Ambassador) with Children: Alec McGarry (7) and Aaron McGarry (5) from Carrigaline, pictured at the launch of the 100k in 30 Days event sponsored by Sharry Fitzgerald in aid of Breast Cancer Ireland. Registrations for the national event will open at www.100km30days.ie on Thursday 15th April, and it is open to everyone from ages 1-100, and invites participants to walk, jog, run or wheel a total of 100km during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland. Photo: Leon Farrell/Photocall Ireland
A local man and serving Garda is one of the faces behind a major fundraising drive for Breast Cancer Ireland – after surviving the disease.

Fiona Morgan-Gallagher, who is from Shrule on the Galway/Mayo border, was invited to her two children – Colm (9) and Pearse (6) – at the launch of the 100km in 30 Days event, sponsored by the Filippo B. Donald in aid of Breast Cancer Ireland.

Registration for the event opened at www.100km30days.ie today (Thursday), and it invites participants to walk, jog, run or cycle a total of 100km during June to help raise funds for Breast Cancer Ireland. Following the phenomenal success of last year’s 100km in 30 Days event, organised by Leah’s campaign Neil Corrigan & Coe McCadden, which raised over €12 million in seven weeks, the funding for breast cancer research, the year’s event has a target of €12 million to be raised through the process.

Funds raised will go towards a state-of-the-art Irish Tita’s Centre, to be housed in the new Breast Cancer Research Centre on the grounds of Dublin’s St Vincent’s Hospital. It will also help to fund specialist breast cancer nurse Research Nurses in the designated breast cancer units across Ireland, and to support the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.

Follow ongoing event updates on Instagram @100km30days or on Twitter using the hashtags #100km30days and #PinkArmy.
Virtual runs, virtual workouts, Zoom webinars – will they ever end? Nothing beats the real deal, we know that. But how lucky are we to have so many super events that are embracing this new virtual reality and keeping us on our toes until the real thing comes around.

Helen Carr has selected her top-10 virtual runs to keep your motivation going over the coming months – many of these events are raising money for wonderful causes too so not only are you helping your own mind and body, you are helping others too.

1. CORK CITY MARATHON
FROM NOW UNTIL JUNE 7, 2021
There are so many options with this race. you can run 26.2 miles or 12.1, either in one run or over several. Submit your proof (GPS, pedometer or treadmill evidence, or even your written running diary) and you’ll get your official Cork City Virtual Marathon digital finishers’ medal. There’s also a relay for teams of four and winners will be announced in loads of categories including Most Artistic Route, Most Socially Distant Team and Best Team Name. You can upload the relay times between June 1-7. And if that isn’t enough fun for you, you can also follow Cork City Marathon on Spotify and run your race along to their running playlist!
ENTRY FEE: ranges from €5 to €10 per person.
WWW.CORKCITYMARATHON.IE/VIRTUAL-RUN

3. SAVE DUBLIN ZOO
UNTIL END OF JUNE 2021
This event will be fun for the whole family and is in support of a beloved national institution! Since Covid-19 has stopped the public from visiting, Dublin Zoo really needs our help and support. It costs €500,000 per month to feed, house and provide the highest level of care for the animals at Dublin Zoo, but without regular income from visitor gate receipts, covering these costs is a real struggle. You can help by running, walking or cycling a cumulative 50km between now and June. Once you’ve clocked up this distance, just send in your evidence to irishblinghunters@gmail.com to claim your medal, t-shirt and certificate. All funds raised, except for medal and t-shirt costs, will be donated to Dublin Zoo. Kids will love the fun medal featuring loads of their favourite zoo animals.
ENTRY FEE: £17 - £36, depending on choice of merchandise and postage costs.
WWW.EVENTMASTER.IE

4. KAREN FENTON MEMORIAL RUN
APRIL 16-19, 2021
This 5km run or walk in memory of Karen Fenton, who lost her fight with ovarian cancer in 2017, is for a great cause. raising much-needed funds for cancer awareness, research and to support Cork University Hospital, where Karen spent her final two months. So far they have raised over €120,000 – you can check out http://www.karenfenton.ie/ for more information. There’s the option to buy a race t-shirt, medal or bobble hat, featuring a buttercup, which is a reference to Karen’s party-piece song, ‘Build me up Buttercup’.
ENTRY FEE: €10, plus option to buy merchandise.
WWW.MYRUNRESULTS.COM
5. VIRTUAL GREAT IRELAND RUN
APRIL 24-25, 2021
In previous years, the Great Ireland Run has doubled as the National 10km Championships, so we've enjoyed seeing the cream of Irish runners, plus international stars like Gemma Steel and Kenenisa Bekele, flying around the Phoenix Park. This year, it's going virtual on the weekend of April 24 and 25. Sign up for the free 10km run on www.eventmaster.ie, where you'll also have the option to buy a race t-shirt or medal. Organisers are encouraging runners to share photos of their virtual race with the hashtag #BeYourGreatest.
ENTRY FEE: free, plus option to buy merchandise
WWW.EVENTMASTER.IE

6. DROGHEDA 10K
ALL OF MAY 2021
This race usually takes over Drogheda town on the May Bank Holiday, with music, excitement and runners. This year, Drogheda AC are hoping to build excitement about the virtual race by posting training plans on their social media. As well as the usual 10km, there will be juvenile races. All the money goes back to Drogheda & District AC to develop local athletics. There will also be spot prizes announced over the next few weeks. The race portal will open on May 1 and stay open for the whole month of May.
ENTRY FEE: €25 for adults includes a very nice red technical t-shirt and medal, €12 for juveniles, which includes medal. Plus, there is the option to buy a snood.
WWW.MYRUNRESULTS.COM

7. GREAT LIMERICK RUN
MAY 1-3, 2021
One of Limerick's biggest races will be virtual over the May Bank Holiday, with a wide range of distances on offer: marathon, half marathon, 10 miles, 10km and 5km. There's a medal and a blue technical t-shirt for every runner, and €5 of your fee goes to a charity – there are 11 to choose from including Focus Ireland, St Vincent de Paul, Breast Cancer Ireland, Limerick Animal Welfare and Pets. You can pick a charity of your choice at registration.
ENTRY FEE: €20
WWW.EVENTMASTER.IE

8. PORTMARNOCK ROAD TO BEACH
MAY 6-8
This is always a really fun race, taking in the beautiful beach at Portmarnock, and providing very welcome ice-cream cones at the finish. While Portmarnock AC can't send cones to every finisher, they have immortalised the 99 in the quirky finishers' medal. This race is a fundraiser for the growing Portmarnock Athletics Club, a North Co. Dublin club who cater for both junior and senior members. Plus they are partnering with local charity Portmarnock Arch Club for children with special needs.
ENTRY FEE: €10, with option to purchase event merchandise.
WWW.MYRUNRESULTS.COM
9. WINGS FOR LIFE
This year marks the eighth edition of global running event, Wings for Life World Run. This year, thanks to a specially designed App, runners from beginner to elite, across Ireland and the world can run separately for a united cause – for those who can’t. Everyone around the world starts their App at the same time and sets off running, chased by a virtual version of the famous Catcher Car. The faster you run, the longer it takes the car to catch you! One hundred per cent of the entry fees and donations go to the Wings For Life charitable foundation, which funds research into spinal cord injury.
ENTRY FEE: €20
WWW.WINGSFORLIFEWORLDRUN.COM/EN

10. IRISH RUNNER 10 MILE
This is the final race in the annual Irish Runner series that includes 5km, 5-mile and 10-mile events. If you’ve already run a 5km and 5-mile this year, you should definitely give this a shot! You can run as an individual or sign up as part of a club team. Irish Runner race series organisers, Athletics Ireland, will provide training plans on its Facebook page for this, so no excuses! And runners are being encouraged to upload selfies with the hashtag #BeYourGreatest. The leaderboard will go live after the race so you can see how you and your team are doing.
ENTRY FEE: Free, with option to buy a technical t-shirt and bandana
WWW.ATHLETICSIRELAND.IE/RUNZONE/RACESERIES

10. DBRC CHAE LA GONDA VIRTUAL 5 MILE
Dublin Bay Running Club is a relatively new club based in Howth, north Dublin, whose members train around the hills and cliffs in the area. Their annual 5-miler, in memory of club member Mike Gonda’s daughter Chaela who passed away in 2017, is usually held around the spectacular cliff trails, but this year you can run it wherever you please. There’s an option to purchase a lovely t-shirt, snood and medal featuring Chaela and the iconic Poolbeg Chimneys.
ENTRY FEE: €10, with the option to buy race merchandise
WWW.MYRUNRESULTS.IE
ENNISCROME

ENNISCROME TOURIST INFORMATION OFFICE: Would you or your family, community group, school, etc. wish to highlight your activities/achievements, if so, please send your news and pictures to the West Sligo Family Resource Centre before midday on Wednesday or call 096 37444 or email g.obrien@westsligofrc.ie for an application form.

WEST SLIGO FAMILY RESOURCE CENTRE: West Sligo FRC are working remotely during the current level five restrictions. We are continuing to provide support services, information and advice to individuals and families over the phone or online. If you would like further please contact 096 37444 or Poland at 087 3659509.

FAMILY SUPPORT: A family support service that is open to all parents, guardians or any family member. We provide a safe and confidential space to seek support, advice and guidance on any parenting concerns arising in your everyday life from anxiety, educational concerns, setting rules and boundaries etc. Free and friendly for parents and children of all ages.

You can contact or Email Heather our Family Support Worker at West Sligo Family Resource Centre Telephones 096 37444. Mobile 087 2500773. Email hreidmilton@westsligofrc.ie.

RAINBOWS: Rainbows provides group support programmes for children and young people who have experienced a bereavement or the separation of their parents. The programme offers listening support in groups for children and young people of a similar age and loss. The programmes are delivered by trained facilitators over a 10-week period for an hour each week. The Rainbows programmes help support children/young people to positively adapt and adjust to significant change and loss in their lives. Children and young people can find it very helpful to meet others in a similar situation to themselves. This service is a free service. We are currently seeking to recruit volunteer Facilitators to train and join the Rainbows teams in WSFRC. Each successful applicant will be required to attend a four-day training event.

APPLICATION FORMS are available from WSFRC, call 096 37444 or email g.obrien@westsligofrc.ie for an application form.

ENNISCROME-KILGLASS PARISH: Due to Covid-19 restrictions all public Masses are suspended but are accessible online only on churchtv.ie, click on Sligo and then on Enniscrone or Kilglass.

Parish priest Fr Garry O’Hara can be contacted at 096 36191 or 087 7614517 or priest in residence Canon George McHale at 096 36191 or 087 2845770. Parish Email kilglass-enniscrone@killaladiocese.org. While all Masses are online the churches of Enniscrone and Kilglass are open to visit, light a candle, say a prayer or spend some time with the Lord. Visiting hours are Enniscrone 10am to 5pm; Kilglass 10.30am to 7pm. Enniscrone Church shop is open on Saturdays midday to 7pm, Sundays 11am to 2pm.

CONDOLENCES: Sympathy to the Craig family on the death of Malachi Cregg at Sligo University Hospital.

Malachy will be sadly missed by his wife Maureen and his loving family, son Michael, daughters Laura and Lena, daughter-in-law, Sons-in-law, grandchildren, sister Theresa, brother-in-law, relations, friends and neighbours. May He Rest in Peace.

Sympathy is also extended to the Maguire family on the death of Maureen Maguire (née Kilcullen) late of Bray, Co. Wicklow, and formerly of Enniscrone.

Maureen will be sadly missed by her husband Séamus, daughters Marie Louise and Paula, son John, grandchildren, relations friends and neighbours. May She Rest in Peace.

KILGLASS PARISH COMMUNITY CENTRE: It is nearly three weeks since our virtual concert and our GoFundMe Page is still going strong. Thank you everyone who has donated – every cent will make a difference. We will shortly be publishing a list of all the offline donations.

The proposed facility includes a childcare/after-school service, shared offices to facilitate remote workers, hot desk facilities, a kitchen/coffee dock, and a meeting room with teleconferencing facilities. At the rear of the building there will be a large hall and stage which will facilitate music and dancing lessons, indoor sports, concerts, performances, and social gatherings.

Planning permission has been submitted and we expect to have this through later this spring.

NEW SURF SHOP IN ENNISCROME: Best of luck to Stephen McAuley who will be opening a surf shop on Main Street Enniscrone, called ‘The Wetsuit Company’. Due to Covid-19 restrictions, Stephen cannot open his shop yet but you can find him on Instagram atthewetsuitcompany.ie or call 083 1083908.

BALLYMOTE PHARMACY
Caring for your health.

BUNNINADDEN
COMMUNITY PARK: Ballinaleck Community Park held their annual AGM online on March 15, 2021. The following officers are in place for the coming year: Dermot Gormally remains on as chairman, John O’Flaherty continues on as secretary and Brendan Gallagher is remaining on as treasurer with Richard Brennan as assistant treasurer.

The meeting heard reports from the chairman/secretary/treasurers. Details of the works carried out at our community park in 2020 were outlined.

There is now a new fence and LED lighting around main pitch, the main stand has been refurbished with an extension added as an outdoor sheltered area. There
was also upgrade works carried out on the security cameras. The overall sum of money invested in 2020 was £10,000. Grants for these projects amounted to £70,000, with the remaining £40,000 raised through fundraising. The funds from fundraising will always be ring-fenced for further development and its vital to have this funding for grant applications going forward. The committee has a vision to keep improving these facilities for the people of the parish and the wider community. As we go forward we will always keep everyone informed. There was thanks to Sean, John and Tom (our caretakers) for the work they do weekly at our facility. Committee members were also thanked for their dedication, especially in such a difficult year. The committee and the ongoing support from the members of clubs/facility users for their adherence to Covid regulation which ultimately meant the park could remain open all through this level five restrictions, was also acknowledged. Sponsors were also thanked for their commitment.

Our Community Park is operated as a 'not for profit' limited company. It is run by a group of people who are both members and directors.

**BALLINTOGER**

**SAD DEATHS:** Sympathy to Kevin Lennon and family, Carnagh, Ballintoger, on the death of his father Tommy Lennon, Belmullet, Co Mayo, whose funeral took place recently.

Sympathy to Mrs McGoldrick and family, Carnagh, Ballintoger, on the death of her daughter Kathleen McCawley, Dovra, whose funeral took place in Holy Week.

**COOLANEY**

**BALLYMOTE COMMUNITY PARK**

**BINGO:** The bingo takes place every Saturday at 8pm on Zoom, and please note its later time. Great prizes and great fun for all the family up to €1400 guaranteed to be paid out this Saturday and the jackpot stands at €1200 on 47 calls or less. Books are available from Kane’s SuperValu Ballymote from Tuesday to 11am Saturday or purchase online on clubforce.com. Search for Ballymote Community Park and select Pay Membership to receive your book, via email. All proceeds go to developing the park for the communities enjoyment.

**PETITION:** A petition to save the Bank of Ireland ATM in Ballymote is available for people to sign: change.org/BallymoteATM. For further information phone Keith Henry at 086 3367193 or email keithhenryballymote@gmail.com.

**SYMPATHY:** Sympathy is extended to the relatives and friends of Maureen Flynn, Carrickbacaogher, who died recently.

**BALLYMOTE COMMUNITY PARK**

**BINGO:** The bingo takes place every Saturday night at 8pm on Zoom and please note its later time. Great prizes and great fun for all the family, up to €1300 to be paid out this Saturday with the jack pot standing at €1200 on 47 calls or less. Books are available from Kane’s SuperValu Ballymote from 9am on Saturday or purchase online clubforce.com. Search for Ballymote Community Park and select Pay Membership to receive your book via email. All proceeds go to developing the park for the communities enjoyment.

**BACK TO SCHOOL:** Good luck and best wishes to all the students returning to school on Monday, April 15.

**PETITION:** A petition to save the bank of Ireland ATM is available for people to sign change.org/BallymoteATM. For further
**ST LASSARA SCHOOL**

**BALLINACARROW**
The school is now enrolling for the school year commencing September 2021. For full details contact either 071 9193850 or email principalslas@gm.com.

**ENROLMENT**
St Mary's Secondary School Ballisodare are now taking applications for their school year commencing September 2021. Registration can be done by contacting the school on 071 9167579 or email info@smeh.ie.

**ACHONRY FARMERS’ MARKET**
The market continues every Saturday.

**ONLINE DONATIONS**
An online donation system is up on the diocesan website achnorydiocese.org for the offertory collection envelopes, special collections and the priests collection. Anyone who wishes to donate using this method can do so, also people to use the weekly offertory collection envelopes if its suitable.

**LOCAL TRANSPORT**
The Tubbercurry Access Bus travels to and from Sligo every Wednesday morning picking up people at their place of residence, travelling via Mullamahena, Ballinacarrow, Coolaney etc.

It arrives at Tesco car in Sligo at approximately 11am and departs from the car park again at 1pm. This is a great service that allows people to avail of their travel pass. To book a donation call 071 9196614.

**NOTES**
Anyone who has notes and would like to have them included in the Sligo Weekender contact 086 1827684 or email christinaclarke266@gmail.com.

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**MERVILLE YOUTH AND COMMUNITY CENTRE**

**COVID-19 LEVEL 5**

Wash hands, wear a mask, and keep social distancing. The centre is currently closed for all community activities. With Covid restrictions, please keep an eye out particularly for elderly neighbours and those living alone at this time, stay safe by watching out for all in our community. Follow our social media pages for up to date community supports and information.

**CONDOLENCES**
The management committee, staff and the wider Merville community wish to express our sincere condolences to the family and many friends of Michéal Curley, Roshehill. Michéal was a tireless community volunteer over many years, in particular the Community Games at local and national level. Ar dheis Dé go raibh a anam.

**PENDANT ALARMS**
What price is peace of mind for the older people in our community at this troubled time?

Merville Community Centre facilitate on behalf of our community the provision to eligible persons of social monitored pendant alarms, under the seniors alert scheme that is administered by Pobal. Equipment funding is available for eligible persons over 65 years for the installation of an monitored alarm on a landline in the person's home. The alarms are now available to persons age 65 or older and living alone, living with another person who meets the terms and conditions, living alone for significant periods of time during the day, or is a carer to someone else in their household.

First year monitoring is now free for all new applicants. Subsequent annual monitoring charges are then payable by the user. Contact Merville Centre Office on mervillecc@gmail.com or phone 071 9150029 and leave a voicemail for further information. We can process the application over the phone. Installation is carried out line with all HSE Social Distancing Guidelines.

**NOTES**
Local voluntary and community groups are reminded that any notices for publication can be emailed to mervillecc@gmail.com or hard copy left into the Merville Centre for inclusion in our Local Notes.

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**CARRAROE**

**FUTURE NEWS EVENTS CONTACT**
To have events/news items included in Carraroe section contact 071 2228835 or carraroeliganews@gmail.com no later than Monday each week.

**ST JOHN’S GAA CLUB**
Lotto Jackpot €15,750. Numbers drawn: 3, 13, 26, 28, 25. 2 winners were Tony Mooney Caithins Hill, Ina Toolan Coolaney.

Imelda O’Sullivan Aighamore, John Green Ferndale. The lotto is available online - visit St John’s GAA website. Tickets are available in the following outlets - Molly Fultons, Cannings, Pearse Road, McMorrows, Caithins Road, Applegreen, Pears Road, Clifford’s Electrical, Londis, Cleveragh Road, or any club member.

**ARRANGEMENTS FOR CARRAROE**

**SPRING CLEAN NEXT SATURDAY**
The annual Spring Clean is scheduled for next Saturday, April 17, commencing at 9.30am to 2pm. Due to Covid-19 we will have to organise it in a different way. This year we are asking people using hi-viz vests to litter pick on own road/area in family units or alone. Please use clear plastic bags (black bags will not be collected), disposable gloves, litter picker.

We will supply all requirements and will arrange to deliver to your door. On Saturday, please tie bag leave it off road and send a picture identifying location to any or listed people. After 2pm we will have volunteers travelling roads picking up full bags to remove them to storage until Monday. If you are willing to assist you can call any of the following Bridie McLean 086 8989825, Pat Benson 087 2222835, Dympna O’Loughlin 087 9326540, Mary Dunbar 087 6698533 or email patwbenson@gmail.com. Your support will be appreciated.

**TEXT ALERT SIGN UP DEADLINE**
Today: People who have not as yet signed up to the Komeer App or SMS system received a text on Thursday, April 1, advising that if they have not signed up by today, Thursday, April 15, they will be removed permanently from the records. To sign up for the alert via ordinary text use this system. +44 From your mobile phone Text KOMMER to 61165 to securely pay €10 for 12 month’s service or download the Komeer App for €5 per year.

**THANK YOU**
Cadhla wishes to acknowledge and express our appreciation to Darren Carr of the Well Pet Hospital for the generous donation to keep our Flower Planters around the area in bloom for the summer.

**SENIORS ALARM**
People with the alarm are advised to test each month by pressing the red pendant and allowing the service answer. Anyone that already has the alarm is advised to wear the pendant.
at all times including in bed and shower (its waterproof). Application forms are available from any of the following Bridle McEern 086 3969825, Pat Benson 087 2222833, Dymphna O’Leighlin 086 9383940, Mary Dunbar 087 6666333 or email patw Benson@gmail.com.

Social Media Volunteer: Cadra is seeking volunteer interested in assisting with the management of its social media platforms which we want to develop including development of website, Instagram, Twitter, Facebook, and TikTok. We want to develop all aspects to allow us communicate with all of our population as well as the Carraroe Diaspora – anyone willing to assist with this aspect of our organisation can call 087 2222333.

Deadline Tomorrow: County Board of Comhaltas closing date for entries is tomorrow – for full details see Sligo County Fleadh 2021 web page or telephone enquiries to 086 3916761. This is a Virtual Fleadh Fest competition in April 2021.

Individuals to compose (a) A Traditional Dance Tune (b) A song with Sligo Theme of a Traditional

Nature Attractive prizes for winners. The competition is open to all Sligo people at home or abroad.

Bottle/Cans Banks in Carraroe: We want to thank residents of Carraroe for the support for the Recycling Banks to date. Do not leave rubbish beside the bins. Please note that the Recycling Bank is monitored by CCTV.

Funding Appeal: Anyone willing to assist Carraroe and District Regeneration Association with the ongoing work and who wishes to support our efforts are requested to consider making a donation which will be appreciated. We thank those that have already made donations which will be acknowledged individually by letter donations can be made to the following account: Sligo Credit Union, Wbase St Sligo, Account Number: 24936, Sort Code: 992104. IBAN/IE23SLIRU921040 2493622. BIC: SLIRIE21XXX.

Gurteen

Recent Death: The death took place on April 4 at Sligo University of Patricia Durkin, née Corcoran, Edmonstown, and late of Seaffin.

Cloonloo. She will be sadly missed by her husband PJ and family James, Caroline, Noel, Tracey, Sean and Paul, and their families brothers and sister and a wide circle of relatives and friends to whom deepest sympathy is extended. May she rest in peace.

Tirrachg Trad Feis: The Tirrachg Branch of Comhaltas Ceoltóirí Éireann are holding an online Feis for all Irish traditional musicians under the age of 18 years living in Co. Sligo. Each competitor will receive feedback on their performance and a certificate. Prizewinners will receive a medal. Closing date for entries is April 19 and results will be announced on May 9. There are competitions for under-8, under-12, under-16. From whistle, flute, flode, concertina, bodhran and miscellaneous and if there are five entries for any other instrument category a competition will also be held for it. For more information please ring 087 8766576 or 086 4477767.

Sligo County Board: Closing date for entries for composition of a song and of tune with Sligo theme is this Friday, April 16, 2021. It is open to all Sligo people of any age at home or abroad. The song with Sligo theme of traditional nature and the tune of Irish traditional dance tune. Please send your entry using voice recording via Whatsapp to 086 3916761 and include your name, age, address and contact number. Parents Guardian name and number, email address also title of tune and/or song. It can be performed by composer or another person – generous prize money of €250 for each of the competitions. Inquiries to Sligoce.secretary@gmail.com.

Eastern Harps: Eastern Harps 50/50 draw held every Monday night. €364 was the prize on Monday night, April 5. Winner was Seán Brúin, Ballinafad. Tickets are €2 each or three for €5 available at Cona or online on Facebook and Twitter. All support is greatly appreciated.

Gurteen Celtic: The Gurteen Celtic Lotto €50 winner was Ruth Conlon. And the numbers were 7, 11, 14 and 58 the jackpot is now at €5400. Tickets can be bought in the local shop.

Cloonacoil

Notes: Please ensure that your notes are sent to clonacoile notes@gmail.com before midday on Mondays.

Bridge Repair: Work is commencing on the repair of the bridge over the Mad River in recent days. This will be a painstaking job that will last a number of weeks. Care has to be taken to ensure workers safety as well as the safety of the bridge. During this time, the area will be a virtual building site and people are being encouraged to treat it as such. It will however be nice to see the old bridge restored to its former glory.

Darkness Into Light 2021: Why not create your own version of this event? Darkness Into Light invites you to join Peta and Electric Ireland on May 8, 2021. For a special Darkness Into Light sunrise. Even though we can’t all gather together, we can still walk under one sunrise, holding in our hearts all those impacted by suicide and self-harm. Each and every year, your vital

Riverstown

Fleadh Fest Competition: Comhaltas Fleadh Fest Competition open to all Sligo people. Competitors are asked to compose (a) One Irish Traditional Dance Tune – Prize €250. (b) One Song – with Sligo Theme of Traditional Nature – Prize €250. Please send your entry using voice recording via WhatsApp.

App to 086 3916761. Include your full name, address, contact number, email address, title of song or tune and parent or guardian’s name and number if under-18. Inquiries to Sligoce.secretary@gmail.com. Can be performed by composer or other. Entry closing date Friday, April 16.

Photography Challenge: Clean-up work of playground, ballcourt and picnic area is on-going. But in order to get the playground open considerable equipment repairs are required. Funds are badly needed to cover these repairs and
insurance of the hallcourt and picnic area. Anyone wishing to donate should go to donate.ie/rpspringphoto to the playground repair fund or enter a Virtual Spring Photography Challenge fundraiser. To enter challenge, take a Spring-related photograph to suit one of the following categories: Easter, Humour, Animal, Nature, children or Novelties and donate a minimum of €10 per photo entry. Email your name and photograph along with a brief caption for your photograph. Starting which category you are entering to carrowcassel@eircom.net before April 30. There are prizes for each category and an overall prize. For more information contact Iris Murphy 086 8258826 or Martin Baker 086 1409334.

SHAMROCK GELS: The club's revamped website is now live. Huge thanks to web developer Frank Kearns for all the work in developing the site. Visit the site to keep up to date with club activities or to browse the archives. A new YouTube channel which already has a number of videos uploaded. Keep an eye out for more content over the next few weeks. The club plans to relaunch clublotto in the next few weeks. Entry to the draw will be online. The annual clothes collection will take place this month so starting collecting. There has been a great response so far to the National Club draw and tickets are still in circulation. If you unreturned tickets, please get them to Mary Quinn immediately. The tickets are €5 each with a top prize of a car. 100% of proceeds go to the club and any support would be great.

NOTES: All are welcome have their news items included in the Riverstown community notes so please email carrowcassel@eircom.net or alternatively text or call Iris at 086 8258826.

SLIGO VOLUNTEER CENTRE

CONTACT: You can browse all vacancies on i-vol.ie and check out all of our news on volunteslgo.ie OR call 071 9111042.

TIDY TOWNS SUPPORT PROGRAMME: The programme will kick off Wednesday, April 14, at 7pm and the first topic is low maintenance.

wildlife friendly planting in public spaces. The training will run for six consecutive weeks from Wednesday, April 14, to Wednesday, May 19. This training is open to PPN member groups, not just Tidy Town Groups so please spread the word. Some of the sessions will cover good practice in planting and promoting a local biodiversity and waste reduction in Sligo Communities. If you or somebody from your group wish to partake in this training, please forward your details to ppm@Sligoccio.ie.

You can sign up for one or all six sessions. Please just let is know which sessions you are interested in when registering. If you have any questions, please feel free to contact 071 9111490.

DISCUSSION CAFÉ VOLUNTEERS: Now for something a bit different - Discussion Café Volunteers - Over 65’s. The University of Limerick is looking for volunteers over the age of 65 to take part in intergenerational learning. The volunteers will participate in online ‘Discussion Café’ with student nurses so that you can learn from each other. If you’re interested in this innovative project, register your interest on i-vol.ie or contact Sara at 086 0481742. This is a short term project. Last one is this week - Friday, April 16, 11am to 1pm or 2pm to 4pm.

SOUTH SLIGO NO NAME CLUB: At the moment the club isn’t running, however, No Name is hoping to recruit leaders over the next few weeks and months to be ready for reopening. They will cover all of the Covid-19 Health and safety measures once they reopen. In your role as volunteer you will be supervising young people in a alcohol and drug free social setting doing lots of activities. If this sounds like something you would be interested in, please call Mary at 087 4118922.

NORTH WEST SIMON COMMUNITY: We are all out walking these days which is great. Why not walk to raise funds for the North West Simon Community? Get your walking shoes on and raise much needed funds for them by walking 10,000 steps a day for the month of April. Easy right?! The Simon Step Challenge is a virtual challenge, and can be done anywhere in the world. We’re asking people to track their daily steps using their favourite fitness app which you can link to the fundraising iDonate platform.

DIVERSITY SLIGO: Diversity Sligo is looking for people to befriend over the phone. You will be matched with a person in Globe House (the accommodation centre for asylum seekers) based on common interests, age and gender. A lovely way to connect during these difficult times. They are also looking for a company secretary. If you have these skills you will have the chance to work with a vibrant, dynamic and dedicated team of volunteers.

HSE E-LEISURE BUDDIES INITIATIVE: The HSE E-Relax Buddy is an online programme for people with intellectual disabilities living in Cavan, Monaghan, Donegal, Sligo and Leitrim. They are looking for Online Buddy Volunteers. The programme aims to reduce social isolation by hosting online hangout sessions for small groups of adults with intellectual disabilities and volunteers. Full training provided.

SLIGO SCOUTS: Looking to volunteer without too much commitment? Have you decent admin skills? Sligo Scouts is looking for a county secretary. Perhaps you could help the Scout Clubs leaders in Co. Sligo just 4-5 times a year with minutes and agendas? Online now, hopefully in person in Sligo town soon.

SLIGO VOLUNTEER CENTRE ONLINE EVENTS: Volunteer Information Sessions on Zoom.

These are regular, informal sessions on Zoom where you can meet Olivia and Riona, our Volunteer Development Officers. Aimed at potential volunteers, these informal sessions will cover any questions you may have about what volunteering options are available, how to apply, Garda Vetting etc. There will be time for questions about your particular interests or to arrange a 1:1: follow up call – Wednesday, April 28, 2pm.

VOLUNTEER COORDINATOR ONLINE GET TOGETHER: Do you manage or look after volunteers? These get togethers are an opportunity to meet with other Volunteer Co-ordinators, paid and unpaid, to get support and discuss topics with those who manage volunteers. Pre-Covid we held these in person – but we have since moved online with Zoom. It is a chance for us all to share ideas and learn from each other.
There is no agenda, just an informal chat. We are keeping the groups small to ensure everyone gets a chance to contribute. Next one is on Thursday, April 15, 11 to midday. All of our events are on Eventbrite, you can register your place there.

**CURRY**

**NOTES:** Send your Curry notes to Cyril Feehily at 077 2566987 or cyrilfee2h3@gmail.com.

**CONDOLENCES:** Sympathy on the death of Marty Duffy, Swinford, to his brother John Duffy, Rathmaughr; Sympathy to the Gilmartin Cashel on the death of Paddy Egan, Sallymore, husband of the late Eileen Gilmartin, Cashel.

On the death of Michael A Doherty, Glann, Charlestown, sympathy is extended to his cousins Brendan and Paddy Gilligan, Monillaugh, and Bernard Duffy, Rathmaughr. May they rest in peace.

**BEREAVEMENT GROUP:** Losing someone is one of the hardest things we can go through but you don’t have to alone. Free, anonymous and online Fridays at 11am, turn2me.ie/post/bereavement-group-adults

**GOLDEN WEDDING ANNIVERSARY:** Congratulations to Mary Theresa Finan (née Mayo, Moylough) and her husband James, Lavanagh, who celebrated their 50th anniversary of their marriage this week. They are wished many more celebrations with good health and happiness.

**LOCKDOWN BIRTHDAYS:** Celebrating their birthday in their own homes with family and virtually with their friends and neighbours were Anne Maloney, Carrarne, Hilary Durcan, Bunnrinnagh, Alicia Hayes, Bunnrinnagh, and Tracey Haran, Curry Fure. Here’s hoping that you will not have to experience a lockdown event again and that life will be a journey with good health and happiness.

**PROFESSOR TOM BRET:** Dr Tommy Brett, a native of Bracklough, Charlestown, whose father came from Broher, was the special guest on Radio Fremantle (Australia) recently where he took part in a wide ranging interview on his life and time growing up in Charlestown and his formative years in education which culminated in him completing his Leaving Certificate at St Joseph’s Secondary School, Charlestown, before progressing to third level in University College Galway as it was as the time.

Tom qualified as a doctor and has spent many years in Australia where he works as Professor at the School of Medicine at Notre Dame University Fremantle (Perth) and also doubles up as a general practitioner. Tom has enjoyed an eminent career in medicine and has written several research papers during his long and stellar career as a doctor.

He also likes to dabble in writing and co-wrote a book with well known Mayo journalist Seán Rice entitled ‘We are Mayo’ which received rave reviews when it launched in 2020 and proved very popular both in Mayo and among the many Mayo folk scattered across the globe. The foreword for the book was written by Sabina Higgins, wife of our President Michael D Higgins and she was also interviewed and waxed lyrical about the quality and content of the book which she derived immense joy from reading and being associated with. Tommy inspires. You can register through Eventbrite at foroige.careers.eventbrite.com.

**PLAY HURLING:** Want to take up hurling, Tourlestrane is a GAA club who caters for all grades in the code so if you are Interested, you can contact Ruairí Brennan at 085 1940360 or Jerome Quinn at 087 8211074.

**GAA NEWS:** GAA coaches, games development or promotion officers are now permitted in our Primary Schools as part of new Covid-19 restrictions. The Department of Education have confirmed the news that external coaches may return to Primary Schools to provide physical exercise for senior classes.

**CHURCH CEREMONIES ONLINE:** Church Parish church ceremonies will remain online on YouTube at Curry Parish Church from Monday to Friday at 10am and Saturday at 11.30am. Curry Church will remain open for private prayer from 9am to 6pm each day. Moylough Church will be open on Sundays from 10am to 3pm. Let us continue to pray for each other and those who are in a special need of our prayers at this time.

**DARKNESS INTO LIGHT:** Darkness Into Light Registration is now open. Sign up today at darknessintolight.ie to help us replace suicide, self-harm, and stigma, with hope, self-care, and acceptance. While we can’t be side by side we can unite and share one sunrise together.

**BASIC COMPUTER SKILLS:** If you need help with Adult Computer skills, E-Mails, Social Media, Zoom etc. Contact John at 086 1529429. Age Action: Are offering free internet classes for older people. Age Action’s Getting Started KIT Program provides tutoring to older people on using the internet on their devices. Follow the link ageaction.ie/how-we-can-help/getting-started-kit. Or contact Oisín at 091 92781 any time.

**ELECTRIC VEHICLE CHARGING:** The Yeats County Inn Hotel, Curry, has installed two electric vehicle charging points at their premises, which are part of the ‘national network’ available for public use. This is currently the only charge points on the N17 route between Sligo and Ballindine, a distance of 84km.
The CBD Sports Complex and Gym, Charlestown, held their AGM on March 31, 2021. After many years of dedication, the directors are retiring leaving a vacancy for new directors to be elected. It was agreed that a steering committee will be formed in the interim and plans are under way to apply for a feasibility study to assess current needs and create a plan to refurbish and develop this facility so that future generations will continue to enjoy the use of this gem. Many members benefit from the use of the facility, in South Sligo and East Mayo and there are numerous opportunities to enhance the building. If you would like to become a member of the steering committee and help to create the new vision please join us for our next meeting on Wednesday, April 14, at 8 p.m.

MEALS ON WHEELS: Banada Development Agency Meals on Wheels Service offer applicants over sixty-five or those returning home from hospital, a homemade hot dinner plus dessert delivered to your door Monday to Friday in the South Sligo area. Call 071 9188562 for more information between 9am and 1pm.

COPING WITH COVID: The Tubbercurry Family and Childcare Resource Centre have launched a new booklet ‘Families feeling their way through Covid-19’. The booklet is a collaboration project by Tubbercurry FRC and is part of Sligo’s Covid Community Resilience Plan. The publication is designed to help families deal with the extra pressures that have arisen due to the pandemic. It is now available free from all Family Resource Centres in Co Sligo and from the council offices. Sandra Cribben is the manager of the Tubbercurry Resource Centre, she says the booklet will offer advice for families when it comes to coping with Covid-19.

HERITAGE SOCIETY: For information contact Seamus Birmingham at 087 2482246 or email ctown9@gmail.com.

DOG FOULING: Complaints are being made regarding persistent dog fouling in Charlestown. When bringing a dog for a walk, please remember to bring a plastic bag to pick up your dog’s waste. As per government policy you must clean-up after your dog if it fouls in a public place. Failure to clean up your dog’s waste can lead to a 150€ ‘on-the-spot’ fine or on summary conviction to a fine of up to 4,000€.

TUBBERCURRY FRC: Taking care of our Mental Health is more important now than ever. Take a step towards better Mental Health This Year. Innovation Recovery run many courses throughout the Year. These include top tips for anxiety, practising self-care, mindfulness, managing setbacks and more. If you are struggling with your mental health and would like help finding further courses and supports like these please contact Mary, our Social Prescribing Coordinator, at 086 4092724.

TEXT ALERT: Please remember, your local text alert system is available to all of us to send a message which we feel may be of importance to members of our local Parish Community. At this time of concern it is important that we keep a lookout for each other and in particular for our senior citizens. Should you notice any suspicious activity it is important to contact the gardaí or any of the people listed below to have a text issued. Druncliffe-Rathcornac Text Alert is offering; Community Support, assistance, information, provisions, as maybe required at any given time you can contact Gerald Coleman, 087 6391331, Martin Connolly, 087 2954500, Marie Costigan, 087 7883993, Seamus Durcan, 086 3617445, James Giblin 087 9631883, Tom Howley, 087 2200658, and Paul Walsh, 087 8171548.
This poem was composed by Leanne, Kelly and Maisie Harran in delight at their granny Annie Fleming, Carrowreagh, Cooper, receiving her Covid-19 vaccine last week. She has not been able to visit them for over a year or see Eugene, her hairstylist, owing to the lockdown.

MISSING GRANNY’S HUGS

Wait till I tell you about her,
She can be a bit wild
And that’s putting it mild.
The lockdown hair has gone crazy,
Leaving her eyesight sometimes lazy.
Please God Eugene will have her top of his list.
I think I even saw a bird’s nest.
Today is the day we’ve been waiting for.
She’s finally getting her first jab.
It’s going to be fab
Maybe she will do the dab
Or Dad said she might temporarily
Loose the gift of the gab.
You see our mom
Is a Covid nurse
And this Covid-19 has
Surely been a curse.
We’ve missed our granny so much.
Our walks, talks and her gentle touch.
We cannot wait to venture for some hugs.
And finally get some of those much-loved hugs.

Happy sixth birthday to Jacob O’Malley from Enniscreane. From Mum, Dad and sister Hayley.
Dáithí O'Connor, founder and MD of Revive Active, and Andrea Rooney, area manager, presenting a cheque for €53,000 to Ailbing Hurley, CEO of Breast Cancer Ireland, following a successful fundraising drive over Christmas by the Super Supplement brand to raise funds to support pioneering research and awareness campaigns in 2021 by Breast Cancer Ireland. The funds were raised through the sales of limited edition Revive Active Immunity Support gift packs sold across Ireland over the Christmas period, with 100% of all proceeds going to Breast Cancer Ireland. Ailbing Hurley, CEO of Breast Cancer Ireland, said: "We are delighted to have been selected as the beneficiary of this fundraising initiative, and extremely grateful to all of those who bought the special Revive Active packs. Indirectly raising funds to help us realise the ultimate vision of Breast Cancer Ireland, which is to increase the speed of research discovery thus turning breast cancer into a treatable illness which can be managed and cured in the long-term."
Revive Active raises over €50,000 for Breast Cancer Ireland

Pictured are Darrin O’Connor, Founder and MD of Revive Active and Andrea Rooney, Area Manager, presenting a cheque for €50,000 to Aidan Hurley, CEO of Breast Cancer Ireland, following a very successful fundraising drive over the festive period, by the Super Supplement brand to raise funds to support pioneering research and awareness campaigns in 2021 by Breast Cancer Ireland.

The funds were raised through the sales of limited edition Revive Active Immunity Support Gift Packs sold across Ireland over the Christmas period, with 100% of all proceeds going to Breast Cancer Ireland.

Aidan Hurley, CEO of Breast Cancer Ireland comments: “We are delighted to have been selected as the beneficiary of this fundraising initiative, and extremely grateful to all of those who bought the special Revive Active packs, indirectly raising funds to help us realize the ultimate mission of Breast Cancer Ireland, which is to increase the speed of research discovery thus turning breast cancer into a treatable illness which can be managed and cured in the long-term.”
Take part in '100k in 30 Days' this June

From casual strollers to keen walkers, joggers and seasoned runners - June is the month to get those kilometres hiked up for Breast Cancer Ireland. Following the phenomenal success of last year's '100k in 30 Days' event, organised by Louth couple Niall Carroll and Cara McAdam which raised over €1.2 million for the charity, they this week launched the 2021 event. It's open to everyone from age one to one hundred and invites participants to walk, jog, run or wheel a total of 100km (or more!) during the month of June. As an additional incentive, there are circa €30,000 worth of incredible prizes to be won throughout the event including a €3,500 family travel voucher sponsored by Connect Credit Union, five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registration for the event opened at www.100kin30days.ie yesterday (Thursday), and Niall Carroll, who originally established the event in support of his wife Cara following her breast cancer diagnosis, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event.

“We’re aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of the island of Ireland will jump on board and get involved,” Niall said. “To have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021. Last year saw participants from no less than 34 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

Participation in the ‘100k in 30 Days’ event is easy - simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or App and upload your activity to your ‘100k in 30 Days’ account – add an optional photo and watch your kilometres grow!

Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy.
Pink Army ready to raise funds for Breast Cancer

Following the amazing success of last year's 100k in 30 Days, organised by Blackrock couple Niall Carroll and Cara McAdam, which raised over €1.2 million for Breast Cancer Ireland, this year's event has been launched with the aim of getting 20,000 pink army participants.

Registrations for this year's event will open at www.100kin30days.ie on Thursday 15th and Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event.

Niall, who set up the 100k in 30 days in support of his wife Cara following her breast cancer diagnosis said: 'We're aiming to increase participation this year to 20,000, and have full confidence that once again our 'pink army' from all of the island of Ireland will jump on board and get involved.'

'To have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021. Last year saw participants from no less than 34 countries worldwide getting involved and we're calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.'

The 100k in 30 days is a fun event, aimed at casual strollers, keen walkers, joggers and seasoned runners alike. It is open to everyone of all ages who can walk, jog, run or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland's leading breast cancer charity, Breast Cancer Ireland. As an additional incentive, there are around €30,000 worth of prizes to be won including a €3500 family travel voucher (sponsored by Connect Credit Union), 5 star hotel breaks, restaurant vouchers, luxury brands and family days out.

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland. These include the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital; support for the Breast Cancer Ireland funded specialist breast cancer research nurses in the designated cancer centres all across Ireland, and support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.

For further information and to register go to www.100kin30days.ie
I am 42 this year. My mother was dead from breast cancer at 33. I had my breasts and ovaries removed so I could be there for my kids.

Aileen McGeough discovered she carried the BRCA1 gene in 2006 and had a double mastectomy. Seven years and four children later, she had her ovaries removed. She talks to Liadán Hynes about growing up in the shadow of hereditary cancer.

We always knew that there was probably going to be something there, genetically. We talked about it growing up. We knew that gran...
cancer were hugely increased.

Her mother Rosie had died of breast cancer aged 33, when Aileen was just six.

"Mummy got sick in 1984, she was sick for around 16 months," Aileen explains. Her aunt Nan had died several years before, aged 41, also from breast cancer, and a third sister of her mother's, Madge, had been through, but survived, breast cancer. Her mother had a mastectomy, but six months later the cancer returned in the other breast. "She had that removed, but was dead in six months. She died on December 27, just two days after Christmas," Aileen recalls.

Aileen's memories of that time are sparse. "I was probably sheltered a wee bit; I had older sisters. They were only 10 and 12 but still. We did go to visit her on Christmas Day. My memory of it is that she was delirious with pain at the time. She didn't really know that we were there."

She does remember her mother speaking to her several months before her death about her own mother dying when she was four, and what that had been like. "Again, it kind of went over my head." Aileen says now, adding that the reality of what Rosie went through really hit home.

'**Shay was born in June and I had my ovaries removed in December. In hindsight, I should have waited**'

After she became a mother herself. "Since I've had my own children, I can't imagine what she was going through. The anguish. We have her medical records from the hospital. Nurse notes on the days that she was very ill show that she was really concerned about her young children."

Aileen's youngest sibling, Donal, was only four when their mother died, and she describes how keenly he felt the loss.

"He missed that bond I suppose. She used to lie with him to sleep at night; they shared the same bed. When she was gone, there was no help. And that was nobody's fault at the time. That was just the society we lived in; there was no going to speak to somebody about it. So Donal would have struggled."

Tragically, Donal died by suicide 14 years ago. "He probably was a victim in all of it as well, because he did really miss her," Aileen reflects.

"I have two boys now; they just rely on you so much. When children are young it's just mummy, everything's mummy. And then that's taken away, and there's no explanation for it. It's very bleak."

Aileen's older sisters are, she says, her best friends; all three live near each other in Knockbridge, Co Louth. Aileen with her husband and children in the original family home.

In 2000, when Aileen was 19, her much-loved aunt Madge, then 50, died from ovarian cancer. It was a huge shock and loss, she recalls. It also proved an impetus, and Aileen, concerned about her own health, began making regular check-up visits to her GP.

In 2005, Aileen's cousin Eileen, who lived in Denmark, developed breast cancer. "She was 33 at the time," says Aileen. "That was the next generation starting to fall to it." Eileen was found to be a carrier of the BRCA1 gene, something Aileen and her sisters had not been aware of before then. In April 2006, Aileen, then 26, went for genetic testing, receiving her results in the August of that year.

"I was a carrier. My sister Fiona wasn't. I was relieved for her. She had three children at the time. She had built herself up for years, worrying that she could end up getting cancer, and it was over for her. That was a huge relief, and I can't express that enough," Aileen says firmly.

"Both my sisters are negative. It was good that they didn't have
to deal with it. Fiona had three children. Siobhan was living in Australia at the time and wanted to start a family. I wasn't married and I had no children, and all I had to do was go home and lie up and get my mind on what I had to do. I didn't have anyone to mind." In fact, rather than upset, she felt relieved. "I was just glad to have the knowledge, the information, and the facts. Then I could decide what to do with it. There were never any tears shed at that.

"I really did think I had an opportunity at that stage to do something about it, an opportunity that mammy and her sisters didn't have. We had come on leaps and bounds from when mammy died, to being in a situation where we could have that information.

For some, on receiving the information that they are a carrier of the BRCA1 gene, there is a chance that they will develop breast cancer, but Aileen didn't. She knew immediately she would need surgery.

"A 50% chance of getting breast cancer was huge. Too big for me to carry, I know. I just know I'd have to go on and do something."

Aileen went through the cancer in 2007. "I was in hospital for 26 weeks and I was really bad. I was going to die."

"Daddy came out and said my sister's children were being looked after by her."

Aileen's brother Donal died four weeks before her surgery for a double mastectomy in May 2007.

"In the lead up to it, that took over all our lives. At the stage of going in for the surgery, I just wanted it over and done with." Aileen says, adding that she was not at all nervous at the prospect.

"I didn't want to let down my sister's children; she was taking me up to hospital. I was all right. I'm grand, and I'm fine."

Her own feelings were extremely pragmatic. "I'm a positive person. Whatever way the surgery was going to go, I wasn't going to die. If I lost my breasts, I lost them. My surgery was very successful and I never really looked back."

Out of 10 siblings and cousins including Aileen herself who were tested, seven were positive for the BRCA1 gene. During her reconstructive surgery, her doctors removed the breast tissue and inserted implants. Some of her cousins had recurring surgeries after the first operation, due to complications.

"I recovered very well. I was back to work after my double mastectomy in 2007 in two weeks," says Aileen, who got married at the end of that same year. She always knew that she would get her ovaries removed, and had her four children in quick succession over the next five years. Senan, who was born in October 2008 is now 12. Molly is 11. Cian is eight and Saoirse is six.

"Senan was a honeymoon baby," says Aileen who got married in late 2007. "And then I had another one 12 months later. Shay, my youngest, was born in June, and I had my ovaries removed in December 2014. Maybe in hindsight I should have waited a couple of years, just to get the children up a wee bit without having to deal with the menopause straight away," she smiles. "Not being able to sleep was the worst, but I had four children, and they were young. You're up and down."

This surgery was very straightforward, she recalls. It was keyhole, and Aileen was able to go home the following day. Again, she found recovery relatively easy, coping with the menopause that set in shortly afterwards.

Last year Aileen had to get an implant replaced, an unexpected procedure related to their inevitable lifespan, but for now she hopes to have no further operations. There is a certain amount of understandable anxiety — she smiles — but she terms herself something of a hypochondriac who would have a path worm to her extremely helpful GP — but in general Aileen displays impressive resilience when talking about what she and her family have been through.

"Maybe that's just the way I'm built, or maybe because we lost mammy so young, and had to deal with that, I never feel sorry for myself. I honestly think I was given an opportunity to avoid getting breast cancer. And touch wood I have avoided it. I'm 42 this year. Mammy was dead when she was 35. She didn't see me make my First Communion, or my sister going to secondary school, whereas I'm reaching all those milestones now with my children. We have this opportunity to be here. I'm so grateful for that."

Aileen is an ambassador for the 100K in 30 Days event, sponsored by Sherry.
FitzGerald in aid of Breast Cancer Ireland, visit breastscancerireland.com. Registration for this nationwide family-focused event is open at 100kin30days.ie and participants are invited to walk, jog, run or wheel a total of 100km during the month of June to raise funds for Ireland’s leading breast cancer charity. Find your nearest Pieta Centre at pieta.ie or freephone 1800 247 247

Facts on the BRCA genes

- It is estimated that 5-15% of breast cancers are the result of inherited gene mutations. Most of these hereditary breast and ovarian cancers are caused by mutations in two specific genes, Breast Cancer 1 (BRCA1) and Breast Cancer 2 (BRCA2).
- If you are a BRCA mutation carrier, your close relatives have a 50/50 risk of having the faulty BRCA gene. You would have inherited the BRCA gene from either your mother or your father.
- This faulty BRCA gene, which also affects men, causes the increased risk of developing breast, ovary or prostate cancer.
- The prognosis for women with BRCA positive breast cancer is extremely poor.
- Clinical management of patients with an identified mutational status include prophylactic surgeries (removal of breasts or ovaries) or administration of drugs to diminish hormonal actions on the breast.
- If you would like to be put forward for genetic testing, talk to your GP who may refer you to a genetic clinic.

Whatever way the surgery was going to go, I wasn't going to die. If I lost my breasts, I lost them. My surgery was very successful and I never really looked back.
Rilean with her cousin Tara:

"Tara and I, and all our cousins, have been a constant support to each other over the years, between having surgeries, chatting, meeting up whenever we could. Tara is the youngest of the group of cousins. She had a double mastectomy in her mid-20s."
Fiona launches fundraiser to fight breast cancer

Nenagh-born breast cancer survivor and well-known fashion and beauty blogger Fiona Morgan-Coleman has helped to launch a nationwide family focussed virtual event aimed at funding life-saving research and provision of good breast health education programmes run by Breast Cancer Ireland.

Fiona, a daughter of former town councillor Tommy Morgan, is now a member of An Garda Síochána living in Shrule on the border of counties Galway and Mayo. She took part in the launch on Monday of this year’s ‘110k in 30 Days’ event. The national fun-filled initiative will be held throughout June and is aimed at casual strollers, keen walkers, joggers and seasoned runners alike to jog, run or wheel a total of 100km, or more, to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

The event is organised by Co Louth couple Niall Carroll and Cara McAdam, and last year it raised over €1.2 million in essential funding for Breast Cancer Ireland.

This year’s event promises to be even bigger and better, and there are around €30,000 worth of incredible prizes to be won throughout the initiative, including a €3,500 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations for the event will open at www.100kin30days.ie on this Thursday, April 15th, and Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink T-shirts arrive in good time for the event.

Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented: “We’re aiming to increase participation this year to 20,000, and have full confidence that once again our ‘pink army’ from all of the island of Ireland will jump on board and get involved. To have a title sponsor such as Sherry FitzGerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021. Last year saw participants from no less than 34 countries worldwide getting involved and we’re calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date.”

Funds raised will go towards the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in autumn of this year. This new centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

Monies raised will also go towards supporting Breast Cancer Ireland funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

The event will generate funds to support Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Breast Cancer Ireland CEO Aisling Hurley comments: “The 100k in 30 Days event is a phenomenal event and the monies raised will help us to fund the consistent and intensive breast cancer research, which is vital in advancing a cure to what can be a devastating disease. Through this research and the ongoing clinical trials seeking to develop newer targeted therapies, the ultimate goal of Breast Cancer Ireland is to transform this disease into a treatable illness that can be maintained long-term.”

Participation in the ‘100k in 30 Days’ event is easy - simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow!

Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy
MY CANCER STORY

So many challenges and changes have happened to breast cancer survivor Madeleine McCoole since she was first diagnosed, along the way she discovered her own inner strength. Her journey has left her with a strong appreciation of the beauty of everyday moments. Here is her story in her own words.

My name is Madeleine McCoole. My cancer journey began in March 2018 when, aged 42, I found a lump in my right breast while in the shower. As a working mum of two young boys (two and four at the time), life was busy, so it was a couple of weeks before I finally mentioned it to my doctor.

I was referred for a mammogram which took place two weeks later, which lead to an ultrasound and biopsy on the same day. I will never forget the consultant’s words; “we obviously don’t know anything until we get the results, but I am concerned.”

This is the moment that I knew, results or not, that I had cancer. I walked out of the hospital, into a lovely sunny evening, took a moment and had a little cry. A week later, on April 28 I received my diagnosis. I had Invasive Ductal Carcinoma, one of the most common forms of breast cancer. My cancer was hormone receptor positive, meaning hormones (in my case oestrogen) were helping it grow.

SHARING MY STORY

The day of my diagnosis was strange one, there were no tears, I genuinely didn’t feel upset and I felt oddly at ease with the news, I guess I had prepared myself for it. I counted myself lucky – my cancer was very treatable. I knew it was going to be a tough year, but I knew that’s all it would be. I could beat it and that’s all I needed to know. Two weeks later, I had a lumpectomy to remove the lump and a sentinel lymph node biopsy to see if the cancer had spread. One of the reasons I try to encourage others to check their breasts is because my lump was, in the surgeon’s words, ‘a nasty’ grade 3 tumour. However, because I caught it so early – at stage 1 (meaning it hadn’t spread), my prognosis was very good.

It was nearly two months later before I would know whether I needed chemotherapy or not as I had to wait for the results of an ‘Oncotype’ test which would determine the likelihood of my cancer returning. These results showed that there was a very high chance my cancer would return so in order to try and prevent this I was scheduled for six rounds of chemotherapy followed by 20 sessions of radiotherapy and five years of hormone therapy.

I decided to write a blog (cancerandthebeautybeast.ie) while going through my treatment in the hopes that by sharing my own story I might help at least one other woman on her journey.

If my cancer journey has taught me anything, it’s that life is too short to sit back and wait for things you want to happen. We are all in the driving seat of our own lives, so in November 2019 I left my job of 17 years. I was taking the first step towards a goal we had had for many years – to move from Dublin to Cork. Things didn’t go exactly to plan. My mum, who was my inspiration and role model for her strength and positivity, passed away four days later (after her own cancer returned a few months previously) and then 2020 arrived and we all know how that went! We still managed to make it to Cork and although it hasn’t been the smoothest start to our new life, it still feels right, and we are very happy.

My treatment is ongoing. In July I changed my medication and also started monthly Zoledex injections to bring about menopause. The injections have resulted in some days in bed with migraines but thankfully only a few and on a day to day basis I have no major side effects.

One of my life mottos is, ‘you can’t
control what life throws at you, but you can control how you deal with it. For me, mindset is everything, and I strongly believe that we can learn and grow from even the most challenging situations.

**LIVING IN THE PRESENT**

What I've struggled with most over the last three years has been fear of the unknown: What will the treatment entail? Will it work? What side effects will I have? And the forever present - Will it come back? What has really helped me manage these worries is focusing on enjoying the present. I often found the reality was never as bad as what I had feared. Also talking to and accepting help from my amazing and supportive friends and family, practicing gratitude, fresh air and exercise.

I now do two to three 5km runs a week and have a new-found love and respect for the outdoors, and the healing benefits of spending time in nature. I now spend my weekends going for sea swims, forest and coastal walks and have ditched my heels for wellies and hiking boots.

My cancer diagnosis has changed me but as surprising as it might sound, I believe it has changed me for the better. It has given me an appreciation of what I have, a drive and determination to get up, get out and make the most of each day. I've learned that life is not about waiting for everything to be perfect because it rarely is, it's more about savouring and appreciating all the perfect little moments within all the imperfectness. No matter how bad things are, if you look for them, there are always moments to enjoy and be grateful for.

Madeleine is a breast cancer awareness advocate and an Ambassador for the 100k in 50 Days event, sponsored by Sherry FitzGerald, in aid of Breast Cancer Ireland.
Research is vital in advancing a cure to what can be a devastating disease. One in nine women in Ireland are affected by breast cancer, and there are currently 3,700 new cases diagnosed annually. While survival rates are improving through screening and awareness campaigns, there is still a lot more to be achieved through dedicated and in-depth research with the help of Breast Cancer Ireland. Their mission is to transform breast cancer from often being a fatal disease (690 deaths annually) to an illness that can be managed and cured through treatment. The speed of research discovery will ultimately achieve this vision of reducing the threat of breast cancer.

The treatment landscape has changed dramatically over the past ten years. Previously, all patients diagnosed initially received chemotherapy as standard. Today, with the emergence of sophisticated blood tests, we can personalise and tailor each patient’s treatment plan to reflect their particular type of the disease, thereby...
optimising their prospects of defeating breast cancer. Proceeds from the 100K in 50 Days event will help to fund life-saving research and the provision of good breast health education and awareness programmes. Firstly funding will be used for the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in Autumn of this year. Also for support nurses for the Breast Cancer Ireland funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland. And finally for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. To register visit 100Kin30days.ie

"I counted myself lucky – my cancer was very treatable. I knew it was going to be a tough year, but I knew that’s all it would be – I could beat it and that’s all I needed to know."
Blooming: Fiona Morgan-Coleman, a breast cancer survivor and Garda from Shruie, Mayo, pictured at the launch of the 100k in 30 Days event sponsored by Sherry FitzGerald in aid of Breast Cancer Ireland. Photo: Leon Farrell/Photocall Ireland.
Mayo Garda helps launch 100k in 30 Days for Breast Cancer Ireland

A Garda from Shrule, and a breast cancer survivor, Fiona Morgan-Coleman, has helped launch this year's 100k in 30 Days event, in aid of Breast Cancer Ireland.

Following the phenomenal success of last year's 100k in 30 Days, organised by South couple Niall Carroll and Ciara McAdam, which raised over €1.2 million in essential funding for Breast Cancer Ireland, this week saw the launch of this year's bigger and better family-focused virtual event, with a target of 20,000 #pinkarmy participants and a brand-new title sponsor, Sherry FitzGerald.

The national event, which is a fun initiative aimed at casual strollers, keen walkers, joggers and seasoned runners alike, is open to everyone from ages one to 100, and invites participants to walk, jog, run or wheel a total of 100km (or more) during the month of June to help raise funds for leading breast cancer charity, Breast Cancer Ireland.

As an additional incentive, there are circa €30,000 worth of prizes to be won throughout the event, to include a €3,000 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands and family days out. Registration will open at https://www.100km30days.ie on Thursday, April 15.

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into three specific areas, namely: (1) The development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in autumn of this year. This new centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future. (2) Support for the Breast Cancer Ireland funded specialist breast cancer research nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial. (3) Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Participation is easy - simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account; add an optional photo and watch your kilometres grow.
Fiona Morgan-Coleman, a Gars from Struva who is breast cancer survivor, is pictured with her children - Callum (3) and Pierce (4), at the launch of the ‘100K in 90 Days’ event sponsored by Sherry Fitzgerald, in aid of Breast Cancer Ireland. Registrations for the national event opened at www.100Kin90Days.ie on Thursday, April 15, and it is open to everyone, inviting participants to walk, jog, run or cycle a total of 100km during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland. Follow ongoing event updates on Instagram @100Kin90Days or on Twitter using the hashtags #100Kin90Days and #Pink100K
100k in 30 Days for Breast Cancer Ireland

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Registrations are now open at 100kin30days.ie.

Proceeds will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised into three specific areas:

1) The development of a state-of-the-art clinical trials centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in autumn of this year.

This new centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

2) Support for the Breast Cancer Ireland-funded specialist breast cancer research nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progress from laboratory to clinical trial.

3) Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.

These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Fiona Morgan-Coleman, a garda from Shrube, County Mayo, and a breast cancer survivor, helped launch this year’s 100k in 30 Days event in aid of Breast Cancer Ireland. PHOTO: LEON FARRELL/PHOTOCALL IRELAND
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Shrule’s Fiona launches cancer fundraiser

Fiona Morgan-Coleman, a breast cancer survivor from Shrule in South Mayo, is pictured at the launch of the 100k in 50 Days event sponsored by Sherry Fitzgerald in aid of Breast Cancer Ireland. Registrations for the national event opened at www.100k50days.ie on Thursday last. The event is open to everyone from age one to 100, and participants are invited to walk, jog, run or wheel a total of 100km during the month of June to help raise funds for Breast Cancer Ireland. Following the phenomenal success of last year’s 100k in 50 Days event, which raised over €12 million in essential funding for breast cancer research, this year’s family-focused event is set to be even bigger and better with a target of 20,000 participants and a prize fund of €50,000 as an added incentive to get involved. Funds raised will go towards the establishment of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre being built on the grounds of Beaumont Hospital, Dublin, along with funding specialist breast cancer research nurses in the designated cancer centres across Ireland, and to support the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.
A Lovely Fresh Idea from Ireland’s Newest Caterers – Lily & Wild ‘Lily & Wild Take-Away Picnic’ in Aid of Breast Cancer Ireland

The Lily & Wild Take-Away Picnic in aid of Breast Cancer Ireland will be available at weekends from May 1st. Launched in the lockdown by Kevin & Davina Walsh, the Take-Away picnics can be brought home to enjoy or eaten at a scenic spot near you. Everything you need to enjoy a day in the outdoors is beautifully prepared and presented in this Picnic. Being mindful of the environment, minimum disposables are used and instead jars and wooden cutlery are included. Each Picnic includes a eco-friendly, re-useable cooler bag and the good news is that they are also selling a selection of gorgeous wicker baskets for purchasing. All profits from the picnics for the month of May are going to Breast Cancer Ireland.

Collection is from Naas Racecourse from their funky vintage Citroen van and costs start at €25pp which includes a sumptuous 3-course meal. The picnic can be catered for vegans and vegetarians and there is a lovely children’s menu. There will also be delivery available in the local area.

Picnic Details: Cost: €25pp (minimum 2 adults), Kids Picnic - €10.00 pp Family Picnic, 2 adults & 2 kids - €65.00 (Vegan & Vegetarian picnics also available) Presented in a reusable cooler bag Material, Non-Woven Polypropylene Add ons: · Oval Wicker Picnic Basket + €15.00 · Reed 4 Person Picnic Basket + €55.00 Includes plates, forks, knives, spoons and wine glasses · La Jara Organic Sparkling Prosecco Rose + €20.00 Lily & Wild Take-Away Picnic in aid of Breast Cancer Ireland will be available at weekends from May 1st.

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All profits from the picnics for the month of May are going to Breast Cancer Ireland.
‘Shay was born in June and I had my ovaries removed in December.
In hindsight, I should have waited’

that they are a carrier of the BRCA1 gene, they choose surveillance rather than surgery, but Aileen knew immediately she would choose surgery.

"An 85pc chance of getting breast cancer was huge. Too big for me to carry. I know that people do just choose surveillance and that’s fine but I couldn’t live with that," she recalls.

Aileen’s brother Donal died four weeks before her surgery for a double mastectomy in May 2007.

"I had to deal with it. It took all our lives. At the stage of going in for the surgery, I just wanted it over and done with," Aileen says, adding that she was not at all nervous at the prospect.

"I felt that, as my sister’s children were going to hospital, there was a risk of her dying. I’m glad we held on to the idea of her being alive," she says.

"I didn’t want to go through with it until I was sure she was going to be alive."

"I knew what had gone through with mummy, and I didn’t want to have to go through with it," Aileen says.

"Her own feelings were extremely pragmatic. I can’t imagine her going through with it," Aileen says. "I’m glad we held on to the idea of her being alive."

"I was determined to make a go of it," Aileen says. "I’m glad we held on to the idea of her being alive."

"I was determined to make a go of it."
Aileen is an ambassador for the 100km in 30 Days event, sponsored by Sherry FitzGerald in aid of Breast Cancer Ireland, visit breastcancerireland.com. Registration for this nationwide family-focused event is open at 100kin30days.ie and participants are invited to walk, jog, run or wheel a total of 100km during the month of June to raise funds for Ireland’s leading breast cancer charity. Find your nearest Pieta Centre at pieta.ie or freephone 1800 247 247

**Facts on the BRCA genes**

- It is estimated that 5-15pc of breast cancers are the result of inherited gene mutations. Most of these hereditary breast and ovarian cancers are caused by mutations in two specific genes, Breast Cancer 1 (BRCA1) and Breast Cancer 2 (BRCA2).
- If you are a BRCA mutation carrier, your close relatives have a 50/50 risk of having the faulty BRCA gene. You would have inherited the BRCA gene from either your mother or your father.
- This faulty BRCA gene, which also affects men, causes the increased risk of developing breast, ovary or prostate cancer. The prognosis for women with BRCA positive breast cancer is extremely poor.
- Clinical management of patients with an identified mutational status include prophylactic surgeries (removal of breasts or ovaries) or administration of drugs to diminish hormonal actions on the breast.
- If you would like to be put forward for genetic testing, talk to your GP who may refer you to a genetic clinic.
Aileen with her cousin Tara: “Tara and I, and all our cousins, have been a constant support to each other over the years, between having surgeries, chatting, meeting up whenever we could. Tara is the youngest of the group of cousins. She had a double mastectomy in her mid 20s.”
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Fiona Morgan-Coleman, a garda from Shrube, County Mayo, and a breast cancer survivor, helped launch this year’s 100k in 30 Days event in aid of Breast Cancer Ireland. PHOTO: LEON FARRELL/PHOTOCALL IRELAND.
TERRYGLASS & KILBARRON

100KM IN 30 DAYS
Ballinderry Community Sportsfield Committee have signed up to the 100 KMs in 30 Days challenge. This is a fundraiser for Breast Cancer and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop down menu. The 100Kms is to be completed during the month of June. This event is open to all ages. Let's get our community walking to raise much needed funds for Breast Cancer Ireland.

COMMUNITY EMPLOYMENT VACANCIES
Shearmount Improvement Association Ltd - Community Employment Scheme have upcoming vacancies in the following areas - Ballinderry, Terryglass, Carraghorg. Please contact John Deegan, Secretary, 087 2200935 or 087 6560989 for any queries.

SCHOOL ENROLMENT
Kilbarron NS is now accepting applications for enrolment for the school year 2021/2022. Please email the school at kilbarron.com or contact the school on 087 7021977 if you have any queries.

MARRIAGE PREPARATION DURING COVID
Accord CLG is providing a four-hour facilitated virtual interactive programme for couples preparing for marriage. See Accord.ie or phone 01 5053112.

COVID-19 SUPPORT LINE FOR OLDER PEOPLE
ALONE manage a national support line and additional support for older people who have concerns or are facing difficulties relating to the outbreak of Covid 19. The support line is open seven days a week, 8am - 8pm, by calling 0818 22 0224.

BOOKING OF MASSES
Masses for months mind and anniversaries can be booked by phone, text or email to terryglasskilbarron@gmail.com.

WEEKLY MASS
There is now an option of receiving Mass by WhatsApp. If you wish to receive our Mass by WhatsApp please reply by text only to +353 87 690 4757. The WhatsApp option allows you to pause the Mass if you wish. It is also a lot easier to access.

will continue to be available on the parish website in the usual way also. You are welcome to quiet time to pray and reflect in church each day. Please observe social distancing and follow HSE guidelines at all times.

PORTROE

CHURCH NOTICE
Parishioners are reminded that:

Masses are live-streamed every Sunday on www.youtube.com/user/portroebusinessandparishes. Parish envelopes can be left into Fr Ger’s house or Newtown Post Office. Many thanks for your continued support.

BIRTHDAY WISH
Congratulations to Alanna Freeman, who celebrated her 21st birthday recently.

PARISH LOTTO
Last week’s winners were: 6, 9, 11, 30. There was no winner. The following were lucky dip (€25 winners): Roy Breen, Gary Kennedy, Eile Ryan, L. A. c/o Tom Ryan, Jason and Darren Ahern, Clonmel, John Hogan, Kilbarron, Portroe GAA, Camogie Club and Parish Hall would like to thank everyone for their continued support. We are launching our lotto online on Tuesday, May 4th. Please download the Clubforce App from the App store or Google Play Store.

GAA RETURN TO PLAY
The GAA have recently announced their Return to Play roadmap for the coming weeks as part of the easing of pandemic restrictions. Some key dates of interest are April 25th, Juvenile training; National Hurling League, May 8th; National Football League, May 16th. In the Munster Senior Championship semi-final, Tipperary have been drawn against the winner of Clare v Kerry. In the Munster Senior Hurling Championship semi-final, Tipperary have been drawn against the winner of Clare v Waterford.

SYMPATHY
Sympathy extended to Anne Hickey, Carragh and to all the family, relatives and friends of Mary McCormack, Ryninich, who passed away recently. May she rest in peace.

ARRA HISTORICAL & ARCHAEOLOGICAL SOCIETY LECTURE
We are delighted to have Heather Gimson of Earthsound Geophysics Ltd presenting on the survey work that has been done at the Graves of the Leinstermen to date. The title of her talk is ‘Graves of the Leinstermen – Recording what is visible and exploring what lies beneath’, and it will be presented on Thursday, April 29th, at 8:30pm via Zoom.

We were able to complete this survey with funding from the Heritage Office of Tipperary County Council in July 2020 (supported by the Heritage Council). We received a very detailed report on the site, which suggests that the Graves of the Leinstermen are definitely archaeological in nature. A number of features were highlighted but we currently cannot confirm the dating of these features. However it is likely to have been a multi-period site that may have been used and reused over thousands of years.

This lecture is free for members and £5 for non-members (payable by Pay Pal). Non-members can register by emailing arrahistoricalsociety@gmail.com.

BURGESS

BURGHÉAS CLG LOTTO
There was no winner of the €5,100 jackpot on April 12th. The lucky dip (€300) winners were Sarah O’Callaghan, online; Jonathan Maher, online, Tracey Hynes, online and PJ Casey, Burgess. The seller’s prize went to Pat O’Flaherty. Thank you to all our sellers and players for supporting our club lotto.

SYMPATHY
Sincere sympathy is extended to Mary Armitage and family, Newtown, on the death of her mother Mary McCormack, Ryninich, Ballina. May she rest in peace.

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TEMPLEDDERRY

SYMPATHY
We extend the sympathy of our community to Mary Fahy and family, Cloghinch, on the death of Mary’s sister, Geraldine Hickey, Killenaule and Nenagh, who was laid to rest recently. May she rest in peace.

TEMPLEDDERRY GAA LOTTO
Last week’s lotto draw was once again done virtually and there was no winner of the jackpot. This week’s draw will be run virtually also and the jackpot will be €5,600.

GAA TRAINING
We will very soon be able to recommence juvenile training in the outdoors, it will be a very welcome return to activity outdoors for this group and we wish them the very best and keep safe.
It will be a while yet before we can recommence adult training but hopefully this will return in the very near future. The facilities, with the exception of the walking track, still remain closed until we get permission to reopen from the GAA authorities.

THURLES

FIRST HOLY COMMUNION
It was announced at the weekend that First Holy Communion in the parish has been deferred until later due to the Covid restrictions. Parish Priest Fr Jim Purcell said that a later date will be decided on when restrictions are eased. It is also hoped to have difficulties being experienced with the streaming of Masses from the Cathedral and Bohermanewye church sorted out shortly.

MUSICAL SOCIETY GRANT
Thurles Musical Society has been awarded a grant of €1,250 by the county council under its Arts Grants scheme for 2021. The funding is crucial to the society, which has been unable to stage shows last year or this year due to the pandemic.

CREDIT UNION AGM
Thurles Credit Union will hold its annual general meeting on Wednesday, April 28th, at 6.30pm. Business will be conducted via Zoom and elections will be held to fill four vacancies on the Board of Directors, a vacancy on the Board Oversight Committee and also to fill the position of auditor.

SUCCESSFUL FUNDRAISER
Thurles Seniors have announced that their 10k virtual run/walk at Easter weekend raised an impressive €24,000. The money will be used to finance the ongoing development of the new facilities at Killinan. The club thanks all who so generously supported this inaugural initiative.

SYMPATHY
The death last week of Jane Gleeson, Turrow, occasioned great regret. A member of the teaching staff at Gaile National School for over 30 years, she was preceded by her husband Jim and is mourned by her family. Michael, John James, Robert and Louise. Following Requiem Mass in Moylepark, interment took place in St. Peter’s new cemetery, Moylepark.
The death took place in Dublin of Austin Fogarty, Belbriggen and formerly of Tona Avenue, Sympathy to his sister Elizabeth and other relatives on their sad loss. The funeral took place in Dublin. Sympathy to Peggy Costelloe and family, Bohernama Road, on the death of her brother Canon Eoin O’Neill, formerly of Cappawhite, which took place in Nottingham.

SPORT RESUMES
The easing of Covid restrictions will see action resume at the golf club from next week. It will also mark the return to training of boys and girls under 18 in groups of 15. Sempie Stadium will reopen for action on May 15th when Cork are visitors in round two of the National Hurling League. The following week Tipperary will host Galway in round three and the footballers have Wicklow as visitors in the National Football League.

AUTISM AWARENESS
The erection of a series of posters and illustrations in the town park to mark Autism Awareness has proved a great attraction for the many who use the park. The posters were erected by Councillor Jim Ryan and some local residents as part of a “Feel Good Project” for the town with the posters being supplied by Senator Donal Koster. The other members of the organising committee included Matt Cullen, Aruna Asf, Zoria Motehu, Stephen Cullen, and Caleb Cullen. Well done to all concerned.

BORRISokane

GAA CLUB LOTTO
Monday night’s lotto was held behind closed doors where the jackpot was worth £900. It was won, not on Monday night’s lotto, will be worth £900. Our lotto tickets are now available in local shops and on Clubforce. Alternatively, follow us on Facebook/Twitter where you can follow the draw. You may also download the Clubforce app. Thank you for your continued support and hope you are all keeping well during these times.

GAA CLUB COVID ASSISTANCE
Please contact Margaret Mary O’Dwyer. 085 789 6091. For any assistance you may need or require during these times. Also, if you know anyone that would like assistance please let the club know and one of our Covid teams will gladly help you.

Cloughjordan

CLOUGHJORDAN

CLOTHES COLLECTION
Killane MacDonagh’s camogie club and the Killane MacDonagh’s Juvenile club are organizing a clothes collection. Clothes can be left at the pavilion in MacDonagh Park.

Cloughjordan, on this Wednesday, April 21st, from 7.30-9.30pm. Wednesday, April 28th, from 7.30-8.30pm and on Wednesday, May 5th, from 7.30-8.30pm. Your support would be appreciated.

GAA TRAINING
The intercounty senior panels have resumed training since last Monday, April 19th. As from next Monday, April 26th, club underage teams can resume non-contact training in pods of 15. Tipperary will play Limerick in their opening game of the National Hurling League in Limerick on Saturday, May 8th, at 5.30pm. Hopefully this game will be televised on RTE.

GUARDIAN SPORTS AWARD
Congratulations to Noel Conroy from Ballygiblin, who won a Nenagh Guardian Sports Award for 2020. Noel, who is a member of the Cloughjordan Gun Club, won the Irish Close/A Gold Cup for clay target shooters last August. He competed against 184 competitors from all over Ireland to win the oldest and
most prestigious competition on the Irish shooting calendar. Noel is following in the footsteps of another Cloughjordan shooter, David Goulding, who won the Irish Close Gold Cup in 2012 and 2015.

**SYMPATHY**

Sympathy is extended to Nola Koch Flynn, Bantiss, Cloughjordan on the death of her sister Josephine Flynn, Queens, New York and formerly from Borrisokane.

**LOCAL LOTTO**

The jackpot for the next draw in the

Kilruane MacDonaghs Lotto is €2,200.

Thanks to all subscribers for your continued support.

**ROAD IMPROVEMENTS**

Tipperary County Council have confirmed that a 1.75km stretch of the Cloughjordan to Nenagh Road, the R491, from Glenanfity to Middletown, will be resurfaced later this year. Representations are also being made to the council to have safety barriers erected along the R491 between Kyle Cross and Glenanfity Cross. This part of the road is a well-known accident black spot with a dangerous drop off the side of the road.

**TIPPERARY DRAW**

The sixth Tipperary GAA Draw will take place on this Friday, April 23rd. The draw will be live on Tipp FM at 8.30pm. The seventh Tipperary GAA Draw will be held on Friday, May 14th.

**RACING**

Grand National winning jockey Rachel Blackmore rode Zoelfian, trained by Denis Hogan, to win the McGrath Limestone Works Handicap Hurdle at the Bellmore meeting last Friday.

Local jockey Harry Swan rode the Henry De Bromhead trained Mind Your Money to victory in the Irish Stallion Farms EBF Mares (Pro/Am Flat Race) at the Tramore meeting last Sunday.

**COLD CALL SCAM**

Gardaí have warned against a scam which sees members of the public receiving phone calls from scammers pretending to be Department of Social Protection officials advising that their PPS number has been compromised. The person receiving the call is then requested to verify their name, their PPS number and in some cases their bank details. The public are advised to be wary of such calls and they should not engage with the caller or return the call. The public are also advised that an employee of the Department of Social Protection would never request bank account details or personal data in a cold call or text.

**THANK YOU**

Pista would like to thank the Kilruane MacDonagh Senior Hunters for their recent donation of €500. We would also like to thank Teresa Williams, who continues to support us, by advising of all the other generous local community donations, in order for Pista to send out thank you correspondences.

Once again, many thanks for your donations. It really keeps us focused to see the support all around us.

**GRATITUDE**

Lorrha GAA committee wishes to express their gratitude to those who turned out last Sunday for the clean-up around the pitch and grounds. Anyone requiring lotto envelopes are asked to contact Joe Dolan (087) 9673124, Hubert Duggan (087) 5615089) or Kevin Molloy (087) 639898).

Our Junior Club is running a car treasure hunt on the bank holiday weekend. Sunday, May 2nd, beginning at the clubhouse at 2pm. Contact Colin Kennedy (086) 704432) or Kathleen Duffy (085) 669453) for details.

**CAMOGIE PRIZE WINNERS**

Lorrha Camogie Club wish to extend thanks to all who supported the recent fundraiser, which raised over €5,000 from both online and offline donations. Lorrha people all over the world and around the world were very generous in their support and good wishes. They thank the business people for the spot prizes despite challenging times, and the local community, who have always shown support through the years.

The prize winners in the draw were: First, zipped top - Dymphna and Willie Fogarty, second, Lorrha jersey - Eileen Cleary, third, gear bag - Simon Duggan, oldest tickets and services; fourth, small prize - Pamela Gullan, while the participant’s prize of a training top was won by Kayleigh Ryan.

**ENROLMENT**

Social Liadna Lorrha are accepting enrolments for the 2021-22 school year. Applications can be downloaded from the school website www.lorrhaps.ie, by email the school at principal@lorrhaps.ie or by calling the school at (090) 9917295 and we can drop a form to you in the post.

**CHURCH NEWS**

Masses as we continue in Level 5 Covid restrictions. Masses are available as follows. Sunday Masses can be viewed on webcam from Borrisokane at 7pm, Saturday and funeral Mass in the Church of Christ the King, Sallyhill, on Wednesday, April 14th. Burial took place in Rahoon Cemetery. May she rest in peace.

**NORTH TIPPLING OFFER**

**SYMPATHY**

North Tipperary Ploughing committee offer their sympathies to Willie Mooney and family, Borrisokane, on the death of his wife, Fiona, which occurred recently. May she rest in peace.
ANNIVERSARY MASSES
Anyone wishing to book an anniversary Mass please contact the Parish Office on 090-5277003. Both Fr Tom and Fr Michael are happy to include anniversaries in their weekend Masses, in Terryglass by audio on Saturday evenings and on webcam on Sunday mornings in Borrisokane.

MARRIAGE PREPARATION
Accord CLG is providing a four-hour facilitated virtual interactive programme for couples preparing for marriage. See Accordi.ie or phone 01 5053112.

SUPPORT
A Covid-19 support line is available for older people and is managed by ALCHE, a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of the coronavirus. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024. You can also contact the Samartins: Ph 116123, Text 087 2609090, email jo@samartins.ie. Peta House: Ph 1800 247 247, text HELP to 51444. Aware: Ph 1800 804 848, email supportmail@aware.ie.

PUCKANE

SCHOOL ENROLMENT
Scoil Chille an Dairen Enrolment forms for September 2021 are available in the School Office. Monday - Friday, 9am-3pm. Forms should be filled in and returned to the office ASAP. Any queries please phone 067 24030 or email kleinlanguine@gmail.com.

SUNDAY MASS ON THE INTERNET
Weekend Mass for Saturday night and Sunday morning is now available on Puckane Church live.

CHURCH VISITS
Level 3 restrictions, due to the pandemic, continue. There will be no daily Mass for the foreseeable future. Instead, both churches in the parish remain open to the public each day between 10am and 5:30pm for anyone wishing to enter for a moment’s prayer or meditation.

WIN MONEY!
Kildangan GAA Lotto is now live on Facebook every Monday night at 9pm. Details for how to enter are as follows: to subscribe, buy €2 per ticket or €5 for three tickets, available at Kennedy’s shop, Puckane and Tony’s Tipp Top Shop, Ballinore. Why not enter online at kildangango.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €14,800. Thanks to everyone for their support and stay safe.

PORTUMNA

REDEVELOPMENT OF COURTHOUSE
The Minister for Rural and Community Development, Heather Humphreys has allocated €2,552,309 for the redevelopment of Portumna Courthouse. Councillor Jimmy McClean, in welcoming this allocation, said this project will redevelop the historic courthouse building and courtyard to deliver a state of the art venue for the Arts and culture, a remote working space for entrepreneurs and a new meeting and social space for the community.

Councillor McClean said the project encompasses the physical and social regeneration of a key local heritage asset that will be a valuable resource for the local community. The project will enhance day and evening time tourism and community activity, attracting visitors to the town and providing essential remote working space to support local workers and new enterprises.

Councillor McClean said he wanted to thank Minister Humphreys and all who worked to make this funding a reality. Each and every additional development that takes place around the town adds to the attractions that locals and visitors can experience and enjoy in Portumna.

PORTUMNA LOCAL AREA PLAN
The Portumna Local Area Plan 2016 to 2022 will be reviewed in conjunction with the review of the County Development Plan. This new plan will run from 2022 to 2028. That means that once the process is accepted it cannot be changed before 2028. Councillor Jimmy McClean said that after the present plan was adapted a number of property owners were disappointed with the zoning, now his current review will offer all interested parties an opportunity to have their say. While it is early days yet with the draft plan only going on display next month, it is important that as many people as possible are aware that the review is taking place and that an opportunity exists to influence the different zoning in the town area.

Councillor McClean said that he is anxious to get the views of as many people as possible and is available to meet either on a one to one or group basis. He can be contacted on 087 2510723 or by email at jimmy.mcclean@hotmail.com.

TENNIS UPDATES
Due to the recent announcement from the Government on sport and tennis, the committee are delighted to be able to open the courts with limited restrictions from April 26th. Junior Coaching (9-15yrs), starting on Sunday May 2nd and runs for four Sundays (May 1st, 9th, 16th, 23rd). One hour sessions with tennis coach Dermot Shields. Members: €25, and non-members: €30. To book a place for your child, just text back your child’s name and age to Keith on 083-8704332. With Covid-19 restrictions our numbers will be limited so early booking is essential.

The committee are also delighted to inform members that the online court booking system will open on Monday April 19th to allow members to book and start playing tennis from Monday, April 26th. Under the new restrictions, only singles and household doubles are allowed. Players must also be a current 2021 member. New members always welcome.

Check out our website and Facebook page for all updates. Our club phone (087-3906067) for any further information.

PORTUMNA COMMUNITY SCHOOL NEWS
Gaisce: TY students currently striving to achieve the Gaisce Bronze Award had a Zoom call with Kate Kelly - Gaisce Ambassador. Kate herself has achieved the highest award in Gaisce, the Gold Award. Kate spoke to the students about her own personal experiences and how she, like the students, began her Gaisce journey in Transition Year, attaining the Silver Award in Fifth Year and with hard work and dedication achieving her Gold Award while attending college in UCC. The students got a great insight into numerous ways Gaisce provides new experiences and opportunities through taking part with some students having their eye on the Silver Award already.

Short Story Competition: Well done to Stephen Donelon on his winning entry to the short story competition in Portumna Community School.
Transition Year Future Leaders: As part of their Future Leaders Programme, Transition Years were busy this week organizing activities for First, Second, and Third Year students. Each year group was given the opportunity to complete an activity circuit. A €9 was the prize for all competitors.

Green Fingers: First Year Home Economics students were busy this week planting their herb garden with sage, parsley, rocket, rosemary, garlic, thyme and chives. Thank you to Ms Natasha Murtagh and Mr Tom Quinn for all their help.

A colourful Spring Guard of Honour of tulips on the approach to St Ruadhán’s Church, Kilruane, photographed by Noreen Spain.
A Tipperary robin in Portroe by Kay Bourke.

The beauty of bright green spring leaves in a sheltered spot in Lutteragh woods photographed by Ann Canning.

Figured at Holycross Community Walkway in relation to the awarding of a LEADER grant totalling €40,000 to St Michael's Community Network for the development of their community walkway. From left: Jim Flann (NTDC Chair), Tony Langan (NTDC), Michael Ryan (Committee), Margaret Comerford (Committee), Michael Murray (NTDC), Maire Lynch (NTDC Director). The LEADER Grant was awarded under the Rural Development Programme 2014-2020 under the aegis of the Tipperary Local Development Committee and administered through North Tipperary Development Company.
First, Second and Third Class pupils from Burgess NS enjoying the Easter eggs they received and won in the Easter school raffle.

Stephen Donelan on his winning entry to the short story competition in Portumna Community School. He is pictured with Principal Shane McClean.
A beautiful evening on Lough Derg captured by Brenda Barry.

Lilly Talbot happy to fork-feed her foxy friend in her garden. The photograph was taken by Shirley Talbot.
Children from Abbey Village, near Portumna, feeding Snowy the lamb - Jane Behan, Grace Killeen, John Kelly, Emily Behan, James Killeen, Stephen Kelly and Joseph Kelly.
BURGESS/DUHARRA

Registration is now open for the coming season. Current members can log into www.cryptopc.ie or where they confirmed their health last year to register. Please ensure your profile is completed. New members contact 0833102223 or 0834321777 for details.

Online Bingo: in aid of the hurling wall development in Kilcolman commences on Sunday 25th April at 8:00pm. Lots of great prizes, Snowball Jackpots and a great fun night for all. To join us and get your Bingo books just go to www.palisanmarketing.ie/product/north-Tipp-bingo. This fundraiser is run in conjunction with Burgess GAA.

NENAGH EIRE OG

Club Development: The club is now embarking on a hugely exciting journey as we convert the proposed developments into reality for our members particularly our Juvenile groups who are the future of our great club.

Behind the scenes, club committees have worked tirelessly to progress this development journey. Developments include the new hurling wall with Astro turf, new floodlit grass pitch, dressing rooms, 2.5km walking track, etc. The overall development will cost circa €1.3m. There is huge positivity in the club that we, together, can achieve all we have set out in the planned roadmap for our club. Achieving our roadmap for the club will require massive support from everyone connected to the club and all groups are being asked to support as much as possible.

The first phase, being the development of the hurling wall, has commenced and hoped to be completed by June. This will be a significant step forward for Camogie players and will benefit the girls greatly from a young age. Over the coming days/ weeks no access from the Camogie arm of the fundraising group will be in touch with all of our camogie families seeking your support in realising this vision for the future of our great club. Your support is very much appreciated and it will assist in ensuring our children have the best facilities available to them for years to come.

100km30days: Ballinlerry Community Sportsfield Committee have signed up to do a 100km in 30 days Challenge, with all funds raised going to Break Cancer Ireland. Log on to www.100km30days.ie and register, choosing Ballinlerry Community Sportsfield. The 100km is to be completed in the month of June and is open to all ages.

PORTROE

Membership can be purchased online through Foroimn, which is the Return to Play system used for filling out the Health Questionnaire for training/matches from last year. Your username and password should still be valid. Parents/Guardians of new players will have to register on the Foroimn system to have access to online membership. The camogie club has two payment options available for membership: by card or pay in person. If anyone has any questions/queries about paying membership, Foroimn system or the return to play protocols contact the Sinead Ryan, Club Secretary on 0873972375.
Nenagh Eire Óg inter-county stars Barry Heffernan, Grace O’Brien and Jake Morris line out to promote the new club developments planned for MacDonagh Park in Nenagh.
100k in 30 Days for Breast Cancer Ireland

THIS year’s 100k in 30 Days event, in aid of Breast Cancer Ireland, has been officially launched.

Following the phenomenal success of last year’s event, organised by Louth couple Niall Carroll and Cara McAdam, which raised more than €1.2 million for Breast Cancer Ireland, this year’s bigger and better family-focused virtual event has a target of 20,000 #pinkarmy participants, and a new title sponsor, Sherry FitzGerald.

The national event, which is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners, is open to everyone from ages one to 100, and invites participants to walk, jog, run or wheel a total of 100km (or more) during the month of June to help raise funds for Ireland’s leading breast cancer charity.

As an additional incentive, there are circa €30,000 worth of prizes to be won throughout the event, including a €3,500 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands

Fiona Morgan-Coleman, a garda from Shrule, County Mayo, and a breast cancer survivor, helped launch this year’s 100k in 30 Days event in aid of Breast Cancer Ireland. PHOTO: LEON FARRELL/PHOTOCALL IRELAND

and family days out.

Registrations are now open at 100km30days.ie.

Proceeds will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised into three specific areas:

1) The development of a state-of-the-art clinical trials centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in autumn of this year.

This new centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

2) Support for the Breast Cancer Ireland funded specialist breast cancer research nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

3) Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.

These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.
Run 100K in June for Breast Cancer Ireland

CAVAN people are being urged to get involved in this year’s ‘100K in 30 days’ event to raise funds for Breast Cancer Ireland (BCI) and registration is now open for the fundraiser.

It follows the phenomenal success of last year’s event, which raised over €1.2 million for Breast Cancer Ireland and this year’s virtual event promises to be bigger, better and more family-focused.

Spearheaded by Co Louth couple Niall Carroll and Cara McAdam, it’s hoped this year’s ‘100K in 30 days’ will attract 20,000 participants and Sherry FitzGerald have come on board as sponsors.

The fun initiative is aimed at casual strollers, keen walkers, joggers and seasoned runners and is open to everyone from ages one to 100 years. Participants are urged to register to walk, jog, run or wheels a total of 100km (or more) during the month of June to help raise funds for Ireland’s leading breast cancer charity. As an additional incentive, there are circa €30,000 worth of incredible prizes to be won throughout the event to include a €3,500 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event. Niall, who originally established the event in support of his wife Cara following her breast cancer diagnosis, commented: “We’re aiming to increase participation this year to 20,000 and have full confidence that, once again, our ‘pink army’ from all of the island of Ireland will jump on board and get involved.”

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland.

Targets

BCI plans to channel funds raised by the #PinkArmy into three specific areas:

The development of a state-of-the-art Clinical Trials Centre: It is to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in Autumn of this year. This new Centre will help translate laboratory findings into newer, more effective, drug therapies for patients.

Support for specialist breast cancer research nurses. These are based in designated cancer centres all across Ireland. Their role is to collect, collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

Support for the Breast Cancer Ireland Education and Outreach Programmes: These are delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

To register

Simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100K in 30 days account - add an optional photo and watch your kilometres grow.

Register at www.100kin-30days.ie
Madeleine McCoole, breast cancer survivor, is this year's 100k in 30 Days Event Ambassador.
BALLYNA

Level 5 Restrictions/Membership: With the announcement of the easing of restrictions, we are hopeful of a return to play shortly. This will begin with Juvenile non-contact training and follow through to adult. We are also appealing to people to pay their membership via www.foreann.ie. If you used Foreann last year for you or your family to play, train or attend games, then you can use the same details to log in again in 2021.

In light of current restrictions, we have extended the closing date for membership. Limited attendance at club games is a possibility this year and we will consider membership a vital factor in who is allocated tickets. Contact registrar Paulie Sheehy 0863111751 for help or cash payments.

Healthy Club/Defibrillator: We have joined the GAA’s community heart program to purchase a defibrillator for the club. You can donate via the link: https://www.gaeagle.com/foreann.healthyheartprogram.com

Referees: With the return to play around the corner, games will hopefully start coming thick and fast. The club has two referees, Sean C MacLaim and Brendan Ryan. We would hope that more people would put their name forward to help with refereeing. If you are interested, contact Gerard McKeogh. There can’t be games without referees.

BIRRISokane

Lottery: Next Monday’s jackpot will be worth €9,000. Tickets are available in local shops and on Clubforce.com. Thank you for your continued support.

Covid Assistance: Contact Margaret Mary O’Dwyer 0857158061 for any assistance you may need.

BUIRGEAS

North Tipp Online Bingo: This Sunday, April 25th sees our online zoom bingo kick off at 8pm. To play just purchase your book online at www.palmsmarketing.ie/product/north-tipp-bingo or by clicking the link on any of our social media posts. Books are €8 or 2 books for €15. Plenty to be won on the night with spot prizes and a snowball up for grabs too. Head over to the clubs Facebook or Instagram pages for your chance to win a free book for the game. All proceeds raised from the event will go towards the development projects in Kicklaman so we would really appreciate as much support as possible on the night. If you can’t play this week then please share the posts on social media.

Lotto: There was no winner of our Lotto draw on Monday 12th April. Monday 19th of April’s lotto was for a jackpot of €5,200. Tickets are €2 each or 3 for €5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club member to sell.

Registration: Burgess Senior & Juvenile club registration is open online. If you haven’t yet registered, visit www.foreann.ie and follow the steps to create your account. If you completed a Return to Play Health Questionnaire last year, you can use the same log in details. Anyone experiencing difficulties with your online registration can contact Registrar Tricia Gibson 0868506132 or Secretary Gemma Flynn 0867239326.

Best of Burgess: Last week’s episode of The Best of Burgess starred Club President and all-round legend, Donie Nealon. A fantastic interview with decades of memories, we really got to learn a lot about the club’s history and Donie had some wise words for all of our current players throughout the interview. Next week’s episodes won’t be aired on Sunday night as the bingo will be taking over the time slot; however, we will be moving the Best of Burgess to another night, so your weekly entertainment is sorted. To catch up on the first 3 episodes and for more info on who will be starring in this week’s episode check out our Facebook and Instagram pages.

Garda Vetting: Everyone involved with teams at all levels needs to ensure that their Garda Vetting is up to date. All coaches need to ensure that they have also completed the coaching and safeguarding courses. This can now all be done online, and more information can be found at www.gaa.ie or by contacting the Clubs Child Protection officer, Una Dunne - Newtowson.

Supporting Local: Ballywilliam native Paddy Ryan of the GigaMuller Group has set up a new initiative to encourage people to support local. It not only supports local businesses but would also put the club in with a chance of winning €3,000 worth of sponsored sports gear. For more information on how you can help Burgess and local businesses with this please head over to our Instagram page @ Burgessgaaclub

Comhghairdeas: To Tipperary dual star Orla O’Dwyer who won AFLW final with Brisbane Lions.

KILADAGAN

Lotto: There was no winner of the Monday 12th April £3,000 Jackpot or the Second Chance £300 Draw.

KILRUANE MACDONAGHS

Tipperary Draw: will resume this Friday 23rd April and will be broadcast live on Tipp FM at 8.30pm.

Condolesnces: We extend our sympathies to the Slattery family, Ballybrack, on the sad passing of Sinéad’s husband Adrian King (New Zealand). May he rest in peace.
Juvenile AGM: will be held on this Friday, 23rd April at 8.30pm. The Zoom Link will be circulated to parents via WhatsApp and to supporters via the club Text List.

Return to Play: All our juvenile teams will return to training next week. Parents/Guardians will have to register players on www.doolannea.ie (returntoplay@gaia.ie) before the first session. A text in relation to Registration has been forwarded to all parents/guardians.

Membership fees for 2021: Players U16 -€30; Players over 18 -€100 - this includes Lotto Subscription for the year and non-playing adults -€30. Subscriptions are now due. The Juvenile Club will facilitate the payment of membership on specified evenings which will be notified to parents. Managers of adult teams will arrange the collection of membership from players on their respective panels. Non-playing adults can renew membership with any member of the committee.

Club Package: is growing in popularity, every year. For just €200 you will have a full year’s Lotto subscription, entry to the Tipperary Draw as well as your membership. In effect, supporters who subscribe to this package will have free membership - a saving of €30. Supporters who availed of this package last year will be contacted during the week while new subscribers can join with any member of the committee.

Tipperary Draw: The 6th Draw takes place this Friday, 23rd April at 8.30pm. It will be live on Tipp FM. Promoters and subscribers are asked to bring payments up to date.

Lotto: The Jackpot now stands at a very attractive €2,300. Tickets are available from the usual outlets or you can join on Clubforce.com. Thanks for your continued support.

Hurl Repairs: Best of luck to Cian Darcy who has launched a Hurl Repair Service. Cian can be contacted at 0834800889.

Clothes Collection: The Carnagie & Juvenile Club have teamed up to organise a Clothes Collection. Clothes can be left at MacDonagh Park on the following dates: Wednesday 21st April 7.30-9.30pm; Wednesday 28th April 7.30-9.30pm; and Wednesday 5th May 7.30-9.30pm. Your support would be appreciated.

Lorrha: The club extends its sympathy to John McCarthy, Coadamona on the death of his wife Dymphna and to Nola Flynn, Bantsiss on the death of her sister Josephine Flynn, Queens, New York and formerly Borrisokane.

Nenagh Eire Og

Development Update: The preliminary work on the first phase of the redevelopment of MacDonagh Park began in the past week. This work involves the clearing away of the bank at the town end of the field and the seating around the inside pitch, which is now well under way and this will save the way for the building of the new Hurling and Astro turf pitch. We are hopeful for a completion date of June/July.

Similar to other clubs that have taken on such a large development, this first phase will be funded by donations from our members and supporters who don’t have access to the tax exemption scheme. Details of this scheme and the planned Jigsaw/Arural to be erected in the Complex are available on our development brochure, which is on the Club Website.

This phase of the fundraising is being driven by a team of club members who are contacting people associated with the club and community to seek donations.

The response to date has been terrific and we sincerely thank all the people who have pledged donations. This drive will continue over the coming weeks and anyone considering donating please contact your fundraising representative. You have any questions. You can also contact Liam Heffernan, Mary-Jo O’Reilly, or Anne Kennedy if you would like further information on this phase of the development/fundraising. Your support is greatly appreciated.

Lotto: The Lotto Jackpot on Monday 19th April was €7,000. We thank you for continuing to support our Lotto and ask those that have not yet signed up or who may have cancelled their auto renew during the recent suspension of the Lotto to please sign up via www.nrathkeevin.com.

Moneygall

Return to Play: We are delighted to be looking forward to welcoming back our underage players to the playing fields from Monday 26th April onwards. After achieving a safe and successful return to play last Summer, we urge all our players, volunteers, and parents to please abide by all the public health guidelines once again.

The specific arrangements and requirements will be circulated to parents/guardians of all juvenile players before training recommences for each group. The same key control measures as last year will be in place – the completion of the
online education module prior to returning to play, and the completion of the online Health Questionnaire before every training session.

Attendance at Training: Croke Park have advised that in general, only players and coaches of the relevant team should attend any training session. One parent/guardian per child is permitted to attend in a supervisory capacity for any player under the age of 14, and they should consider it necessary. However, strict social distancing and public health guidelines should be adhered to at all times. In particular, it is important that parents do not congregate in groups before, during or after training, outside of what is permitted in current Government regulations.

Tipperary GAA Clubs Draw: In the latest good news, the 2020/21 Tipperary GAA Clubs Draw will recommence this Friday night. There are four monthly draws remaining in the current draw year, and all tickets will be drawn by early August. Each draw will be broadcast live on Tip FM.

Membership is available through our website and Facebook page. Adult Player - €70, Player & Partner - €80, Adult Nongrader - €50, Adult Nongrader & Partner - €60, Full membership (parents plus dependent children) - €80, Student - €35, Juvenile - €20.

Lottery: Our lottery is available online. See our social media pages for the link to play. Each draw is on the last day of each month, and tickets are on sale in Rees's newsagents and Brendan Moloney's. Next week's jackpot is €1,000. Online Bingo: Play online bingo, via Zoom, in association with Roscrea Hurling Club and Roscrea Community Hall. Sunday 25th April at 8:00pm sharp. €200 in prizes.

Shannon Rovers: Ballinderry Community Sportsfield Committee has signed up to the 100km in 30 days challenge with all funds raised going directly to Breast Cancer Ireland. Please go to www.100km30days.ie and register, selecting Ballinderry Community Sportfield. The 100km is to be completed during the month of June. This event is open to all ages.

Return To The Playing Fields: With the Covid lockdown restrictions lifted gradually, it is hoped to return to the playing fields after 26th April. All players should check their email for further details. Parents must ensure that their child is registered with their club and that all COVID-19 protocols are followed. Parents are advised to check their child's email for further details. Parents must ensure that their child is registered with their club and that all COVID-19 protocols are followed. Parents are advised to check their child's email for further details.

Parental Note: It is strongly recommended that all club members and officers, team coaches and players are to be fully paid members of each club. Any player who is not a paid-up member is not covered by insurance in the event of injury.

Online Lottery: At the GAA in MacCurtain Street, a 100% draw is held every week, with tickets costing €5. For more information, please contact Treasurer John O'Connor on 087 098 2524. The draw takes place every Monday night at 8.00pm.
4pm on Saturday 1st May and from 10am on the Bank Holiday Monday, May 3rd. Please be assured that Covid regulations will be upheld at all times during our collection/drop off times.

**Lotto**: Silvermines GAA lotto has a jackpot of €3,400 and the club are appealing to all members to play the lotto online through our Clubzap app or by logging on to www.silverminesgaa.com. Tickets can be bought at €10 for 5 weeks (1 entry per week) or €5 for 3 tickets (recurring weekly).

**Membership**: For 2021 is still outstanding. Adult Hurler - €50; Adult Non-Player - €40; Student Player (Senior Club) - €40; Walking Track Membership - €30. All membership can be paid online via the Clubzap app.

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**TOOMEVARA**

**Juvenile**: Thankfully with the easing of Covid restrictions training will resume at the end of the month for juveniles, coaches will be in contact with training times. It is important that any juvenile that wishes to train needs to have membership full paid. This membership can be paid through a link on the Toomevara webpage or to the juvenile committee.

**Condolences**: Toomevara GAA extends its deepest sympathies to the family of Joe Styx, Mitchel Street, Newnagh who passed away recently. Joe had a long association with Toomevara GAA over the years and was heavily involved in the juvenile club, serving as secretary for many years. Joe was a gentleman to everyone that he met throughout his life. May he rest in peace.

**Lotto**: continues every Monday night and tickets are always available at Casey’s Centra, Mari Mina Chemist and Post Office. Thanks to all subscribers for your continued support.

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**TULACH SHEASTA**

**Ar ais ag imirte**: We are all looking forward to the planned Return to Play for all our Juvenile Players on April 26th. The club will be operating a drop & go system for all training sessions. It is essential that parents have their child’s membership paid before they return to play. Details on how to register your child and the membership packages available are outlined below.

**Ballraocht**: CLG Tulach Sheasta is now ready to accept club registrations for 2021 on the GAA’s new membership registration app, foireann.ie. Members who registered on the Return To Play App last year may already be set up and can access the registration system on, returntoplaygaai.ie, and can register for this year. For new members or members who have not used the system previously, go to Foireann.ie and register on the system by providing a username and password. You will receive an email for verification and the link will bring you into the system, create your profile, club Tulach Sheasta, select membership option and pick the one that applies to you.

Let’s be ready to go back to training when the restrictions are lifted. It is important to remember that all players, managers, and coaches must be registered before returning to the field for training. If anyone needs help with the new system contact Maria Collins 0863672356 or Juvenile Secretary Ray McSweeney 0872689649.

Membership packages available this year are as follows: Adult Player - €70, Juvenile Player - €50, Adult Non-Player - €25. Our new Family Package for €30 includes 2 adults and up to 4 children, under age 18, and also includes a free entry into the GAA National Draw in which you can win some fantastic prizes. Our €200 package includes the Tipperary Draw and club lotto for the year plus one adult membership. All registrations must be completed under this system and payment for all standard memberships is paid online. There is a ‘how to guide’ to assist with registration available from any team manager.

**Comhbhrón**: CLG Tulach Sheasta wish to extend our deepest sympathy to Jim, Anna and the O’Riordan family on the passing of Jim’s beloved mother Mary. Ar dtíos Dés go raibh a hanam.
Kieran Cahill (left) presents Richie Austin, Cloughjordan with the €1,000 first prize which he won in the Kilruane MacDonaghs Senior Hurlers Cheltenham Prediction Fundraiser.
Go wild about picnics!

Kevin & Davina Walsh have launched their new business Lily & Wild with a take-away picnic in aid of Breast Cancer Ireland. The Lily & Wild Take-Away Picnic in aid of Breast Cancer Ireland will be available at weekends from May 1.

Lily & Wild, a new food business set up by husband and wife team Kevin and Davina Walsh, are launching their business with a take-away picnic in aid of Breast Cancer Ireland. Throughout the month of May all profits from the picnics will go to the charity.

The Take-Away picnics can be brought home to enjoy or eaten at a scenic spot near you. Everything you need to enjoy a day in the outdoors is beautifully prepared and presented in the picnic. Collection is from Naas Racecourse from their funky vintage Citroen van and costs start at €25pp, which includes a sumptuous 3-course meal. There will also be delivery available in the local area.

Order online Click & Collect via Instagram: @lily_and_wild or www.lilyandwild.ie
DRUMSHANBO VS PLC- PRE THIRD LEVEL IT COURSE

Drumshanbo Vocational School are currently accepting applications for the PLC, which will start this September 2021. This is a great opportunity to develop and enhance IT and research skills necessary for college. Statistics show that students enrolled in PLC are more likely to succeed in their chosen third level course by deferring third level place. We hope to resume Erasmus placements, whereby learners would get an opportunity to get funded work experience abroad for two weeks.

The entire PLC course utilises continuous assessment, which means the stress of final exams isn’t a factor. All course content is available online through Moodle – past students have been able to successfully complete the programme and work part-time.

The number of learners on the course is limited to twenty and in the event of the course being oversubscribed, suitable candidates will be offered places based on the date of initial application. To apply, check out FutureCourseshowcourses, course code 30661 and apply online: https://www.futurecourses.ie/coursefinder?courseid=30661.

SECOND YEAR SIMON COMMUNITY HAMPERS

Just before Christmas, Ms O’Connor’s 2nd year English class were studying their class novel, ‘Stone Cold’ by Robert Swindells. This novel focuses on the life of a homeless person in London. Through a few pre-reading activities, for instance looking at the work of ‘Focus Ireland’, writing a letter to Ireland’s Housing Minister and acting upon an email they had received from the ‘Simon Community’, this amazing group of students began collecting items, like children’s toys, confectionaries and groceries. The class made up over 30 Christmas hampers that were given to families within the Leitrim, Sligo, and Roscommon areas. To say we are proud is an understatement.

ST VINCENT DE PAUL AND BREAST CANCER IRELAND

Drumshanbo VS are very proud of our 5th year and LCA students. At Christmas they raised a total of €920 for ‘St Vincent de Paul’ and Breast Cancer Ireland’. Our 5th year group, 5A, organised a Jersey Day. Ms McGawley’s LCPV class, 5B, organised a Christmas Jumper Day for all staff and students and our LCA (year 1) group sold Enterprise Crafts (14th December). The LCA group also had a ‘Hotels Catering and Tourism Day’. We would like to thank their teachers Ms McGawley, Ms Traynor and Ms Shanley for helping with these successful events.

HEALTHFEST

Drumshanbo VS Leaving Cert, Leaving Cert Applied (year 1) and Ms Traynor’s 3rd year Business Studies group attended Healthfest – a virtual event that took place on January 27. This event was aimed at teenagers and featured experts in the areas of physical activity, nutrition and mental wellbeing. The students learned many ways to maintain a healthy mental and physical way of life. We would like to thank Ms. Traynor for organising this informative event.

EUROPEAN PARLIAMENT AMBASSADOR SCHOOLS PROGRAMME

On February 12, Drumshanbo VS participated in the ‘European Parliament Ambassador Schools Programme’. A challenge was set for the 5th year LCVP group and some and year Business Studies students. Students were asked to translate a recipe into a modern European language or Irish, they then had to bake a cake as part of the programme.
thing for us and it is 13 minutes past 9 and Jennifer Zamparelli and with you till 12 almost every listener I first heard of the Bracken one gene in 2013 when remember Angelina Jolie spoke out about her double mastectomy but sadly for some families right here in Ireland saying I already knew all too well about it I can chat to two ladies who have taken it head on because they are ambassadors for 100 Kate 30 days event for breast Cancer Ireland we have cousins Aileen McGuffin tower Cloney on the line a Go Timmy Jo visits are good Aileen first time a link little on thank you so much for having a tight hand Yeah we found it mentally house things got a problem Yeah and we have your cousin Here's years high tower and high good morning everyone thank you so much for listening to us today it's great to have you guys ail incoming Star with a North story first of all Yes yet for so Aileen you you lost your mum I have a very very young age what do you remember about that the Sun I 6 Mami day she died in 1985 a.m. just two days after Christmas my memories are very poor at the time I remember there's no Christmas day should Burial at the time in a lot of pain and didn't really know we were there so I thought I don't remember being set up to enable little memory of our it would you know I shouted we bet either order says Trish and just 10 minutes then there was no doubt that his in our lives by them at the time it's sad that that's really what I remember pictures 33 train when she died she had been said about 16 months he was there was a very aggressive cancer risk but magnified the didn't probably have the advance With the medicine that have now I a.m. Yeah I know she didn't really stand a chance of fairness you grandad died young to a.m. what stations would you have had in the family bowel cancer went when Eurogroup grown­up for granted you have many conversations well so O'Malley had assisted dying previous years beforehand and another said char had a.m. I S cancer and then died from brain cancer so we would know that would probably be their Registry rescued bubbles and growing up we would have discussed that and talk about a move that would probably gonna come about at some stage that was in the background and would just be aware and vigilant and my sisters and I a.m. a cousin who have spoken out about his life both so when did it start he your generation of the family and a winded year all tested my cousin Eileen him an inspiration to many had discovered she had breast cancer in 2005 and she went on then to the test that we will not find out that she was a carrier of the back Oh one G write about internal meant we could find out is if we carried on OK and email your sisters were luckily free of the gene Hearing your younger cousin carry out was one of those who was a carrier of the gene Tower yet power Yes very proud owner of a record 2.0 0 0 nice to meet you lovely to meet you how old were you when you found out he had the record one I was only 21 at the time one aged 20 and why and it was in 2008 so again it was pre Angelina Jolie Prix Sharon Osbourne nobody really knew a lot about it I don't think a lot of people really understood the enormity of it and what it meant it was quite a on think I understood to be quite honest at the time but a huge support from my family and my now husband and and friends but so you're there you were a while yet with his pet scared career I wasn't here initially to me it was a yes or no answer and I think because I had a lean and Eileen and all the cousins out there there's just so many of them to mention we have a great support system where we’ll be what the word is as we banter over and back we keep it as light hearted as we can where there are kind of each other but le I undertook surveillance for two and a half years and made the very proactive with me even though I was so young but it was just it had trickled down into a very young age in the family but Dunbia and surveillance two and a half years but I just couldn't cope with the you're waiting on results almost every 3 months and just see it it's just not worth it so am I had a double mastectomy in 2011 when I was 24 and I'm just was the best decision I've ever made any hesitation in Ken MacDonald&initially no
thing for us and it is 13 minutes past 9 and Jennifer Zamparelli and with you till 12 almost every listener I first heard of the Bracken one gene in 2013 when remember Angelina Jolie spoke out about her double mastectomy but sadly for some families right here in Ireland saying I already knew all too well about it I can chat to two ladies who have taken it head on because they are ambassadors for 100 Kate 30 days event for breast Cancer Ireland we have cousins Aileen McGuffin tower Cloney on the line a Go Timmy Jo visits are good Aileen first time a link little on thank you so much for having a tight hand Yeah we found it mentally house things got a problem Yeah and we have your cousin Here's years high tower and high and good morning everyone thank you so much for listening to us today it's great to have you guys all incoming Star with a North story first of all Yes yet for so Aileen you you lost your mum I have a very very young age what do you remember about that the Sun I 6 Mami day she died in 1985 a.m. just two days after Christmas my memories are very poor at the time I remember there's no Christmas day should Burial at the time in a lot of pain and didn't really know we were there so I thought I don't remember being set up to enable little memory of our it would you know I shouted we bet either order says Trish and just 10 minutes then there was no doubt that his in our lives by them at the time it's sad that that's really what I remember pictures 33 train when she died she had been said about 16 months he was there was a very aggressive cancer risk but magnified the didn't probably have the advance With the medicine that have now I a.m. Yeah I know she didn't really stand a chance of fairness you grandad died young to a.m. what stations would you have had in the family bowel cancer went when Eurogroup grown-up for granted you have many conversations well so O'Malley had assisted dying previous years beforehand and another said char had a.m. I S cancer and then died from brain cancer so we would know that would probably be their Registry rescued bubbles and growing up we would have discussed that and talk about a move that would probably gonna come about at some stage that was in the background and would just be aware and vigilant and my sisters and I a.m. a cousin who have spoken out about his life both so when did it start he your generation of the family and a winded year all tested my cousin Eileen him an inspiration to many had discovered she had breast cancer in 2005 and she went on then to the test that we will not find out that she was a carrier of the back Oh one G write about internal meant we could find out is if we carried on OK and email your sisters were luckily free of the gene Hearing your younger cousin carry out was one of those who was a carrier of the gene Tower yet power Yes very proud owner of a record 2.0 0 0 nice to meet you lovely to meet you how old were you when you found out he had the record one I was only 21 at the time one aged 20 and why and it was in 2008 so again it was pre Angelina Jolie Prix Sharon Osbourne nobody really knew a lot about it I don't think a lot of people really understood the enormity of it and what it meant it was quite a on think I understood to be quite honest at the time but a huge support from my family and my now husband and and friends but so you're there you were a while yet with his pet scared career I wasn't here initially to me it was a yes or no answer and I think because I had a lean and Eileen and all the cousins out there there's just so many of them to mention we have a great support system where we'll be what the word is as we banter over and back we keep it as light hearted as we can where there are kind of each other but ie I undertook surveillance for two and a half years and made the very proactive with me even though I was so young but it was just it had trickled down into a very young age in the family but Dunbia and surveillance two and a half years but I just couldn't cope with the you're waiting on results almost every 3 months and just see it it's just not worth it so am I had a double mastectomy in 2011 when I was 24 and I'm just was the best decision I've ever made any hesitation in Ken MacDonald&initially no not
My honour my world check your room check your boobs check your boobs check your boobs this texter says my mam instilled in me from a very young age and was how I'd detected a lump early there are great tips on how to do it on breast cancer Ireland website knowledge is power that's from Lainey thanks for that text was losing my agenda USI it is where we bring in more interesting stories of the day and we discuss one of the teens happy birthday everyone Earth did you know his birthday today where you entered it into is on Instagram you will see that there are a day here everybody on this my favourites but I love Instagram but then I was talking to produce a neat good morning it is good and we were chatting her favoured spots you forgot what abroad is I Yeah I mean we were talking this morning where our favourite place on Earth is
As part of its full year results announced in February, global nutrition group Glanbia set out further details of a range of new initiatives to support its environmental, social and governance (ESG) agenda, and the group’s long-term sustainable growth objectives.

Measuring performance
In 2015, Glanbia launched its first group-wide sustainability programme, setting a range of environmental and social targets for 2020. The progress made to date is impressive.

Water
In 2018, the company aimed to reduce water use intensity by 5% by 2020. It exceeded this ambition, reducing water use intensity across all manufacturing sites by 17%.

Carbon
Since 2018, Glanbia has reduced its scope 1 and scope 2 carbon footprint by 8%. This was achieved with a particular focus on scope 2 emissions reduction (10%) through renewable electricity procurement.

Waste
In 2018, the group targeted zero waste to landfill at manufacturing sites. Glanbia Performance Nutrition manufacturing sites achieved zero waste to landfill ahead of target in 2018; and in its new strategy the organisation aims to achieve zero waste to landfill at all manufacturing sites by 2025.

Food waste is also on the agenda and Glanbia Ireland supports FoodCloud, a social enterprise that combats food waste by connecting retailers and food businesses that donate large volumes of food to charities in need. In 2020, FoodCloud distributed 128 tonnes of food on behalf of Glanbia Ireland, an increase of 117% on 2019.

Going forward
Following a group-wide review Glanbia has significantly evolved its sustainability strategy “Pure Food + Pure Planet”, accelerating its ambition on water, carbon and waste.

Water
Glanbia will complete water risk assessments for all manufacturing sites by 2024, with water use at its most material sites. Following this, long-term targets for water and packaging use will be set in 2021, in turn informing the further evolution of the strategy.

Carbon
The strategy sets an ambitious commitment to decarbonise Glanbia’s operations and value chain by signing up to the Science Based Targets initiative (SBTi). As part of its carbon neutral strategy, Glanbia aims to achieve:
- A 30% reduction in carbon emissions at all manufacturing sites by 2030;
- A 25% reduction in carbon emission intensity in its dairy supply chain by 2030;
- Net zero carbon no later than 2040.

Waste
Glanbia considers waste from its sites and the impact of its brands, and at its manufacturing sites, has committed to:
- Zero waste to landfill at all operational sites by 2025;
- A 50% reduction in food waste by 2030.

At Glanbia, food waste is also on the agenda and Glanbia Ireland supports FoodCloud, a social enterprise that combats food waste by connecting retailers and food businesses that donate large volumes of food to charities in need. In 2020, FoodCloud distributed 128 tonnes of food on behalf of Glanbia Ireland, an increase of 117% on 2019.

Community engagement
Glanbia is the headline sponsor of Breast Cancer Ireland’s flagship event, the Great Pink Run and, thanks to the partnership the cancer charity has spearheaded a number of research initiatives, including the funding of new research into triple-negative breast cancer (TNBCs) led by Dr Paul Mallon from the Patrick G. Johnston Centre for Cancer Research at Queen’s University Belfast. 1.7 million women worldwide face a diagnosis of breast cancer each year and this research is now showing promising results in the fight against the growth and spread of the most aggressive TNBCs.

Aiding Hurley GCHQ breast Cancer (Ireland) said: “Glanbia’s support has made a massive difference in our work for the cure. We have been investing hugely in triple-negative breast cancer through our efforts with Queen’s University in Belfast and their efforts to identify new targeted therapies for those that are diagnosed. We are also investing in research into metastatic disease. It is very much down to the support you have given through your own initiatives and also your support of our annual Great Pink Run annually.”

The Great Pink Run with Glanbia raised in excess of €930,000 for breast cancer research in 2020. The event went virtual and global for the first time ever, with 15,000 global participants clocking up 65,209km in total.
Cara and Niall launch virtual fundraiser for Breast Cancer Ireland

LOCAL couple Cara McAdam and Niall Carroll have launched a virtual fundraiser for Breast Cancer Ireland.

Cara and Niall from Blackrock are hoping 20,000 #pinkarmy participants will take part in the 100k in 30 Days event which raised €1.2 million last year.

Niall launched the 100km in 30 Days challenge in aid of Breast Cancer Ireland last June, after Cara was diagnosed with breast cancer just before Christmas 2019.

Niall set a target of raising €100,000. However, the event proved to be a huge success and quickly raised over €1 million for the charity.

This year’s event, has a new title sponsor, Sherry Fitzgerald, and is expected to be even bigger and better.

People are invited to walk, jog, run or wheel a total of 100km during the month of June to help raise funds.

There are around €30,000 worth of prizes to be won throughout the event including a €3,500 family travel voucher, sponsored by Connect Credit Union, five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations for the event opened at www.100kin30days.ie on Thursday, April 15. Niall is encouraging people to register early to ensure that participation packs and the pink t-shirts arrive in time for the event.

Niall Carroll (100k in 30 days organiser), Stephen McKenna (CEO Sherry Fitzgerald) and Aishling Hurley (CEO Breast Cancer Ireland).
‘I had a feeling something wasn’t right but you are always living in a bit of hope’

A WOMAN tells her inspiring story from breast cancer diagnosis to becoming an ambassador for Breast Cancer Ireland ahead of the launch of their ‘100k in 30 days’ event this June.

Lisa McElwaine, from Rathfarnham, was 45 years old when she was diagnosed with breast cancer after finding a lump in the shower in November 2019.

McElwaine, from Rathfarnham, with her daughter Ella, is a breast cancer survivor and Breast Cancer Ireland ambassador who is helping to launch this year’s 100k in 30 Days event in aid of Breast Cancer Ireland.

“I waited then until January. I thought maybe it’s not or maybe it would go away but it didn’t and then I noticed a tiny bit of spotting in my bra, so that was my big alarm bell to go straight to my GP.

“Before I even had my top back on, she had the letter gone off to the consultant. I got an appointment the following week and met with the consultant and had a mammogram and biopsy that day and we sat back in the oncologist’s office and the consultant said we would have the results in two weeks and told my husband to make sure he comes back with me for the results.

“I had a feeling that something wasn’t right, but you are always living in a bit of hope that maybe it’s not.”

“We went back two weeks later, and we were given the news that I had breast cancer. I had to wait for results so that they could make the decisions about my treatment.

Lisa says she was given the date for a lumpectomy on February 6 but begged them to put it off for two weeks as her daughter was making her confirmation.

“I had my surgery on February 19, and everything went well. It had just barely touched my lymph nodes and he was happy with all the margins. He just said because of the type of tumour I had, it was grade two stage three and because of my age I would go to see an oncologist.”

Lisa began her chemotherapy sessions on April 3, 2020 and had six rounds, during lockdown.

“We couldn’t have anyone in the house or see anyone. I found that bit really hard but in saying that, I think Covid did me a favour in a sense because I didn’t miss out on life as much and I was able to have all my family around me – nobody was in work or school so I think all that helped me.

“I really rested. I stayed in when I didn’t feel well and on my good days I went out and met my pals and my family. My motto was look good feel good so on my days when I felt good, I did what I could.

Lisa finished her chemotherapy in July, and in August began 20 rounds of radiotherapy, something she says was “mentally difficult”.

“I wasn’t expecting to see so many sicker people than me. Seeing people that had all sorts of cancer, whereas with the chemotherapy it was just breast cancer.

“I thought, could this be me and could I get a misdiagnosis or what if the treatment doesn’t work?

“It’s just the fear and then there were children there and you are looking at the kids going in for radiation and their parents sitting outside sobbing, because it was every day, I found it harder mentally and because I had to do it on my own.”

Once she had finished radiotherapy, her oncologist gave her the all clear, but advised she get tested to see if she had the BRCA gene, which gives the person carrying it a much higher risk of developing breast cancer or ovarian cancer.

“BRCA gene means that it doesn’t skip a generation, it is passed from one of your parents, so it is a 50/50 chance of you getting it. My mam is one of 13- her brother had secondary cancer and has since passed away, her two brothers have prostate cancer and my mam had a different type of cancer not related to BRCA.

“I was told I was likely to have the gene since I already had breast cancer at 45 as well as the family history.

“I couldn’t stop crying, I was floored. It was worse news than being diagnosed with breast cancer because I had such a high risk now of getting ovarian cancer or getting another type of breast cancer – about 90% and I had the fear that I had passed it onto my children.”

Lisa says that she put the genetic test to the back of her mind and celebrated Christmas with her family in a bubble of 12.
Tragedy struck again in January when nine out of twelve members of her family were diagnosed with Covid-19.

"My poor dad got it the worst and unfortunately passed away after being sick for five days. My dad brought me to all my appointments throughout my chemo and my radiation, he was my rock as such."

Shortly after tragically losing her dad, Lisa received the news that she was BRCA-2 positive, prompting her to make the difficult decision to have a hysterectomy and double mastectomy.

“I had a hysterectomy about five weeks ago and my chances of getting ovarian cancer have gone from 60% to about 5% so I am relieved about that and I am having a double mastectomy with reconstruction in October.”

Lisa said her diagnosis and story inspired her to become an ambassador for Breast Cancer Ireland.

She is launching the ‘100k in 30 days’ which invites people to walk, run or jog 100k in June to raise important funds. The event raised over €1.2 million last year and hopes to do the same this year.

“When I got diagnosed with breast cancer last year, I reached out to Breast Cancer Ireland and I got loads of support from the other ambassadors when I would ask questions about chemotherapy or wigs or whatever it was.

“We did the 100k last year, myself and my pals, and it was a great distraction for me and then when you see how much the event actually raised it is just a no-brainer so hopefully this year it will be bigger.”

“I think prevention is better than a cure and knowledge is power. The more you know about these things the easier it is to one accept and two do something about it, that it is not as scary as what you think.”

To sign up for ‘100k in 30 days’ go to https://www.100kin30days.ie/eep and for more information on Breast Cancer Ireland go to www.breastcancerireland.com

By subscribing to The Echo you are supporting your local newspaper Click Here:
100k in 30 Days for Breast Cancer Ireland

THIS year’s 100k in 30 Days event, in aid of Breast Cancer Ireland, has been officially launched.

Following the phenomenal success of last year’s event, organised by Louth couple Niall Carroll and Cara McAdam, which raised more than €1.2 million for Breast Cancer Ireland, this year’s bigger and better family-focused virtual event has a target of 20,000 #pinkarmy participants, and a new title sponsor, Sherry FitzGerald.

The national event, which is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners, is open to everyone from ages one to 100, and invites participants to walk, jog, run or wheel a total of 100km (or more) during the month of June to help raise funds for Ireland’s leading breast cancer charity.

As an additional incentive, there are circa €30,000 worth of prizes to be won throughout the event, including a €3,500 family travel voucher (sponsored by Connect Credit Union), five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations is now open at 100kin30days.ie.

Proceeds will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised into three specific areas:

1) The development of a state-of-the-art clinical trials centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in autumn of this year.

This new centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

2) Support for the Breast Cancer Ireland funded specialist breast cancer research nurses in the designated cancer centres across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralised resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

3) Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups.

These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.
Irish stars we’d love to see on the new series of Dancing With The Stars

Dancing With The Stars is set to return to RTÉ in 2022, and we’re seriously excited about it…

The popular programme was cancelled this year due to the coronavirus pandemic, but is expected to return with a brand new series early next year.

Amid reports the show is making a comeback, we’ve rounded up a list of Irish stars we’d love to see on the dance floor.

Dáithí Ó Sé
Dáithí Ó Sé is at the top of our wish list for the next series of DWTS.

The Kerry man will be busy filming the Today show for RTÉ in Cork, but we’re sure he could find a way to fit some dance practice in…

He’s the perfect showman and knows how to work live television, so we’re holding out hope for him.

Una Healy
Having recently moved back to Ireland, Una Healy is the perfect candidate for Dancing With The Stars.

The former Saturdays singer already knows the DWTS team well, as the same producers worked on The Voice of Ireland when she was a judge.

Una has plenty of experience being on stage, so we’d love to see how she’d fare on the dance floor.

James Patrice
Best known for hosting the backstage action on Dancing With The Stars, we’d love to see James Patrice appear on the show as a contestant next year.

The social media star won the hearts of the nation when he starred on Celebrity Operation Transformation in 2017, and we know for a fact he loves a good sequin number.

Who knows, maybe Malahide Woman could make an appearance too?

Greg O’Shea
Greg O’Shea shot to fame when he won Love Island back in 2019.

Since then, the rugby player has landed numerous radio and TV gigs, all while studying for his law degree.

Now, we think it’s time Greg ditches his rugby boots for some dancing shoes…

Pippa O’Connor
Pippa O’Connor is definitely one of our favourites to appear on Dancing With The Stars next year.

The mum-of-two was asked to appear on the first season of the show back in 2016, but declined the offer because she was too busy with the launch of her POCO brand.

However, Pippa has since admitted she’d “love” to take part if she had the time.

Her BFF Brian Dowling also appeared on the show last year, so he could give her plenty of pointers!

Bernard Brogan
Bernard Brogan has long been tipped to appear on RTÉ’s Dancing With The Stars.

The former Dublin GAA star, who won seven All-Ireland medals, has turned down offers to go on the show in the past.

But after announcing his retirement in 2019, we think he might be up for the challenge…

Erica Cody
She’s already impressed us with her singing talents, but we reckon Erica could wow us all on the dance floor too.

We’d love to see some up-and-coming stars on the show this year, and Erica is the perfect candidate.

Also can we all agree a dance routine to her hit song Calculated would be amazing?

Rosanna Davison
Given the fact she’s a new mum-of-three, we highly doubt Rosanna Davison has time to appear on a show like Dancing With The Stars – but we can still hope!
The former Miss World succeeds at everything she puts her name to, so why not put her name to becoming the next dancing queen?

The 36-year-old would be a sensational addition to the lineup, and don’t we all want to see her dance to Lady In Red?

Louise Cooney
Irish influencers have become celebrities in their own right over the past few years – including fashion and beauty blogger Louise Cooney.

The Limerick native would make a great contestant on DWTS, and she’d attract a younger audience to the programme.

Does Louise have what it takes? We think so!

James Kavanagh
Another Irish social media star we’d love to see on DWTS is James Kavanagh.

Aside from being absolutely gas, we know for a fact James has some moves up his sleeve.

The 31-year-old appeared in Chasing Abbey’s music video for their hit song ‘Lately’ last year, and he signed up for Battle of the Stars in 2020 – before it was sadly cancelled due to the pandemic.

We’re already petitioning for his Sphynx cat, Princess Diana, to make an appearance too…

Lucy Kennedy
Lucy Kennedy is one of our favourites to appear on Dancing With The Stars.

Her infectious personality would have viewers in stitches, and we think she’d surprise the judges with her moves on the dance floor.

Sadly, its unlikely Lucy will ever sign up for the show as she’s turned it down multiple times.

Back in 2019, the mum-of-three told the Irish Sunday Mirror: “I have turned it down a few times, the country is not ready to see me in lycra and I don’t want the country to see me in lycra.”

Jedward
Ok we haven’t figured out the logistics yet, but we’d love to see Jedward on Dancing With The Stars next year.

The pop twins were recently branded the “breakout stars” of the pandemic, as they’ve used their platform to speak out on a range of topical issues over the past few months.

While the Dublin natives are usually a package deal, we think it would be ‘Jepic’ if they were both paired with different partners, and went head-to-head in the competition.

Would you be Team John or Team Edward?

Celia Holman Lee
Celia Holman Lee is definitely one of our top picks for Dancing With The Stars in 2022.

The model boss has been rumoured to appear on the show for years, and we think she’d be the perfect celebrity contestant.

Known for her amazing OOTD posts on Instagram, Celia would rock all those sparkly ensembles.

Brian O’Driscoll
Another sports star we’d love to see on DWTS is Brian O’Driscoll.

The former rugby player and his actress wife Amy Huberman have turned down multiple offers to appear on the show, but we think 2022 could be Brian’s year…

The 42-year-old would be following in the footsteps of his former teammate Peter Stringer, who starred in the series back in 2019.

Donie O’Sullivan
He found fame for his incredible reporting on CNN earlier this year, and now we’d love to see Donie O’Sullivan on Dancing With The Stars.

The Kerry native won praise on social media in January, after he impressed CNN viewers with his calm reporting during the Capitol Hill riots in Washington D.C.

Donie’s newfound fame was covered by multiple outlets in Ireland, and he subsequently made an appearance on The Late Late Show.

We think the 29-year-old would be a serious hit with viewers!

Louis Walsh
We realise this is pretty far fetched, but how could Louis Walsh NOT make a great contestant on Dancing With The Stars?!?

Known for speaking his mind, the former X Factor judge is guaranteed to be television gold on the dance floor.
We’re not sure if they’d manage to book him though…

Twink
Of course, Twink HAD to be on this list.

The Panto queen has already owned the stage… so why not attempt to own the dance floor?

We reckon she’d be well up for the challenge… all we ask is that she brings along her beloved parrot Timberlake.

Miriam O’Callaghan
We know Miriam has turned down DWTS bosses in the past, but we’re still holding out hope she’ll sign up for next year’s show.

While the Prime Time host usually sticks to more serious topics, we’d love to see her let her hair down and have a bit of fun – she’d be well able!

Daniel O’Donnell
Naturally, Daniel O’Donnell HAS to be given a mention.

He’s already put his skills to the test on Strictly Come Dancing, so why not give it another bash?

It’s also no secret that Daniel’s fans are very passionate, so he could be in with a chance of winning!

Roz Purcell
Roz Purcell would make a great addition to the Dancing With The Stars line-up.

The model-turned-influencer seems like she’d be up for the challenge, and would definitely share some behind the scenes action with her 514k followers on Instagram.

Will Roz swap her hiking boots for dancing shoes? We’ll have to wait and see…

Nadine Coyle
Nadine has plenty of dancing experience from her Girls Aloud days, so we think she’d definitely be a contender for the DWTS line-up.

The Irish singer recently won praise following her appearance on the celebrity version of The Great British Bake Off, so we think she’d be a hit with viewers.

All we ask is that she incorporates her iconic “where’s me passport” moment into a dance routine somehow…

Any of the Westlife boys
Last but certainly not least, we had to give Westlife a mention.

Nicky Byrne is obviously ruled out as he hosts the show alongside Jennifer Zamparelli, but how amazing would it be if Shane Filan, Kian Egan or Mark Feehily appeared on DWTS as a contestant?

We reckon all three would be up for the challenge, and the post-routine interviews with Nicky would be so gas!

On the latest episode of the Gosscast, Goss.ie Founder Alexandra Ryan and Goss.ie Editor Kendra Becker are talking all things Oscars.

Ahead of the Academy Awards this weekend, the girls share their experiences of covering Oscars week over in Los Angeles, and reveal what really goes down at all those star-studded parties…

If you’re looking for the audio-only version of our chat, you can listen to the Gosscast on Spotify and iTunes too.
Naas picnics to raise funds for Breast Cancer Ireland

Lily & Wild caterers, based in Naas Racecourse, are offering takeaway picnics in aid of Breast Cancer Ireland for the month of May.

Launched in the lockdown by husband and wife team Kevin and Davina Walsh, the picnics feature wooden cutlery and an eco-friendly, re-usable cooler bag (they’re also selling a selection of wicker baskets), while the picnic menu features a variety of tasty treats such as Chicken Caesar, a charcuterie board, and potted vanilla cheesecake.

All profits from the picnics for the month of May are going to Breast Cancer Ireland and collection is from Naas Racecourse from their vintage Citroen van. Costs start at €25 per person, which includes a three-course meal. Vegans and vegetarians are catered for, there’s a children’s menu, and delivery is available in the local area.

Lily & Wild is a full-service catering company providing local and seasonal menus that will complement any occasion or event. Kevin explained that “this new venture was a great way to keep motivation and spirits up for us, and while it is scary to start something new at such a precarious time, it will be our second company to launch in a recession, sometimes you just have to go for it.”

He added that “our mission is to turn our clients’ dreams into reality by giving them a remarkable dining and hospitality experience with the best food and service while they celebrate life’s special moments.”

Kevin set up Event Waiter in 2012, having identified a gap in the market for skilled temporary labour. Over the following couple of years Ireland emerged from recession and it went from strength to strength, until COVID hit. Event Waiter is still a going concern and they hope to see a return to business this summer.

The catering company idea formed at the beginning of lockdown last year when Kevin was approached by an events venue to provide not only event management/staffing but also food options.

Picnickers can order online for click and collect via Instagram (@lily_and_wild) or lilyandwild.ie.
Raffle raising funds to provide Level 3 Hospice in Midlands

By Joe Barrett

Breed Hassett is a secondary school teacher in Banagher College, Offaly. This time last year Breed was diagnosed with breast cancer and is still undergoing breast cancer treatment.

A family friend of hers donated a calf to her to raise funds and to date she has managed to raise €1,450 for Breast Cancer Ireland.

Breed has now decided to turn her attention to assist the Hooves4Hospice campaign which is helping raise funds to build a Level 3 Hospice to provide specialist end-of-life care and support for people in the Midlands (Laois, Offaly, Longford and Westmeath) to be based in Tullamore.

In association with her school, Breed is promoting a raffle and they have set a target of raising €2,000 through selling €5 raffle tickets for a calf, which has been exceeded.

A year on from the launch of Hooves 4 Hospice campaign over 420 animals are now being reared by farmers taking part in the project. When the animals are reared and sold, the entire proceeds will be donated to the project.

The prizes in the draw are:

1st Prize: Angus calf sponsored by Martin Finnerty and bag of calf nuts sponsored by Liffey mills or its value in cash €300.

2nd Prize: Three bags of sweet tooth grass seed or its value in cash €200 (Sponsored by J.Grennan & Sons).

3rd Prize: One for all voucher worth €200 sponsored by Banagher Precast Concrete.

4th Prize: €150 voucher for the Radisson Blu Hotel Athlone.

5th Prize: Grant Farm Machinery voucher worth €100.


7th Prize: Five x 25kg bags of meal sponsored by Arrabawn Co-op worth €50.

8th Prize: Five x 25kg bags of meal sponsored by Arrabawn Co-op worth €50.

9th Prize: €25 instore voucher sponsored by Arrabawn Co-op.

10th Prize: €25 instore voucher sponsored by Arrabawn Co-op.

Those interested in purchasing a ticket can do so by logging on here and for more information on the Hooves4Hospice campaign log on here.
Picnics for Breast Cancer Ireland

A recently launched Naas catering business will donate all profits from May sales of their take-away picnic baskets to Breast Cancer Ireland.

Lily & Wild operates from a funky vintage Citroen van based at Naas Racecourse, offering coffee, treats and portable picnics at the weekends.

A three-course feast starts at €25 pp, and vegans, vegetarians and children can also be catered for. Delivery is also available in the Naas area.

The picnic baskets in aid of Breast Cancer Ireland will be available from May 1. They can be pre-ordered online at www.lilyandwild.ie or via Instagram, and orders should be placed by the preceding Thursday.

The delicious menu includes goat cheese moulillette, charcuterie, crudités, tomato and mozzarella, chicken caesar, pink merangue masts, potted vanilla cheesecake, popcorn and San Pellegrino, all presented in a reusable cooler bag, with wicker baskets available on request.

Lily & Wild is run by Kevin and Davina Walsh, who have extensive experience in the luxury hospitality and catering industry.

"This new venture was a great way to keep motivation and spirits up for us, and while it is scary to start something new at such a precarious time, sometimes you just have to go for it," said Kevin.
Meet the Cork woman at the helm of successful broadcasting business

Crosshaven native shares the magic of ‘voice vibrations’

Why I’m walking 100km for Breast Cancer Ireland
**BORRIS-ILEGH**

*Underage Return to Play*:

We are delighted to be able to welcome our new and existing members back to the field after the lifting of restrictions.

The Under 8s and 10s will train on Wednesdays at 700pm. The Under 12 will be out on Tuesdays and Fridays at 700pm while our Under 14s will train on Mondays and Wednesdays at 700pm and on a Saturday morning at 11am. The Under 16s are out on Tuesdays at 700pm and on Saturdays at 11:00am. The minors won't be returning until later in the year while our Under 6's return on Wednesday 12th May at 7:00pm.

*Membersonship* is due to be paid by the 15th May. This can be paid online on the registration system called Foreann, or by contacting registrar Robbin Groome 0872300565. Membership fees are as follows: Full paying: €60, Under 18 paying: €35, Full non-paying: €20, Social - €10, Family (2 adults & 4 juvenile players) - €100.

**BURGESS/DUHARRA**

*Online Bingo*:

A huge thanks to everyone who got involved in our first ever Online Bingo last Sunday. It was a massive success. Well done to all of our winners. Well be topping up the jackpot and bringing it up to 43 numbers next week. Our lucky dip is down to 8 envelopes. A guaranteed prize of €200 and one lucky envelope has our big €100 prize. To get your book for next Sunday 2nd May go to www.palismarketing.ie/product/north-tipp-bingo

*Registration*: is now open. Current members can log into www.foreann.ie. Please ensure your profile is completed. New members contact 0833102223 or 063432777 for details.

**PORTROE**

*Return to Play*:

The Club has postponed the return to play. A serious Covid-19 outbreak in some of our secondary schools is unfortunately impacting on surrounding areas. We will continue to monitor the situation and keep you informed. We appreciate the disappointment this news will bring to players, but we must consider the health and safety of all in our community.

*Membersonship*: can be purchased online through Foreann.ie, which is the Return to Play system used for filling out the Health Questionnaire for training/matches last year.

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Your username and password should still be valid. Parents/Get the username and password for membership by card or pay in person.  

The camogie club has two payment options available for membership by card or pay in person. If anyone has any questions/queries about paying membership, Foreann system or the return to play protocols contact Sinead Ryn 0873523375. A registration night will be held on Sunday 4th May between 7 & 8pm in the clubhouse.

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**SHANNON ROVERS**

Bollinderry Sportfield Committee want to open its facilities to all our community and develop it into a multi-purpose Community Centre. We want to deliver health & wellbeing information and programmes directly to all ages, thus empowering all participants to enjoy healthier lifestyles. With this in mind we would like to hear suggestions and ideas from any person in order that we can put a programme together. Suggestions can be e-mailed to bollinderryrovers2021@gmail.com.

*Membership*: Registration is now open online at www.foreann.ie.

**BALLINA**

Level 5 Restrictions: We are delighted to be welcoming back our juvenile members as non-contact training commences this week. Watch out for communications from coaches with details on how to safely return to training. We are particularly looking forward to seeing new members starting out on their hurling and football careers. Our Juvenile members are invited to attend the first training on Saturday 1st May at 10am, or come along on any Saturday morning.

The club shop will be open on Saturday mornings and stocks a selection of hurleys, helmets and sports gear.

*Healthy Club/Defibrillator*: We have joined the GAA’s community heart program to purchase a defibrillator for the club. You can donate via www.savesave.com/communityheartprogram.com

*Referees*: The club has two referees in Sean O’Malley and Brendan Ryan. We would hope that more people would put their name forward to referee. If you are interested, contact Gerard McKegg.

*Investors Draw*: will be held on Saturday. Congratulations to our winners and thanks for your support: 1) Majella Kennedy - €1,000; 2) Marie Elliott - €1,000; 3) Margaret Gilsenan - €600; 4) Kevin and Una O’Callaghan - €50; 5) Brian Grogan - €50; 6) Fergus Breen - €50

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**BORRISOKANE**

*Lotto*: Next Monday’s jackpot will be €3,200. Tickets are available in local shops and on Clutforce.com. Thank you for your continued support.

*Retirement*: And just like that Philip Austin says goodbye to his Tipperary Football days. You have given us great pleasure over the years watching you play at the highest level. Not many people get that chance in life to represent their county with such skill, respect, and dedication as you have. Each time you have worn the blue and gold jersey we as a club could not have been more proud of you, along with your mam & dad, Maggie, family, and friends alike. Philip enjoy your retirement from Tipperary GAA, you have a good few years in you yet before you retire from us! Congratulations on your retirement and the very best to both you and Maggie in the future.

*Water Notice*: Contact any club member if you need water or assistance due to the current water situation within the Borrisokane community.

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**BUIRGHEAS**

*North Tipp Online Bingo*:

We kicked off our North Tipp Online Bingo on Sunday. We were amazed with the turn out and received very positive feedback. We gave out over €1,000 in prize money and are ready to go back it this Sunday at 6.00pm. To play just purchase a bingo book www.palismarketing.ie/product/north-tipp-bingo or by clicking the link on any of our social media pages. Books are €8 or 2 books for €15. Your book will be emailed to you so you can print out and play along with the zoom on the night. Our bonus lucky dip round is down to 8 envelopes this week with the top two prizes still remaining.

*Lotto*: Monday 25th of April’s lotto was for a jackpot of £3,300. Tickets are £2 each or 3 for £5 and can be bought by clicking on the online link on any of our social media pages or by contacting any lotto seller. The lotto AGM will take place on May 19th. Further details to follow.

*Registration*: Visit www.foreann.ie and
follow the steps to create your account.

Anyone experiencing difficulties can contact Registrar Tricia Gibson 0861069612 or Secretary Gemma Flynn 0872359336.

**Best of Burgess**: This week Paul Carroll interviewed current Senior hurler Shane Maher. A fantastic look back on great memories of games and a special mention of some great Burgess greats that have gone before us. You can still catch the full interview on our Facebook and Instagram pages. Our new timeslot is 8.00pm on Friday nights so tune in this Friday to see who will be starring in this week's show.

**Garda Vetting**: Everyone involved with teams at all levels needs to ensure that their Garda Vetting is up to date. All coaches need to ensure that they have also completed the coaching and safeguarding courses. These can all be done online, and more information can be found at www.gac.ie or by contacting Child Protection Officer Lisa Dinneen – Newtown.

**Vacant Positions**: We are recruiting for an Irish Language and Culture Officer and a Healthy Club Officer. If anyone is interested in any of these roles, contact secretary Gemma Flynn 0872359336.

**Congratulations**: to senior hurler Stephen Murray on his Munster under 18 debut.

Well wishes: the club would like to extend our best wishes to Philip O’Sullivan who is facing surgery following a motorcycle accident.

**KILADANGAN**

**Return To Play**: In light of the spike in Covid cases in the Nenagh area, the return to play of our juvenile teams has been postponed. The situation will be monitored and will be reviewed this weekend with an update to be issued to parents at this point. We wish everyone well and stay safe.

**Lotto**: There was no winner of the €15,000 jackpot or the Second Chance €300 Draw on April 15th last. We would urge people to sign up for the lotto online at kiladangan.com. You can also enter the lotto in the shops and restaurants in the parish.

**Membership**: You can purchase online at kiladangan.com or contact registrar Fergal Hayes 0861606266.

**KILRUANE MACDONAGHS**

**Juvenile AGM**: A very successful Annual General Meeting of the Juvenile Club was held last Saturday on Zoom. The following were elected: Chairperson – John Jones, Vice Chairperson – Brian Gaynor, Secretary – Yvonne Kennedy, Child Welfare Officer – Yvonne O’Looney, North Board Delegate – John O’Meara, PRO – Gilbert Williams, Coaching Officer – Barry Naughton, Fitness & Agility Officer – John Casey.

The following managers were appointed: U7 – Mick Cleary & Cathal McIntyre, U8 – Brian Gaynor, U9 – Aidan Ryan, U11 – Brian Gaynor; and U13 – Mick Ryan. The committee will appoint a management team to look after the U7s.

**Return To Play**: In light of the spike in Covid cases in the Nenagh area, the return to play of our juvenile teams has been postponed. The situation will be reviewed this weekend. We wish everyone well and stay safe.

**Membership**: The Juvenile Club will facilitate the payment of membership on specified evenings which will be notified to parents. Managers of adult teams will arrange the collection of membership from players on their respective panels. Non-playing adults can renew membership with any member of the committee.

**Club Package**: For just €200 you will have a full year’s Subscription, entry to the Tipperary Draw as well as your membership in the Tipperary GAA. In support of this package, we will have a free membership – a saving of €50. Supporters who subscribe to this package will be contacted while new subscribers can join with any member of the committee.

**Lotto**: The Jackpot now stands at €2,400. Tickets are available from the usual outlets or from our committee.

**Clothes Collection**: The Camogie & Juvenile Club have teamed up to organise a Clothes Collection. Clothes can be left at MacDonagh Park on Tuesday, April 20th, 3rd May and 3rd June, 7.30-8.30pm. Your support would be appreciated.

**Development Update**: The preliminary work on the first phase of the redevelopment of MacDonagh Park has started. This work, involving the clearing away of the bank at the top end and the setting around the main pitch, is under way and this will pave the way for the building of a hurling wall and astro turf area. The completion date will be announced soon.

**LORRHA**

**Juvenile AGM**: An Annual General Meeting of the Juvenile Club was held last Thursday on Zoom. The Officers elected are as follows: Chairperson – Colm Kennedy, Vice Chairperson – Tom Kennedy, Secretary – Kathleen Gleeson, Assistant Secretary – Caroline O’Brien, Treasurer – Brian Gaynor.

The following management teams have been confirmed: U11 – Colm Kennedy, Jimmie Donoghue, Brendan Ryan, Marie Clare Fogarty, U13 – Martin Dwyer, Rob Fitzgerald, Paddy Reddin and Padraig Kennedy, U15 – Jimmy Danna, Kevin Houlihan, Micheal Kennedy and Trish Broderick, U17 – John Madden (selectors inc.).

A rata of parents/guardians interested in volunteering is being arranged.

**Juvenile Return to Play**: It was a sight to see our juvenile teams return to training this week. A reminder, membership has to be paid before training can begin. For more details, please contact our club officials.

**Juvenile Car Treasure Hunt**: Our Juvenile Club is running a Car Treasure Hunt. Please get in touch with our club officials for more details.

**First Aid and CPR Training**: Takes place on Thursday, 5th May at 6.30pm. Contact Colm Kennedy 0856706333 or Kathleen Dwyer 087868458 for details.

**EuroMillions**: With our current term up in May, the club will be re-running the EuroMillions lotto fundraiser this year. The prize pool is now €20,000. Tickets are available from the usual outlets or from our committee.

**Return To Play**: While we are all very much looking forward to returning to training, we will have to hold on for a little longer given the increasing numbers of Covid cases in the locality. The situation will be reviewed weekly, and updates will be issued via our various WhatsApp groups. Training nights and times have been issued, just the start date next to be confirmed.

**Development Update**: The preliminary work on the first phase of the redevelopment of MacDonagh Park has started. This work, involving the clearing away of the bank at the top end and the setting around the main pitch, is under way and this will pave the way for the building of a hurling wall and astro turf area. The completion date will be announced soon.

**Kenmare Eire Og**

**Return To Play**: While we are all very much looking forward to returning to training, we will have to hold on for a little longer given the situation around the increased number of Covid cases in the locality. The situation will be reviewed weekly, and updates will be issued via our various WhatsApp groups. Training nights and times have been issued, just the start date next to be confirmed.

**Development Update**: The preliminary work on the first phase of the redevelopment of MacDonagh Park has started. This work, involving the clearing away of the bank at the top end and the setting around the main pitch, is under way and this will pave the way for the building of a hurling wall and astro turf area. The completion date will be announced soon.

This project will be funded by donations from members and supporters under the Teagasc Exemption scheme. Details of this scheme and the planned Jigsaw Wildlife project are available on our development website. This fund will be driven by a team of members who are contacting people associated with the club and community to seek donations. The response to date has been phenomenal and we are well on the way to achieving our phase 1 target. We sincerely thank all the people who have made and promised donations. This drive will continue...
over the coming weeks and anyone considering donating please contact your fundraising representative. You can also contact Liam Heffernan, Mary-Jo O'Reilly, or Anne Kennedy if you would like further information. Your support is greatly appreciated.

**Lotto:** The Jackpot this week was €4,800. The link to join is on the Club Website - www.nenaghgaa.ie.

**Membership:** is now due and with a new deadline of May 30th and should be paid on Foremrine.

**Tipperary Draw** returned with the 6th draw taking place on Friday. The club had two winners with Helen & John O'Sullivan winning €500 and Danie & Eileen O'Brien winning €200 in the 6th draw. The next draw takes place on May 14th and our promoters will be collecting any outstanding money soon.

**Garda Vetting:** You cannot be involved as a coach or mentor in any juvenile coaching if you do not have your GAA Garda vetting being up to date.

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**PORTROE**

**Return to Play:** Our Juvenile Club has postponed the return to play. There has been a serious Covid19 outbreak in some of our secondary schools which unfortunately is impacting on surrounding areas. We will continue to monitor the situation and keep you informed. We appreciate the disappointment this news will bring to players, but we must consider the health and safety of all in our community.

**Membership:** Portroe Senior and Juvenile clubs along with the Camogie Club will hold another membership evening on Tuesday 4th May from 7 to 8pm in the clubhouse. Please note that it’s necessary for all adult committee members and officers, team mentors and players to be fully paid members of the club. Any player who’s not a paid-up member is not covered by insurance in the event of injury.

**Lotto:** Portroe GAA/Portroe Camogie/Parish Hurling lotto continues every Tuesday night. Our online Lotto will launch on Tuesday 4th May. Download the Clubforce app to buy your lotto tickets online.

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**SILVERMINES**

**Juvenile Return to Play Postponed:** There has been a serious Covid19 outbreak in the Nenagh schools, which unfortunately is impacting on surrounding areas. In light of this, we have postponed our planned return. We will continue to monitor the situation and keep you informed. We appreciate the disappointment this will bring but we have a responsibility to keep everyone safe.

In preparation for our return, we have distributed registration forms and an information letter via the three local schools. We ask that you please hold on to them until we do return to Delia and we will use the same method for registration as we had outlined in the letter. If anyone has any questions, contact: Noranne 0879288642.

**Scrap Metal Collection:** Silvermines will hold a Scrap Metal Collection on April 30th, May 1st & 3rd. These are the items that are suitable for collection: old farm machinery, white goods (washing machines, cookers, tumble dryers, refrigerators, coolers, cannon), doors, windows, old appliances, scrap metal (old bars, etc.) and all types of lead based batteries.

If anyone would like to donate it can be dropped into Delia GAA field or alternatively contact Chairman Cian Mahon 0879280254 (corporate area), Tim Ryan 0852403321 (Silvermines/Golls area) and John Sheehan 0879398028 (Blanch nook). The collection/drop off times will be 7am to 7pm on Friday 30th April 9am to 4pm on Saturday 1st May and on the Bank Holiday Monday, May 3rd from 10am. Please be assured that Covid regulations will be upheld at all times.

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**TEMPLEDERRY**

**Lotto:** There was no winner of last week’s lotto. Next week’s jackpot will be €5,800.

**Sympathy:** We would like to send our deepest sympathy to our senior coach Conor McGrath and all his family on the sad passing of his grandmother.

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**TOOMEVARA**

**Underage Training:** The Juvenile Committee has decided to delay the return to training by one week in light of the recent surge in Covid cases in local schools. Hopefully, we can return next week from the 3rd of May.

**New Netting:** The field committee recently had new netting fitted behind goalposts as the old ones were damaged during the winter.

**Lotto:** To our regular subscribers to our weekly lotto. These funds are making it possible to keep the day-to-day expenses paid during the current financially tough times.
TERRYGLASS & KILBARRON

BALLINDERRY COMMUNITY CENTRE
Ballinderry Sportsfield Committee want to open its facilities to all our community and develop it into a multi-purpose community centre. We intend to deliver health and wellbeing information and programmes directly to all ages within our community. The intention is that the facility will become a hub for the community where all can avail of health information and more, thus empowering all participants to enjoy healthy lifestyles. The centre will provide a range of activities for our local community. With this in mind, we would like to hear suggestions and ideas from any person in order that we can put a programme together. Suggestions can be e-mailed to ballinderrysportsfield2022@gmail.com. All suggestions welcome. Big thanks!

100KM IN 30 DAYS
Ballinderry Community Sportsfield Committee have signed up to the 100km in 30 days challenge. This is a fundraiser for Breast Cancer, and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop-down menu. The 100km is to be completed during the month of June. This event is open to all ages, let's get our community walking to raise much-needed funds for Breast Cancer Ireland.

COMMUNITY EMPLOYMENT VACANCIES
Shannonside Improvement Association Ltd. Community Employment Scheme has upcoming vacancies in the following areas - Ballinderry, Terryglass, Carrigallen. Please contact John Deegan, Secretary, 067 22075/0878567099 with any queries.

SCHOOL ENROLMENT
Kilbarron NS is now accepting applications for enrolment for the school year 2021/2022. Please email the school at kilbarron@gmail.com for an enrolment form, or you can contact the school on 087 7024377 if you have any queries.

BOOKING OF MASSES
Masses for Mother's Mind and anniversaries can be booked by phone, text or email to terryglasskilbarron@gmail.com.

WEEKLY MASS
There is now an option of receiving Mass by WhatsApp. If you wish to receive our Mass by WhatsApp, please reply by text only to +353 87 610 4757. The WhatsApp option allows you to pause the Mass if you wish. It is also a lot easier to access, Mass will continue to be available on the parish website in the usual way also.

You are welcome to quiet time to pray and reflect in church each day. Please observe social distancing and follow HSE guidelines at all times.

TRÓCAIRE
We ask that you return your Trócaire envelope or Trócaire box to the Parochial House by the end of the month so that our parish collection can be forwarded. Your continued generosity is greatly appreciated.

PORTROE

ARRA HISTORICAL & ARCHAEOLOGICAL SOCIETY LECTURE
We are delighted to have Heather Gimson of EarthScience Geophysics Ltd. presenting on the survey work that has been done at the Graves of the Leinstermen to date. The title of her talk is ‘Graves of the Leinstermen - Recording what is visible and exploring what lies beneath’ and it will be presented on Thursday, April 29th, at 8.30pm via Zoom. This lecture is free for members and €5 for non-members (payable by Pay Pal). Non-members can register by emailing arrahistoricalassociation@gmail.com.

BURGESS

BURGHEAS CLG LOTTO
There was no winner of the €5,200 jackpot on April 19th. The lucky dip winners were Christy Quigley, Creggane, Claire O'Sullivan, Ballina; Julie O’Donovan, Tullamore Park and Pat O’Farrell, Youghalna. The seller’s prize went to Liam Gillespie. Thank you to you all for your continued support of our club lotto.

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THURLES

TOWN REDEVELOPMENT
The plans for a €3.2 million development of a Market Quarter adjacent to the Source Arts Centre provide for a fourteenth century agricultural building being transformed to provide a hub for offices, café, restaurant, public toilets and a demountable stage that will enable outdoor concert events to be held there. The building is in the ground of St Patrick’s College, now Mary I third level facility. The project features a partnership between the county council, Mary I college, Thurles Lions Club with the backing of Thurles Farmers’ Market, Tipperary Local Enterprise Office, Thurles Retail Forum, and the Tipperary Food Producers network. Taken in conjunction with the regeneration programme nearing completion at Liberty Square and the opening of the adjoining new car park, these developments are a badly needed shot in the arm for the town and are widely welcomed. The hope now is that the Market Quarter development proceeds without delay to facilitate the rejuvenation of the town.

WELL DONE
Congratulations to Stephen Mawe, Castle Avenue and Ben O’Driscoll, Castle Avenue, who were recipients of awards from the University of Limerick based on their Business Studies results in their Junior Certificate examination in 2019. The awards were presented remotely recently. Both are students at Thurles CBS and are preparing for their Leaving Certificate examination.
SYMPATHY
The tragic death last week in a cliff fall of Gillian Lawlor Ryan, Ashfield, occasioned great regret in the town where she was so well known as a member of Croke AC running club. Gillian, who was on a hill run in the Comeragh Mountains when the accident occurred, was a key member of Croke’s successful ladies senior team and won several championships with the club. Sympathy to her husband Conor Ryan (Jackie), daughter Amelia, son Conor, her parents, brothers and sisters on their sad loss. Following Requiem Mass in the cathedral on Saturday Interment was in Moycarkey.

The death also occurred last week of John Freeman, Bohernamore. Well-known in sporting and musical circles, John was secretary of the North Tipp and District Soccer League for many years and also its PITO. In his younger days he was an accomplished hurling goalkeeper playing with both Sarsfields and Fenin泄s. He was also a keen fisherman and ran a very successful business supplying fishing gear and trophies. With his brother Dermot he formed the Freeman Folk, playing at many venues at home and abroad. Sincere sympathy to Dermot and his relatives on their loss. Following Requiem Mass in the Cathedral Interment was in St. Patrick’s Cemetery.

Noel Maher, Kennedy Park, who died last week was a member of the Maher/Whitehead family of Kinirfallen Avenue and very highly regarded. He was a championship winner in hurling with Sarsfields in his younger days and in later years a very accomplished golfer. A retired employee of Erin Foods factory, he is survived by his wife Noreen, daughters Anne, Mary, Patricia, Denise and Noreen, his brothers Martin (Musha), John, Benny and Charlie, sisters Mae, Joan and Nancy, grandchildren and by a wide circle of relatives and friends. Interment was in St Patricks Cemetery following Requiem Mass in the cathedral.

The death occurred last week in Arden Nursing Home of Pat O’Donnell, Monadreen. A retired public servant, Pat was very involved with many local groups and was predeceased by his wife Noreen. He is survived by his brothers and sisters and other relatives, to whom sympathy is extended. Interment was in St Patrick’s Cemetery following Requiem Mass in the cathedral.

Very Rev Canon Liam Ryan, who died at the weekend, was a member of a well-known Ryan Bainer family, Glentane Lower, and prior to his studies for the priesthood worked in Duan’s Mineral Waters company and served as secretary of Mid Tipperary GAA Board. He was also a prominent referee at divisional and county level. He served in various parishes but retired some years back as Parish Priest in Killenaule. Sympathy to his brother Mikey, and the extended Ryan families on their sad loss. Interment was in Holycross Abbey Cemetery following Requiem Mass on Monday.

CREDIT UNION AGM
A final reminder to members of Thures Credit Union that the annual general meeting is being held, via Zoom, this Wednesday evening at 6.30pm.

TOOMEVARA
WEBINAR ON NUTRITION
A free webinar on nutrition takes place this Sunday night, April 28th. Toomevara Healthy Club (GAA) have organised the event which is entitled ‘Introduction to Food Choices: Whatever you’re eating, know what it is’. The talk will be given by ‘toomevara native and nutritionist Gemma McCarthy. Register for the webinar at secretary.toomevara@gaa.ie.

BORRISokane
CHURCH NEWS
Sunday Masses can be viewed on webcam, Borriskokane: 7pm Saturday and 10.30am Sunday - www.twitch.tv/borriskokaneparish or www.killareeparish.ie/parish/borriskokane/

Terryglass will have a recording of Sunday Mass at https://www.youtube.com/tvhtml/

Parish Contributions: You can still donate by either leaving in your envelopes to the letter boxes of Parish Houses/Offices or you can donate via the Killaroe Diocesan Website - thanks to those who do so.

ROLL OUT OF COVID VACCINE
Registration is now open for ages 65-69 on the HSE Vaccine Portal on their website. You can also book by phoning 1850 24 1850, 8am to 6pm, Monday to Sunday. Please have your PPS number, ircode, a mobile number or an email address to receive your appointment before you call the HSE.

Vaccination registration for ages 60-64 opened on Friday, April 23rd.

ALONE
The charity Alone has a Covid-19 support line, which is open seven days a week, 8am - 8pm. 0818 222 024.

GAA LOTTO
Monday night’s lotto was held behind closed doors where the jackpot was worth €31,000. If not won, next Monday night’s jackpot will be worth €92,000. Our lotto tickets are now available in local shops and on Clubforce.com. Alternatively, follow us on Facebook and Twitter where you can follow the links. You may also download the Clubforce app. Thank you for your continued support and hope you are all keeping well during these times.

GAA CLUB COVID ASSISTANCE
Please contact Margie, Mary O’Dwyer, 085 718 4681, for any assistance you may need or require during these times.

GAA RETIREMENT
And just like that, Philip Austin says his goodbyes to his Tipperary football days! Philip, you have given us great pleasure over the years watching you play at the highest level of your sport. Not many people get that chance to play at the highest level and represent their county with such, skill, respect and dedication as you have. Each time you have worn the blue and gold jersey for Tipperary, we as a club could not have been more proud of you as along with your mam and dad, Maggie, family and friends alike have felt that proudness! Philip, enjoy your retirement from ‘just’ Tipperary GAA; you have a good few years in you yet before we let you retire from us! Congratulations on your retirement and the very best to both you and Maggie in the future.

WATER NOTICE
Please contact any club member if you need water or assistance due to the current water situation within the Borriskokane community.

CLOUGHJORDAN
CLOUGHJORDAN HONOURS THOMAS MACDONAGH EVENTS
As part of the annual Cloughjordan Honours Thomas MacDonagh celebrations, the Cloughjordan Heritage Group will present three free online events on this Saturday, May 1st, Sunday, May 2nd and on Thursday, June 3rd.

On Saturday at 8pm Ann Dolan and Will Murphy will deliver a talk on Michael Collins. This talk will focus on his early life working in London and will consider the forces that shaped his thoughts and ideas. The talk will also look at the many
different versions of Collins that have been fashionable throughout his life and particularly through nearly a century long afterlife. Ann Dolan is Associate Professor of Modern Irish History in TCD and William Murphy is lecturer in the School of History and Geographry in DCU.

On Sunday at 8pm a specially commissioned audio play with visuals entitled Taking the Biscuit will be presented. The play is written and directed by Martin Maguire, who resides in the Eco Village. The play is based on the events that took place in Jacob’s Factory during the 1916 Rising. On Thursday, June 3rd, which is the centenary of the Modernity Ambush, local man Síle Ó hAilpin will deliver an illustrated talk on the Modernity Ambush.

To register for the above online events, email macdonaghtoilet@gmail.com and a link will be sent to those registered before the start of the events.

CLOTHES COLLECTION

The clothes collection organised by the Kilrane MacDonogh camogie club and juvenile club continues on this Wednesday, April 28th, from 7.30 to 8pm and on Wednesday, May 5th, from 7.30 to 8.30pm at the pavilion in MacDonagh Park, Cloughjordan. Thanks to all who donated clothes last week’s collection.

JUVENILE AGM

At the recent AGM of the Kilrane MacDonogh’s camogie club the following officers were elected: Chairperson - John Jones, Vice-Chairman - Brian Gavnor, Secretary - Yvonne Kennedy, Children’s Welfare Officer - Yvonne O’Loughlin, P.R.O. - Gilbert Williams, Coach’s Officer - James Kavanagh, Fitness and Agility Officer - John Casidy; North Board Delegate - John O’Meara.

RUGBY

Munster defeated Leinster on a 27 to 3 scoreline in the Rainbow Cup game played at the RDS last Saturday. This was Munster’s first victory over Leinster in their last seven encounters. Local player, Ben Healy from Rapla, was introduced as a second half replacement on the Munster team for Joey Carberry.

LOCAL LOTTO

The jackpot for the next draw in the Kilrane MacDonogh’s Lotto is €23,000. Thanks to all subscribers for your continued support.

GAA

Club underage training did not resume at MacDonagh Park, Cloughjordan on last Monday (April 25th) due to the Covid spike in the Nenagh area. The situation will be reviewed again next week. Tipperary will play Limerick in the first round of the National Hurling League on Saturday, May 8th. In the Gaelic Grounds, Limerick at 5.30pm and the Tipperary footballers will also play Limerick away on Saturday week, May 15th.

LORRHA

VACCINE ROLLOUT

Registration is now open for ages 65-69 on the HSE Vaccine Portal. You can also book by phoning LoCall 1850 24 1850, 8am to 8pm, Monday to Sunday. Please have your PPS number, EUR code, a mobile number or an email address to receive your appointment before you call the HSE. Vaccination registration for ages 60-64 opened last Friday.

TIPP FIXTURES

Tipperary’s Allianz National Hurling League fixtures will commence on May 8th with all Ireland champions Limerick hosting Liam Sheedy’s men in the Gaelic Grounds at 5.30pm. The Tipperary hurlers will have their second game against Cork in Semple Stadium on Saturday week at 3.30pm. All Tipperary fans will be eager to see the Premier County progress this year. The best of luck to our own parish club players, Pat ‘Booney’ Maher and Brian Hogan.

In the football, Tipperay play Limerick in the Gaelic Grounds on May 8th at 7pm. Ballinhaha club man and long serving Tipperary player, Michael Austin, bade farewell to the scene last year, Philip is wished all the best in his retirement.

In the Littlewoods Ireland Camogie League, Tipperary seniors and intermediate panels also return to training.

ANZAC DAY IN LORRHA

Sunday last April 25th was ANZAC Day and a very low-key, end of year ceremony took place in Lorhha at the Martin O’Meara VC memorial. See story on page 16 of this week’s paper.

ENROLLMENT

Scott Luke Naota Lorhha is accepting enrolments for the 2021/22 school year. Application forms can be downloaded from the school website www.lorrhas.ie by email to the school at lorrainea@gmail.com or by calling the school (090) 9747925 and we can drop a form to you in the post.

PUCKANE

SUNDAY MASS ON THE INTERNET

Weekend Mass for Saturday night and Sunday morning is now available on Puckane Church live.

CHURCH VISITS

Level 5 restrictions due to the pandemic continue; there will be no daily Mass for the foreseeable future. Instead, both churches in the parish remain open to the public each day between 10am and 5.30pm for anyone wishing to enter for a moment’s prayer or reflection.

WIN MONEY!

Kiladangan GAA Lotto is now live on Facebook every Monday night at 9pm.

Details of how to enter are as follows: just buy €2 per ticket or €5 for three tickets, available at Kennedy’s shop, Puckane and Tony’s Tipperary Shop, Ballycommon.

PORTUMNA

TIDY TOWNS COMMITTEE AT WORK

It is that time of the year again when Tidy Towns volunteers are out there getting various tasks done for the forthcoming season. We are delighted to see the old faces but more importantly the new faces involved. Work has started, albeit with social distancing and health and safety in mind. New volunteers means new ideas and that is a great addition. The usual faces like Martin Ward, Joe Duggan and Kieran Comer will be seen on the streets, swaping and removing mess, etc, on the footpaths. Tasks which will be undertaken in the next few weeks are replacement of disilplate flower boxes, painting other planters, planting of flowers and the all important hanging baskets. In the meantime, the litter picking continues. We meet every Saturday morning at the Town Square at 10am for just an hour. New volunteers always welcome. We also acknowledge the work of locals who undertake tasks in their own areas, people like Martin Madden, Michael Stewart, Domen O’Brien, Noel McNulty, Hilda Farry and this year, Leo Smith, TY Co-ordinator, Portumna Community School. Noel Mullery, GCS, always at the other end of the phone to assist, all helps to keep the town looking great. We are also entering the National Tidy Towns Competition and we would like to thank Yvonne O’Meara for her kind sponsorship of €1,000. Thanks also to Councillor Ronan Canning for supplying litter pickers, bags and gloves. By the end of April the Rural Social Scheme, under the direction of Martin Collins (GRD), will be returning to do grass cutting, etc, and you will also see the TUS workers managed by
Yvonne Hoary out there helping with the various tasks. As the saving of the last year goes “we are all in this together” and every resident and business can help by keeping their premises and the area outside swept and tidy.

**SHORELINES PHOTO PROJECT**

This week Shorelines Arts Festival launches a photo project called Only For This. You are invited to reflect on the last 12-14 months when Covid-19 touched everyone’s life in some way. We, now we ask, you to submit a photo that reflects on the item, the place or the moment that got you through this period.

Submit your picture of your Only For This place, book, space, moment, memory or experience to info@shorelinesartsfestival.com before May 31st.

From a selection of the submissions, a group of local students, writers and Shorelines literary guests of the past will be asked to respond with a piece of writing. Further information on www.shorelinesartsfestival.com.

**CANCER CARE WEST**

Ward & Burke construction are currently running a fundraiser called ‘Do your best for Cancer Care West’. Participants are asked to complete 10km a week for four weeks and 10km on the May Bank Holiday Monday. It can be walking, running, cycling, etc. Ward & Burke construction are based in Co Galway; they are currently working in Ireland, U.K. Canada, Finland and will be starting their first project in the USA this year. One of the founders of Ward & Burke is Portumna native Padraig Burke. Padraig’s cousin Walter Burke is currently taking part in the fundraiser; anyone wishing to donate can do so by going to: www.idonate.ie/WardandBurkeCCW or going to Ward & Burke Facebook page.

**WIN A QUAD COMPETITION**

Eyrecourt Camogie Club in association with Noel Turley Auto Sales is giving you a chance to win a new Quadzilla QZ 300 4x4 for just €10. All funds raised will go towards the development of underage coaching structures in the club. To purchase a ticket or to find out more log onto www.idonate.ie/raffle/WineQuad or contact Daniel on 087 2833098.

‘Red Robin’ seat at Springfort Cross, Nenagh, in the evening sunshine, photographed by Anna O’Brien.

Paddy Daly in Cappannasmear Lane, Borrisokane, photographed by his grandson Luke.
Sixth Class pupils at Ardcronney NS pictured with their teacher/principal Martin Ryan and SNA Margaret Folan as they commence their final term in primary school. PHOTOGRAPH: ODHRAN DUCIE

Oisin Everitt White, aged 4, is 'ready to make a wish'.

Brendan Hough from Borrisokane, who is pictured here with vaccinator Steve Gallagher at the opening day of the mass vaccination clinic at the Abbey Court Hotel in Nenagh.
Naas catering company's May picnic baskets in aid of Breast Cancer Ireland

Lily & Wild is based in a funky Citroen van at Naas Racecourse
A recently launched Naas catering business will donate all profits from May sales of their take-away picnics to Breast Cancer Ireland.

Lily & Wild operates from a funky vintage Citroen van based at Naas Racecourse, offering coffee, treats and portable picnics at the weekends.

A three-course feast starts at €25 pp, and vegans, vegetarians and children can also be catered for. Delivery is also available in the Naas area.

The picnics in aid of Breast Cancer Ireland will be available from May 1. They can be pre-ordered online at www.lilyandwild.ie or via Instagram, and orders should be placed by the preceeding Thursday.

The delicious menu includes goat's cheese moullette, charcuterie, crudites, tomato and mozzarella, chicken caesar, pink merangue nests, potted vanilla cheesecake, popcorn and San Pellegrino, all presented in a reusable cooler bag, with wicker baskets available on request.

Lily & Wild is run by Kevin and Davina Walsh, who have extensive experience in the luxury hospitality and catering industry.

“This new venture was a great way to keep motivation and spirits up for us, and while it is scary to start something new at such a precarious time, sometimes you just have to go for it,” said Kevin.
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100k in 30 Days: Global Irish invited to participate in event for Breast Cancer Ireland

The Pink Army is hoping to grow even bigger for this year's 100k in 30 Days event throughout June to benefit Breast Cancer Ireland.

Registration is now open for the virtual 100k in 30 Days event that benefits Breast Cancer Ireland.

100k in 30 Days is aiming to have 20,000 Pink Army participants around the globe this June.

Following the phenomenal success of last year's 100k in 30 Days event, which raised a stunning €1.2 million for Breast Cancer Ireland, organizers are this year delighted to be launching a bigger and better family-focused and virtual event and have welcomed title sponsor Sherry Fitzgerald.

In late 2019, couple Niall Carroll and Cara McAdam's world changed as Cara, a fit active 40-year-old mum of two and school teacher, was diagnosed with breast cancer.

While Cara was undergoing treatment in mid-2020, she and Niall decided they wanted to give something back for all the great care and support they received during their journey.

"Let's go national," the undeterred couple thought.

Amongst friends and family, a team was quickly formed to take the 100k in 30 Days event nationwide and, indeed, further afield. After many long days and nights with the support of fantastic sponsors and incredible volunteers, the 2020 campaign accelerated at breakneck speed. Organizers set an initial goal of €100,000., then it became €250,000.. the excitement continued, the support grew, the efforts went above and beyond. The Pink Army was born!

Collectively, the renowned Pink Army became nearly 15,000 strong, assembled from all 32 counties in Ireland, 34 countries around the world, and raised over €1.2 million through the 100kin30days.ie 2020 campaign. These funds were essential funding for Breast Cancer Ireland during the pandemic, directly funding breast cancer research.

The event is a fun initiative aimed at casual strollers, keen walkers, joggers, and seasoned runners alike and is open to everyone from ages 1-100.

This year, participants are invited to walk, jog, run, or wheel a total of 100km (or more!) during the month of June to help raise funds for Ireland's leading breast cancer charity, Breast Cancer Ireland.

As an additional incentive, there are circa €30,000 worth of incredible prizes to be won throughout the event to include a €3500 family travel voucher (sponsored by Connect Credit Union), 5-star hotel breaks, restaurant vouchers, luxury brands, and family days out.

Participation in the 100k in 30 Days event is easy – simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog, or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow!

Niall Carroll, the founder of the now annual event, is urging people to register early to ensure that participation packs and the much-loved pink t-shirts arrive in good time for the event. Within the first 10 days of registration for 2021, more than 6,200 people signed up!

Carroll said: "We're aiming to increase participation this year to 20,000, and have full confidence that once again our 'Pink Army' from all of the island of Ireland will jump on board and get involved.

"To have a title sponsor such as Sherry Fitzgerald involved this year, with such a strong geographic footprint all across the country, is wonderful and will help us to grow the event and its reach even further in 2021.

"Last year saw participants from no less than 34 countries worldwide getting involved and we're calling on everyone and their families to support us again this year, to make it our biggest and most inclusive event to date."

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes in Ireland by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into three specific areas, namely:

The development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in Autumn of this year. This new Centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.
Support for the Breast Cancer Ireland funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, whose role it is to collect and collate patient tissue and serum samples into one large centralized resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Breast Cancer Ireland CEO Aisling Hurley said: “The 100k in 30 Days event is a phenomenal event and the monies raised will help us to fund the consistent and intensive breast cancer research, which is vital in advancing a cure to what can be a devastating disease.

“Through this research and the ongoing clinical trials seeking to develop newer targeted therapies, the ultimate goal of Breast Cancer Ireland is to transform this disease into a treatable illness that can be maintained long-term.”

Sherry FitzGerald CEO Steven McKenna added: “Our sponsorship of this fantastic event aligns well with our own community-led brand values.

“We’re delighted to contribute in any way that we can to help grow the profile of the event and drive participation throughout the villages, towns, and cities in which we operate all across Ireland. It is a privilege to be involved in any initiative that helps to advance a cure for breast cancer – a cause that touches the lives of so many including many of our own friends, family, colleagues, and associates”.

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Walking trails and virtual runs on the agenda for this bank holiday weekend

DAVID HURLEY
Email: david.hurley@limerickleader.com

FOR the second year running, Covid-19 has severely impacted what would normally be one of the busiest weekends of the year in Limerick.

Before the pandemic, tens of thousands of people would have been expected to descend on the city for the Riverfest celebrations and the Great Limerick Run.

Last year’s Riverfest was cancelled at short notice due the first lockdown and this year Limerick City and County Council is encouraging members of the public to visit a number of walking trails which take in locations of significance in the city.

The local authority along with Draw Out, Ormonde House and Open House Limerick have created three distinct trails that members of the public can enjoy in a safe manner in compliance with current public health guidelines.

The trails celebrate Limerick’s street art, Women of Limerick and the city’s built heritage while taking people on a trip around the city centre and along the River Shannon.

“We’ve all had to change and adapt how we mark different events since Covid and the May Bank Holiday weekend is no different,” said City and county of Limerick, Cllr Michael Collins.

“These three new trails are a great way that families can explore and re-discover the city in a safe, fun and responsible way and I’m looking forward to enjoying the trails myself,” he added.

Full details of each of the walking trails can be found at limerick.ie.

Meanwhile, the Great Limerick Run will take place virtually across the bank holiday weekend with participants being encouraged to complete their respective runs and walks at their leisure and in their own locality.

There are 11 nominated charities this year that will receive €5 from every registration. The charities are Focus Ireland, ADAPT, St. Vincent De Paul, Breast Cancer Ireland, Limerick Animal Welfare, Pieta House, Saorise Addiction Treatment Centre, Cliona’s Foundation, Milford Hospice, Samartians and Limerick Suicide Watch.

Separately, people attending beauty spots and scenic areas across the city and county are being urged not to litter and to plan their journeys in advance.

Last weekend, several locations were extremely busy and there were some issues with illegal parking.

Councillor said they will be maintaining a visible presence at locations across the city and county during the weekend and they are appealing to people to abide by the current restrictions.
The recently completed mural of Dodo Reddan is included in one of the walking trails.
Banagher Students Raising Money For Hooves 4 Hospice Campaign

Students at a midlands school have been supporting their teacher has breast cancer. Breed Hassett is the Science Ag teacher in Banagher College and her colleagues and the teenagers began the #Miles4MsH campaign to raise money for Breast Cancer Ireland.

And now they are hoping a raffle to raise money for Hooves for Hospice.

Ms. Hassett has been speaking on Country Life with Midlands103’s MJ Cleary about the initiative:
Angus calf among unique prizes up for grabs in special draw as Offaly school supports Hooves4Hospice campaign

There are many great things about the midlands, but the absence of a hospice is definitely not one of them and an Offaly teacher is playing her part in trying to change that while she simultaneously undergoes treatment for breast cancer.

Breed Hassett is a secondary school teacher in Banagher College and having already raised a whopping €14,500 for Breast Cancer Ireland before Christmas, the Cork native is going a step further as she turns her attention to the Hooves 4 Hospice campaign.

Hooves 4 Hospice is helping to raise funds to build a Level 3 Hospice to provide specialist end-of-life care and support for people in the Midlands (Laois, Offaly, Longford and Westmeath) with the centre to be based in Tullamore.

A family friend of Hassett’s kindly donated a stunning Angus calf in order to help her raise much-needed funds and that is just one of the unique prizes up for grabs in a monster draw which will take place on May 19.

The top prize is a two-day break at the Hotel Minella & Leisure Centre in Clonmel, which was kindly donated by the man of the moment John Nallen after he recently watched two of his former charges (Minella Indo and Minella Times) make racing history with Gold Cup and Aintree Grand National glory for Henry de Bromhead.

In association with the TY students in her school and some fellow teachers, Hassett has already raised €3,000 through the sale of €5 raffle tickets, which also offer the chance to win a host of other prizes including a €200 One for All voucher and a €150 voucher for the Radisson Blu Hotel in Athlone.

The Hooves 4 Hospice campaign has been an astounding success with over 420 animals now being reared by farmers taking part in the project as they raise the animals for their lifetime before being sold with the full value then donated to the project.

You can take part in the special draw by clicking here with tickets just €5 each.
Walking trails and virtual runs on the agenda in Limerick this bank holiday weekend

FOR the second year running, Covid-19 has severely impacted what would normally be one of the busiest weekends of the year in Limerick.

Before the pandemic, tens of thousands of people would have been expected to descend on the city for the Riverfest celebrations and the Great Limerick Run.

Last year’s Riverfest was cancelled at short notice due the first lockdown and this year Limerick City and County Council is encouraging members of the public to visit a number of walking trails which take in locations of significance in the city.

Learn more

The local authority along with Draw Out, Ormston House and Open House Limerick have created three distinct trails that members of the public can enjoy in a safe manner – in compliance with current public health guidelines.

The trails celebrate Limerick’s street art, Women of Limerick and the city’s built heritage while taking people on a trip around the city centre and along the River Shannon.

"We’ve all had to change and adapt how we mark different events since Covid and the May Bank Holiday weekend is no different," said the Mayor of the city and county of Limerick, Cllr Michael Collins.

“These three new trails are a great way that families can explore and re-discover the city in a safe, fun and responsible way and I’m looking forward to enjoying the trails myself," he added.

Dr Pippa Little, Culture and Arts Officer with Limerick City and County Council said: “This year, to mark the May Bank Holiday weekend, we are delighted to work in partnership with three of Limerick’s cultural organisations, Draw Out, Ormston House and OpenHouse Limerick, to bring cultural trails which explore Limerick through the themes of Street Art, forgotten Limerick women from Limerick’s past and architecture. All three cultural trails celebrate Limerick’s rich and vibrant culture.”

Remember Grace Jones? Try Not To Smile When You See Her Now

Meanwhile, the Great Limerick Run will take place virtually across the bank holiday weekend with participants being encouraged to complete their respective runs and walks at their leisure and in their own locality.

There are 11 nominated charities this year that will receive €5 from every registration. The charities are Focus Ireland, ADAPT, St. Vincent De Paul, Breast Cancer Ireland, Limerick Animal Welfare, Pieta House, Saoirse Addiction Treatment Centre, Cliona’s Foundation, Milford Hospice, Samaritans and Limerick Suicide Watch.

Separately, people attending beauty spots and scenic areas across the city and county are being urged to not to litter and to plan their journeys in advance.
Last weekend, several locations were extremely busy and there were some issues with illegal parking.

Gardai say they will be maintaining a visible presence at locations across the city and county during the weekend and they are appealing to people to abide by the current restrictions.

Email your photos from the bank holiday weekend to editor@limerickleader.ie

Caption:
The recently completed mural of Dodo Reddan is included in one of the walking trails.
Breast Education and Awareness Webinar – Wednesday 5th May.

The Solas Cancer Support Centre is hosting a ‘Breast Education and Awareness Webinar’ on Wednesday 5th May. The webinar will be facilitated by Juliette O’Connell from Breast Cancer Ireland. To register, please contact the centre on 051-304604 or email info@solascentre.ie
Hampered at Naas but winner alright

Parrot Mouth
Inside racing

The funky pimped-out Citroën van used by Naas Racecourse caterers Lily & Wild proved very popular with those racing last Monday.

Now we hear that Kevin and Davina Walsh, the people behind Lily & Wild, have launched a new weekend take-away picnic service.

The cost is €25 per person and this gets you a three-course meal. You can pre-order exactly what you would like online before Thursday evening. Collection is from Naas Racecourse (Tipper Road, second entrance) and an added bonus is that this month’s profits go to Breast Cancer Ireland. Delivery is available in the local area.

Being mindful of the environment, they have used the minimum amount of disposables in their picnics. Glass jars and wooden cutlery are included. Each picnic also includes an eco-friendly, reusable cooler bag. They also offer a selection of gorgeous wicker baskets for purchasing.

Check out the menu at the website below.

Web: lilyandwild.ie
Instagram: @lily_and_wild
Lily & Wild are the racecourse caterers at Naas and now offer a take-away hamper service at weekends, with profits going to charity.
In Wednesday’s Wow!

BUILDING A BUSINESS
Meet the Cork woman at the helm of a hugely successful broadcasting company

SURVIVING CANCER
Corkgaline-based mum: Why I am running 100KM for Breast Cancer Ireland

GREEN WOMEN
In our monthly column we feature Cork Nature Network’s Gill Weyman

WEDDING MEMORIES
Emer O’Callaghan shares more photos and tips from her perfect day
Mullingar runners, Maria Doherty, Sandra Carey, Fiona Flynn and Rebecca Smyth, completed the half marathon distance on Saturday morning as part of the Great Limerick Run Virtual 2021 (held from May 1 to May 3). They raised money for Breast Cancer Ireland, and other charities.

BMB ARA members have been exemplary in following HSE and government guidelines on staying safe all during this pandemic. Although we are all thrilled with the easing of restrictions and like to look forward with a positive frame of mind, it’s nonetheless important for us all not to get ahead of ourselves.

Vaccinated or not, let’s all remember to safeguard ourselves and others by continuing to socially distance, sanitising our spaces and washing our hands frequently, always wearing face masks.

Please feel free to text or phone committee members to discuss concerns or just to stay in touch and have a chat.

Better days ahead!
Aileen supports 100k in 30 days after cancer journey

PATRICK FLAHERTY

Back in 2004, Angelina Jolie announced that she had undergone a mastectomy, a surgery to remove all breast tissue from her breasts, which reduces the risk of getting cancer.

The tough decision was taken by the actress due to her testing positive for the BRCA1 gene, something that puts her at an extremely high risk of getting either the breast or ovarian forms of the disease.

This would have been the first time of many we would have heard of BRCA1, but for one Leitrim family, the effects of the gene had been a part of their lives for as long as they can remember.

Aileen McGeehan, who works in the Home Bakery in Dundalk, has been affected by breast cancer in her family. She has a young child, with her mother passing away as a result of breast cancer at the age of 33 and her aunt due to ovarian cancer.

As a result of those deaths, they have known from very early on that there was a possibility that the effects were hereditary, more so when their generation was affected by the disease when the daughter of aunt passed away from breast cancer at the age of 33.

“We were always aware of it but I wouldn’t say I was worried about it,” recalled McGeehan when speaking about how she and her husband reacted to their family’s situation.

“I suppose from those early years, early 2000s, I’d have been very vigilant about going to the doctor or touching base with a consultant regularly. I used to go along with my older sisters, maybe just tagging along for the day out in Dublin at first.

“I even started going to see one on an annual basis for a couple of years before I even found out I had the gene. We were just aware of it, we didn’t worry about it ourselves, or have any sleepless nights. It was just about remembering to be vigilant about it.”

It was this vigilance that saw her and many of her cousins go to get tested for the BRCA1 gene and out of the 10 women who were tested seven of them came back positive including Aileen.

That news came in 2016 and a year later, just like Angelina Jolie she took the brave decision to have a double mastectomy with reconstructive surgery, reducing her risk of getting breast cancer from 85 percent to five percent which in her mind was a no brainer.

“It was too much of a risk to take. I could live without breasts as I didn’t spend a long time thinking about my options, I knew once I found out I was carried that gene what I was going to do and I was just about finding the right surgeon and whatever would work best for me at the time.”

Aileen has been lucky enough to build a huge family over the years, bringing four children into the world in the space of five years.

She had alleviated the risks of getting breast cancer but was still conscious of the risks from ovarian cancer, having seen her aunt pass away from the disease.

“It was with this in mind, she made the decision to remove her ovaries, happy to find that chapter in her life despite having to endure some side effects as a result.”

“I had four children already, I knew that I wasn’t going to have any more and that my ovaries had done all I asked of them, so it was time to say goodbye and thanks very much to them and it was as simple as that.”

“My baby was six months old when I had to have that surgery, so I suppose you had the onslaught of early menopause which was medically induced, and your body hasn’t prepared itself for going through this, but you just deal with that every day and there is certainly people a lot worse off.”

Through her journey the support of her sisters and cousins has been a keen factor, with all of those testing positive for the BRCA1 gene also deciding to lower their risks of health problems down the line by removing their ovaries.

Their constant support of one another, along with continuing to lock on the bright side of things has been a major way that all her cousins have come through their families struggles with cancer over the years.

“We’ve been a huge support to each other. I must say, there is constant hunger which is always light-hearted, surgery there is never anything too heavy in our conversations it’s just about seeing the bright side of things in life and the funny sides of things trying to make a laugh of stuff.”

Aileen has been telling her story as a result of becoming an ambassador for the 30 in 30 Days Breast Cancer Ireland fundraiser organized by Blackrock couple Niall Carroll and Cara McAdam.

The national event launched last month is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners and is open to everyone from age one to 100.

People are invited to walk, jog, run or cycle a total of 100km during the month of June to help raise funds for Breast Cancer Ireland, with last year’s event raising €1.1 million.

This year’s fundraiser is supported by Siobhán Fitzgerald and there will be over €30,000 to win by signing up to event.

“I’m so proud to be an ambassador and I’m delighted to have this platform to tell our family’s story and keep Mum and my aunts memory alive as we see our voice grow,” stated McGeehan.

Registration for the event is available at www.30in30days.ie, costing €5 for an adult and €2.50 for a child with every entry receiving a pink t-shirt to show off whilst out and about doing the challenge.
I had four children already, I knew that I wasn't going to have any more and that my ovaries had done all I asked of them.

AILEEN MCEOUGH
a day long stay connected with the community on W law thanks to Waterford city as well as Cancer Support Centre in Waterford is hosting a breast education and awareness whether our this is happening tomorrow Wednesday 5th of may be facilitated by Juliette O'Connell from breast cancer Ireland to register you can call centre on Oh 5.3 4 6 Oh 4 or email info with some centre Dart ie colours details as always are on a website to alert them that convoys /f y I stay connected with the community Hall W Waterford though
We all know that checking our breasts regularly is a good idea, because early detection of breast cancer is key to a better outcome. But none of us know how we’d react if we found a lump.

Madeleine McCooe, living in Carrigtwohill, is mum to Alice, aged seven, and Aaron, aged five. She didn’t pay much attention to the lump she found in her right breast three years ago while she was in the shower.

“I didn’t pay much heed to it,” recalls Madeleine, who was 42 at the time.

“It was actually this time three years ago. I ignored it for a couple of weeks.”

Life was good for the close-knit family, who relocated from Dublin to Cork last year.

“Until I was young, fit and healthy with two young kids,” says Madeleine.

She didn’t know for certain if she was feeling anything in her breast.

“I felt around and I wasn’t really sure if I had felt a lump or not,” says Madeleine, who has signed up as an event ambassador for the 100km Days challenge for Breast Cancer Ireland.

Organisers are hoping 20,000 people will take part in the virtual event this June. Proceeds will go towards life-saving research and the provision of breast health education and awareness programmes nationwide.

When Madeleine found a lump, she reassured herself that all would be well.

“I thought, ‘It’ll be fine’,” she says.

But it wasn’t fine.

“The lump became more obvious and more solid,” says Madeleine.

“And I knew that I needed to get it checked. So when I was at the doctor with my son for another reason, I mentioned it. Two weeks later I was called for a mammogram at the breast clinic in St Vincent’s Hospital, Dublin. Before my husband, Adrian, and I relocated to Cork last May, we lived in Dublin and I’m originally from Tipperary. I have a
brother and sister living here so we moved here to be closer to family and we love it. Carparking is a great spot."

When Madeleine had a mammogram, she had an ultrasound and a biopsy the same day. "When I went to consult, he said he was very happy and that he was concerned," Madeleine explains.

"I was diagnosed with a grade-three tumour."

She must have been very concerned at the shock diagnosis, especially being young, fit and healthy.

"Yes, I did have a little cry when I got outside," admits Madeleine. "But a week after the diagnosis, I was fine."

She had a lot to be grateful for. "I got it at stage one, which was brilliant and so important," says Madeleine.

"I'm flagging the importance to get checked early. You may think the lump is probably nothing. But get anything unusual checked as the cancer can spread quite quickly."

Stage three cancer means the breast cancer has extended beyond the immediate region of the tumour and may have invaded nearby lymph nodes and muscles but has not spread to distant organs. Although this stage is considered to be advanced, there are a growing number of effective treatment options.

Once diagnosed, Madeleine acted promptly to get her breast cancer treated.

"If I didn't get it for longer, my diagnosis probably would have been very different."

On May 10, 2012, Madeleine had a lumpectomy to remove the lump on her right breast and her lymph nodes were examined in her arm pit close to her breast to detect if the cancer had spread.

"The location of the lump was on the right side of my breast, close to my arm pit," says Madeleine.

"There was a tiny scar and a little indentation on the site where the lump was removed. It wasn't a big lump. There was a bit of scarring after it was removed and a little scar line never.

Madeleine was in and out of the hospital within 24 hours.

"It was a day procedure. I went in to hospital in the morning and I was out again in the afternoon."

Madeleine was one of the lucky ones.

"I was told when I received my diagnosis that my cancer was one of the more treatable cancers. 97% of people recovered from it and survived it."

Madeleine's immunological test showed the cancer was hormone receptor positive. In certain proteins, osteoporosis and progesterone are present to fuel cancer growth, so she was told it was chemotheraphy treatment.

"Also, the analysis is one test that tests 21 genes in the tumour can determine the likelihood of the cancer recurring," says Madeleine.

"The test results came out high and I was oestrogen receptor positive. So on that basis I had to have six months of chemotheraphy treatment and three months of radiotherapy as a preventative measure against the cancer re-occurring.

"Because my cancer relied on oestrogen to grow, I had to have hormone treatment as well. Tamoxifen is a hormone therapy that blocks oestrogen from reaching the cancer cells."

"It wasn't nice," says Madeleine. "But it's as bad as you think. Yes, I felt drained of energy at times and I fell down sometimes. I felt nauseous. There were side effects from the hormone therapy."

Then, going on Zoladex, I suffered from migraines every so often. I was still able to function though, I took sick leave from work, I was working in a bank at the time."

"Madeleine made good use of her time off."

"I started a blog I thought, sharing my own story, I could help others. I offered practical tips like what moisturiser to use while going through treatment."

"I have a huge interest in health and wellbeing," says Madeleine, who also made more good use of her time off work to study for her coaching diploma.

"By her side through it all was her husband Adrian, who was a great support. He was with her every step of the way."

"And her family rallied around her too," says Madeleine, who also made great use of her time off work to study for her coaching diploma.

"One of my friends from CoR offered me her house in Yarralumla," says Madeleine laughing.

"I've been living there ever since, it's been fantastic."

"Things like that get you through the serious things you're going through."

"I'm a huge advocate of good food and exercise."

"I've lost weight and I feel great."

"I felt so much more positive about life."

"I shared a few tough months and we shared lovely happy moments."

Madeleine's attitude to share her breast cancer experience in mass media to help others understand and get anything that appears unusual checked out.

"My message to people is, whatever may appear tiny or slighty, get checked. Err on the side of caution. Early detection is the difference between life and death, books or no books, a treatment plan to prevent the return of your cancer or a treatment plan to try and prolong your life with incurable cancer."

"Don't have an excuse. Don't be fooled into thinking that because you're young and healthy you're immune to breast cancer."

"I've been to both my own and for seven months, which is supposed to help reduce the risk of breast cancer. Cancer doesn't discriminate."

"Madeleine couldn't have been more supportive."

"Hanging around, training hard and fighting fit to do 10km in 30 days to help essential funding for Breast"
Cancer Ireland. Registration for the event is now open.

"I began doing couch to 5km in the summer," says Madeleine. "I'd kept up the walking and then began running. Now I'm doing a 5km route every day and running it three days. I love the opportunity to raise awareness and raise funds for cancer research that will make a difference to others. People can survive cancer and thrive after cancer."

She has another important message for people going through a cancer journey: "You're braver than you think you are."

She's also passionate about living life to the full.

"I treasure all the moments and imperfections. I keep a journal and note all the things I am grateful for in my life. Me and the boys do it together. I am grateful for how lucky we are."

To register for the upcoming fundraiser, see 100km30days.ie.

The event is open to casual strollers, keen walkers, joggers and seasonal runners of any age. See https://www.breastcancerireland.com/events/100km-in-30-days/

Madeleine with sons, Alec, seven and Aaron, five.

Madeleine and husband Adrian.

Carrigaline-based mum of two, Madeleine McCool, who is a breast cancer survivor, is an ambassador for Breast Cancer Ireland's 100km in 30 Days, which runs in June. Pictures: Leon Farrell/Photocall Ireland.
gaa round-up

BALLYNA

EuroMillions Syndicate: Our first ticket for the EuroMillions has been completed. We took part in eight draws and won €22. We have purchased the second ticket, and this will cover the draw from Sunday 23rd April to Friday 28th May. Good luck to all and thanks for your support. An email will issue to all those who have email addresses updating our progress each month.

Return to Play: Juvenile non-contact training has begun, and adult training will resume on May 10th. Games are expected in early June. Remember to complete your return to play form before each session. A help video on returning to play is available on our website http://ballyna.tipperary.gaa.ie

Membership: We are appealing to people to pay their membership via www.ballynapo. If you used Foinavon last year to pay, train or attend games, you can use the same details to log in again.

We have extended the closing date for membership. There may be limited attendance at club games, and we consider membership a vital factor in who is allocated tickets. Contact registrar Paulie Sheehy 0863117871 for help or visit our website for a help video.

Healthy Club/Defibrillator: As part of the healthy club project, the club grounds are now a smoke-free zone. Our club is also discouraging the use of single-use plastic. Players are asked to use their own water bottles at all trainings and games.

We have joined the GAA’s community heart program to purchase a defibrillator. You can donate via the link https://www.foinavon.ie/community-hearth-program.

We hope to have a club clean-up on Saturday 8th May from 1-3pm. If you know how to use a shovel, brush, hedge clipper, strimmer etc., we will find a job for you on Saturday. Some vital policies should be read at www.ballynapo.gaa.ie/Pages/Units/CommunityHealth.aspx

Referees: With the return to play around the corner, games will hopefully start thick and fast. The club has two referees in Sean O’Malley and Brendan Ryan. We would hope that more people would put their name forward to help with refereeing.

If interested, contact Gerard McKeogh.

BORRISokane

Lotto: Next Monday’s jackpot will be worth €3,300. Tickets are available in local shops and on Cucumber.com. Alternatively follow us on Facebook/Twitter. Thank you for your continued support.

Juvenile: Best of luck to all our underage teams this year. Hope you all really enjoy being back training and above all enjoy yourselves. Training times are as follows:

U11 - 6pm Tuesday & Thursday, U13 - 6pm Monday, U15 - 7pm Tuesday, U17 - 7pm Wednesday, U7 & 9 - 6pm Thursday.

Water Notice: Contact any club member if you need water or assistance due to the current water situation in the community.

BURGHEAS

North Tipp Online Bingo: continues every Sunday at 8:00pm. This week we had people from across the county, country and even across the pond in Sheffield playing. To play just purchase a bingo book www.palmsmarketing.ie/product/north-tipp-bingo or by clicking on the link on any of our social media pages. Books are £8 or two for £15. Your book will be emailed to you so you can print out and play along with the zoom link on the night. Our bonus lucky dip round is down to six envelopes this week with the top two prizes still remaining.

Lotto: Monday 3rd May’s lotto was for a jackpot of €5,400. Tickets are £2 each or 3 for £5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club lotto seller.

The Lotto Draw will take place on Mon 16th May.

Return to play: From Monday 10th May, all teams can finally return to Kilcocken for training in pools of 15. All players need to ensure that their membership is up to date by logging onto www.returntoplay.gaa.ie. We hope to see new players joining and if you have not played in the last few years, it’s the perfect time to get back playing.

Visit www.foinavon.ie and follow the steps to create your account. If you completed a Return to Play Health Questionnaire last year, you can use the same login details. Social membership will give you a lot of benefits including 10% off at Gold Standard and also eligibility to apply for match tickets throughout the year along with lots more benefits. Anyone experiencing difficulties with your online registration can contact Registrar Tricia Gibson 0861506132 or Secretary Gemma Flynn 0862839836.

Best of Burgess: This week host Paul Carroll interviewed current hurling referee, Peter Carroll. Another great interview with Peter who recalled another era of Burgess GAA. You can still catch the full interview on our Facebook and Instagram pages.

Tune in from 8:00pm this Friday to catch the next episode.

KILDangan

Darkness into Light: Kildangan GAA & Camogie clubs will be supporting Pieta Houses Darkness into Light fundraiser next Saturday 8th May. We encourage all club players, members, supporters, parishioners, and wider community to get out and complete the 5k. You can run, walk, cycle or even swim! Donate online at goo.gl/8dfj2f.

Fundraiser: A GoFundMe link has been set up for 9-year-old Joey Moran who is a student in Youghal N.S. Joey is currently battling cancer having already undergone surgery and with another one due. To donate you can click the GoFundMe link on our social media pages. Please share the link so we can help Joey on this journey.

Well wishes: The club would like to send our well wishes and a speedy recovery to David Seymour after his recent injury. We look forward to David being back in action in Kilcocken soon.

Garda Vetting: All coaches, officers and anyone involved in juvenile teams need to ensure that they have also completed the coaching and safeguarding courses. These can be done online, and more information can be found at www.gaa.ie or by contacting the Child Protection officer, Una Dunne - Newtown.

Well wishes: The club would like to send out our well wishes and a speedy recovery to David Seymour after his recent injury. We look forward to David being back in action in Kilcocken soon.

Lotto: There was no winner of last week’s €15,000 jackpot or the Second Chance €500 Draw. We would urge people to sign up for the online lottery at kildeckanganco.com. There are a number of options available on how long you can sign up for.

You can also enter the lotto in the shops and restaurants in the parish. The lotto will be streamed live on the Kildangan Facebook page every Monday at 5.00pm.

Return to Play: It is hoped that the juvenile club will commence training this Wednesday 5th May. All parents will be required to complete the Covid Health Questionnaire before their kids return. In addition, our Adult players will be making a return to training from Monday 10th May with games permitted from 7th June.

Membership: There has been a new membership category added to the club website. For €300, you will be purchasing a playing membership, membership to the Tipperary Draw as well as a year’s entry to the lotto which includes three entries per week. The remaining rates are as per usual: Adult Playing (with Gymn) - €130,
Adult Playing (with Gym & Lotto) - £200; Student (with Gym) - £80; Student (with Gym & Lotto) - £150; Non-Playing - £30; Non-Playing & Lotto - £10; Non-Playing, Lotto & Tipp Draw - £200.

You can purchase online at kilrubbeggaa.com or contact register Fergal Hayes 086/1506256.

Inter-county: Best of luck to the Tipperary Senior Hurlers as they commence their 2021 campaign this Saturday 9th May when they take on Limerick in LIT Gaelic Grounds. There is a large Kilruane/MacDonagh involvement with Darren Egan as coach/selector whilst Alan Flynn, Willie Connors, Barry Hogan, James Quigley, Billy Seymour and Paul Flynn members of the panel.

KILRUAINE MACDONAGHS

AGM: The Annual General Meeting will be held on Zoom on Wednesday, 12th May at 8.30pm. The link will be circulated to members early next week.

Return to Play: With Covid still affecting the locality the Club Executive has decided to defer the scheduled commence of underage training for another week. The situation will be re-evaluated at the weekend.

MacDonagh Park: The Club Executive would like to remind everybody that in the interests of the Health & Safety of all our members dogs are not allowed in any part of the grounds.

Membership: Fees for 2021: Players U16 - £10; Players over 18 - £100 – this includes Lotto Subscription for the year, and non-playing adults £30. Subscriptions are now due, The Juvenile Club will facilitate the payment of membership on specific evenings, which will be notified to parents. Managers of adult teams will arrange the collection of membership from players on their respective panels. Non-playing adults can renew membership with any member of the committee.

Club Package: is growing in popularity each year. For just £200 you will have a full year’s Lotto subscription, entry to the Tipperary Draw as well as your membership. In effect, supporters who subscribe to this Package will have free membership – a saving of £30. Supporters who availed of this Package last year will be contacted during the week while new subscribers can join with any member of the committee.

Lotto: The Jackpot now stands at £2,500. Tickets are available from the usual outlets or you can join on Clubforce.com. Thanks for your continued support.

LORRAH

Return to play: It was great to see some of our juvenile teams return to training throughout this week. Our adults will return to training in the next fortnight. A reminder to all players, membership has to be paid before starting back along with a covid declaration. Both of these forms can be found on Foroiskin.

Juvenile Car Treasure Hunt: Thank you all for participating in our first ever Car Treasure Hunt. We hope you enjoyed it. We had some brilliant answers and it ended up a very close contest. In first place were treats of treasure hunting Sarah & Seamus King. Second place also went to those who are well seasoned when it comes to treasure hunting, Pascal Horan & Sinéad Molloy. Third place went to a newcomer to the game in Eoin Smyth. Well done to all. Thanks to all who donated and participated again. Money raised will go towards the juveniles.

First Aid & CPR training courses take place on Thursday 14th May at 6.30pm. Anyone wishing to do the course contact Colm Kennedy 086/8706653 or Kathleen 086/8639428.

Lotto: The Jackpot is now at £4,950 with a 3rd prize of £200. You can play online at clubforce.com or by sending an envelope to the club’s postbox.

Republic of Letters: If you need Lotto envelopes, contact chairman Joe Dolan (087)7567134, Hubert Duggan (087)2843900 or Kevin Molloy (087)6739860.

Euro-Millions: With our current term up in May, the club will be running the Euro Millions lotto fundraiser this year. The prize pot is currently at £400 and as things stand, let’s hope we have more before the end of next month.

MONEYGALL

Return to Play: We are delighted to be welcoming back all our underage and adult teams to the playing field from Monday 10th May. We urge all our players, volunteers, and parents to please abide by all the public health guidelines once again. The same key control measures as last year will be in place for all players, parents, and coaches - i.e., the completion of the Online Education Module prior to returning to play, and the completion of the Online Health Questionnaire before every training session. Links for these can be found on our club Facebook page.

Attendance at Training: Croke Park have advised that only players and coaches of the relevant team should attend any training session. One parent/guardian per child is permitted to attend in a safeguarding/supervisory capacity for any player under the age of 18, should they consider it necessary. However, strict social distancing and public health guidelines should be adhered to at all times. In particular, it is important that parents do not congregate in groups before, during or after training, outside of what is permitted in current Government regulations.

Tipperary Draw: Congratulations to Marie Brenn who was the winner of £1000 in the latest Tipperary GAA Draw. The seventh draw of 2020/21 will take place on Friday, 14th May.

Registration: for 2021 is now available through our website and Facebook page. Adult Player - £75, Player & Partner - £85; Adult Non-Player - £60; Adult Non-Player & Partner - £80; Family (2 parents plus dependent children) - £80; Student - £35; Juvenile - £20.

Lotto: Our Lotto jackpot now stands at £6,250. Our draw results can be viewed on our website every Tuesday, Tickets can be purchased online or at our club website at www.moneygallgaai.com. We are very grateful for your support.

NENAGH EIRE OG

Development/Fundraising: With the extra work on the hurling wall well under way, we are under way with the fundraising for this project. We sincerely thank all those who have donated to date and also so to our team of members who have worked hard over the past number of weeks in organising these donations. We will continue to work on this and hopefully the target for this phase will be reached shortly. Further information will be had from Liam Lawlor, Eoin O’Reilly, or Anne Kenny.

Lotto: Our Lotto jackpot on May 4th was £4,900. We thank you for your continued support. Those who wish to join can do so through www.nenagheireog.com.

Membership: The deadline has been extended to 31st May. With both adults and juveniles returning to training next week, we ask that all players pay their membership immediately. Players will not be covered under the Player Injury scheme unless they have their membership paid. The link to pay is on the club website and all information on how to register for Foroiskin can also be found here. Membership can also be paid at training.

Condolences: We extend our sympathies to the family of Olivia Sherlock who passed away last week. Olivia’s son David captivated our Junior “C” hurlers who won the North Tipperary title in 2010 and his late son Michael also played both juvenile hurling and football with the club. At their son’s Grochan a namn.

St Colman’s Presentation: The Nenagh Eire Og Healthy Club walking group recently did the Jerusalem Challenge as part of their fundraiser for St Colman’s Nursing Home. The group raised £2,673 and the cheque was presented recently in St Colman’s. Well done to all concerned.

Return To Play: The Juvenile Committee has decided that in the interest of the safety of our younger members, there will
not be a Return to Play this week. We can only imagine the enormous workload on principals, teachers and the HSE here in town but we truly appreciate their efforts on behalf of our entire community.

We will publicise an update at the end of the week and look forward to welcoming you all back very soon.

**Garda Vetting:** Reminder to get your Garda vetting up to date. You cannot be involved as a coach or mentor in any Juvenile setup without Garda vetting.

**ROSCREA**

**Underage Training:** has returned. Training times are on our Social Media pages.

**Membership:** is now due and is to be paid through the online Foroiscor system. Details of which are also on our Facebook page.

**Lotto:** Our Lotto is now available online. See our social links pages for the link to play. Be sure to check the official site.

**Zoom:** In association with Roscrea Hurling Club and Roscrea Community Hall every Sunday at 8:00pm sharp. €2000 in prize money, 10 game Bingo, Single book - €10, Double book - €15. Books can be purchased on Club’s social media sites. Last purchase for books is 10:00pm on Saturday nights.

**SHANNON ROVERS**

**The late Willie Slattery:** It was with sadness the parish learned of the passing of Willie Slattery, Puckane and formerly Killilit, Coolbawn, on Thursday last. One of the great characters of our time he lived in Puckane for most of his married life and worked as a mechanic in Slattery’s Garage. In his early life he was hurling with Shannon Rovers, winning a North and County U15 hurling medals in part of the successful four in a row triumph 1945 to 1948. Having developed into a very good full back he progressed to the senior side as Shannon Rovers enjoyed a successful period in the senior grade throughout the 1950s. His work as a mechanic in Casey’s Toomevara led him to transfer to the Greyhounds 1959. He returned to the Rovers one year later. He caught the attention of Tipperary selectors and played on one or two occasions including a game against Galway In Tuam in 1956. A number of familiar faces made up the team including Albie Bourke, P J Starr, Billy McLaughney, and Eddie McLaughney (Kildangan) and Jerry Hough (Toomevara).

Funeral mass took place in St. Patrick’s Puckane on Saturday, followed by interment in Kilkieran Cemetery. The red and white adorned his coffin. Willie will be sadly missed by his wife Una, his sisters in law Greta and Ellen, his sisters, cousins, nieces, nephews, grandnieces, grandchildren, relations, neighbours, and many, many friends. May he rest in peace.

**Ballinderry Sportsfield Committee:** want to open its facilities to all our Community and develop into a multi-purpose centre. We intend to deliver health & well-being information and programmes directly to all ages within our Community.

The Centre will provide a range of activities for our local community. With this in mind, we would like to hear suggestions and ideas from anyone in order that we can put a programme together. Suggestions can be emailed to ballinderrysportfield2021@gmail.com.

**100km Walk:** Ballinderry Community Sportsfield Committee have signed up to the 100km in 10 days challenge in aid of Breast Cancer Ireland. Log on to www.100km30days.ie to register. The 100kms is to be completed during June.

This event is open to all ages.

**Return to Play:** The schedule for the week is as follows: Monday at 7pm - U13 & U15; Wednesday at 7:00pm - U7, U9 & U11; Thursday at 7:00pm - U15; Saturday at 9:45am, U7 & U9; Saturday at 11:00am - U11 & U13; Sunday morning at 11:00am - U7.

We must make sure all the GAA protocols are in place. Vetting of coaches and registration of players is very important. It is important that everyone logs in to their Foroiscor account and submits their health questionnaire whether they are a player or a coach. Parents must continue their "Drop and Go" at each venue and not congregate in groups while training is in progress.

**SILVERMINES**

**Juvenile Return to Play Postponed:** Unfortunately, the Covid outbreak in the Nenagh schools is still impacting on surrounding areas. In light of this, under Health & Safety we will continue to postpone our planned return. We will monitor the situation and keep you informed. We appreciate the disappointment this will bring but we have a responsibility to keep everyone safe. If anyone has any questions, contact Noreen 0879288642.

**Juvenile Clothing Collection:** We still hope to proceed with this in the next 2 or 3 weeks, depending on restrictions, so please keep up the spring cleaning.

**Scrap Metal Collection:** Silvermines GAA club would like to thank all who assisted with their Scrap Metal Collection last weekend. The collection proved very successful and we would like to thank all those who donated and a special word of thanks to all who helped out in Dolla with organising the collection and dropping off the scrap metal.

**Lotto:** Silvermines GAA Lotto has a jackpot of €3,600 and the club are appealing to all members to play the club lotto online through our Clubzap app or by logging on to www.silverminesgaa.com. Tickets are €10 for 5 weeks (1 entry per week) or €5 for 3 tickets (recurring weekly).

**Membership:** Membership for 2021 is still outstanding. Adult Hurler - €50; Adult Non-Player €40; Student Player (Senior Club) - €20; Walking track membership - €30. All membership can be paid online via the Clubzap app.

**TEMPLEDERRY**

**Lotto:** There was no winner of last week’s lotto. Next week’s jackpot will be €6,000.

**TULACH SEASTHA**

**Ard ag imirt:** We were delighted to welcome all our juvenile players back to Lacken Park in the last week. It was fantastic to see all the children back training and hopefully with all going to plan we will be able to start having matches in the foreseeable future. We would like to thank all the parents for their co-operation in registering their children online and completing the health questionnaires. We will continue to operate a drop & go system.
Elaine Flynn (Director of Nursing at St Conlon's Nursing Home Nenagh) accepting proceeds from the Jerusalema Challenge from the Nenagh Éire Óg Healthy Club Walking Group. Also in photo is Hugh McGrath (Chairperson of St Conlon's Fundraising Committee) and walkers Catherine Kennedy, Martina Cahill, Anne Kennedy and Fiona Kenneally.
**SYMPATHY**

Our deepest sympathy is extended to the Slattery families, Cooldoun, on the recent death of their uncle Willie Slattery, Puckane, and formerly Killbittiger. May he rest in peace.

**LAKESHORE COMMUNITY MARKETS**

It is great to see that the Lakeshore Community Markets have returned for a new season. It will rotate between Terryglass, Ballinderry and Lorrha, with the next market setting up on next Saturday, May 8th in Ballinderry from 10am to 12 noon. Come along to stock up on a selection of fresh vegetables, home baking, jams and sauces. Please respect social distancing and please wear your mask.

**BALLINDERRY COMMUNITY CENTRE**

Ballinderry Sportsfield Committee want to open its facilities to all our community and develop it into a multi-purpose community centre. We intend to deliver health and wellbeing information and programmes directly to all ages within our community. The intention is that the facility will become a hub for the community where all can avail of health information and more, thus empowering all participants to enjoy healthier lifestyles. The centre will provide a range of activities for our local community. With this in mind, we would like to hear suggestions and ideas from any person in order that we can put a programme together. Suggestions can be e-mailed to ballinderry@ballinderry.ie.

**100KM IN 30 DAYS**

Ballinderry Community Sportsfield Committee have signed up to the 100 Kilometers in 30 Days challenge. This is a fundraiser for breast cancer and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.100kmirn30days.ie and register, choosing Ballinderry Community Sportsfield on the drop down menu. The 100km is to be completed during the month of June. This event is open to all ages. Let’s get our community walking to raise much needed funds for Breast Cancer Ireland.

**COMMUNITY EMPLOYMENT VACANCIES**

Shannonside Improvement Association Ltd Community Employment Scheme have upcoming vacancies in the following areas: Ballinderry, Terryglass, Carrigahorig. Please contact John Deegan Secretary, 067 22075/08765767093 with any queries.

**SCHOOL ENROLMENT**

Ballinderry NS is now accepting applications for enrolment for the school year 2021/22. Please email the school at ballinderry.ns@gmail.com for an enrolment form, or you can contact the school on 067 7024877 if you have any queries.

**MARRIAGE PREPARATION DURING COVID**

Accord CLG is providing a four-hour facilitated virtual interactive programme for couples preparing for marriage. See accord.ie or phone 01 593582.

**COVID-19 SUPPORT LINE**

ALONE manages a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of Covid-19. The support line is open seven days a week, 8am - 8pm, by calling 0818 222 024.

**CHURCH NEWS**

With the easing of restrictions from May 16th, we will resume Mass in our churches from Saturday, May 15th, in Ballinderry at 8am and in Terryglass on Sunday, May 16th at 10am. Up to 50 people can attend Mass, weddings and funerals services. Please for Eucharistic Ministers and readers will be available in all churches next weekend.

Masses for Month of Mind and anniversaries can be booked by phone, text or email to terryglasskibarron@gmail.com.

**PORTROE**

**PORTROE TIDY TOWNS**

Portroe Tidy Towns have recommenced our work evenings. Each Wednesday evening going forward we will be out planting, painting, weeding, sweeping, pruning and maintaining our village. Look out for us in our yellow vests! Anyone wishing to join us please do. We meet at 6.30pm at the Community Hall and all are welcome. Portroe Tidy Towns adhere to Covid-19 Public Health Guidelines advice while out on work evenings.

**CHURCH NOTICE**

Parishioners are reminded that Masses are live-streamed everyday on www.youtube.com/ portroeburgesssoughparishes. Parish envelopes can be left into Fr Ger’s house or Newtown Post Office. Many thanks for your continued support.

**PARISH LOTTO**

Last week’s lotto numbers were: 15, 19, 25, 28. There was no winner. The following were lucky dip (€25) winners: Conor Byrne, Gnocriata; John Sheary, c/o Spar; Portroe, Susan O’Brien, Clonkeens; Limerick; Portroe. Portroe GAA, Camogie Club and Parish Hall would like to thank everyone for their continued support. We are launching our lotto online on Tuesday, May 4th. Please download the Clubforce App from the App store or Google Play store.

**GAA RETURN TO PLAY**

The GAA have recently announced their ‘Return to Play’ roadmap for the coming weeks as part of the easing of pandemic restrictions. Some key dates of interest are the National Hurling League this weekend and National Football League, May 16th. In the Munster Senior Football Championship semi-final Tipperary have been drawn against the winner of Clare v Kerry. In the Munster Senior Hurling Championship semi-final Tipperary have been drawn against the winner of Clare v Waterford.

**ALLIANZ HURLING LEAGUE**

Best of luck to Liam Sheedy, Robert Byrne and the Tipperary senior hurlers, who face Limerick in the first round of the Allianz Hurling League on this Saturday, May 8th, and Darren Gleeson’s Antrim, who face Clare on Sunday.

**RETURN TO PLAY**

Portroe GAA, Camogie and Juvenile GAA clubs have paused their return to play until this Thursday, May 6th, at the earliest.

**SYMPATHY**

Sympathy is extended to the family, relatives and friends of Nora McCormack, Droim, Portroe, who passed away recently. May she rest in peace.

**BURGESS**

**MASS TIMES**

Public Masses with 50 persons in attendance will resume on May 16th. Weekend Masses will be in Portroe church on Monday, Tuesday, Wednesday and Friday at 9.30am and on Thursday at Youghaleara church. Weekend Masses will be as follows:
of all the children coming once again to the hurling field. A big thank you to all those who are now attending to those children and we wish them the very best as they go forward for 2021.

THURLES

GOLDEN JUBILEE

This year is the golden jubilee of the opening of St Joseph’s and St Bridget’s church in Bohermore, and celebrations of the event will be held later in the year.

BOOK PUBLISHED

A book, ‘A Parent’s Guide to Choosing Childcare’, by the mother and daughter combination of the late Peg Hanafin and her daughter Sinead has just been published and is available in leading bookstores and online. The late Peg Hanafin published several very successful books on social themes and she and Sinead, a Visiting Research Fellow, Trinity College, and Managing Director of Research Matters Ltd. Enterprise Centre, U.T. Thurles Campus, had been sharing their experiences with this latest production prior to Peg’s passing last year. Proceeds from the book go to the children’s charity Bernardos.

EASING OF RESTRICTIONS

The easing of Covid restrictions next week is greatly welcomed, though there is still some way to go before normality is reached. The re-opening of many business and recreational activities will be a huge relief to many and with the ongoing extension of the vaccination programme, it does appear that there is real light at the end of the tunnel. However, there is still need for caution, and hopefully common sense will prevail to ensure we do not return to yet another lockdown.

Borrisokane

SYMPATHY

Sincere sympathy is extended to the family of the late Jim Rough, Tombridge, to his loving wife Emily, sons and daughter, PJ, Michael and Mary grandchildren Aoife, Michael, Robert, James, Laura and Eoin, daughters-in-law Mar and Anne Marie, son-in-law Mark, nieces, nephews, extended family, neighbours, relatives and friends.

May his gentle soul rest in peace.
BAKE SALE
The Great Aglish Bake Sale will take place on Saturday, May 22nd from 2-4pm. The cake sale will be supporting Temple Street Children's Hospital and, following the huge success of the cake sale last year, we hope to do better this year. The cake sale will take place in the car park in the centre of village and will adhere to all Covid-19 guidelines. A huge selection of home baking will be on offer and your support will be greatly appreciated.

LAKEshore COMMUNITY MARKET
LakeShore Community Market will be in Ballinderry this Saturday, May 8th, from 10am to 12pm. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

BorRisokAnE gAA LOTTO
Last Monday night's lotto was held behind closed doors where the jackpot was worth €3,200. If not won, next Monday night's jackpot will be worth €3,500. Our lotto tickets are now available in local shops and on Clubforce.com. Alternatively, follow us on Facebook/Twitter where you can follow the link. You may also download the Clubforce app. Thank you for your continued support and hope you are all keeping well during these times.

jUvenile gAA nEWS
Best of luck to all our underage teams this year. Hope you all really enjoy being back training and above all, as D'Unbelievable would say, 'Enjoy yourselves!'
Training times for each grade as follows:
U11s - 6pm Tuesday and Thursday, U13s - 6pm Monday, U15s - 7pm Tuesday, U17s - 7pm, Wednesday, U7s and U9s - 6pm, Thursday.

GAA CLUB COVID ASSISTANCE
Please contact Margaret Mary O'Dwyer, 035 718 6801, for any assistance you may need or require during these times. Also, if you know anyone who would like assistance please let the club know and one of our Covid team will gladly help you/ them out.
Please contact any club member if you need water or assistance due to the current water situation within the Borrisokane community.

chURch nOtes

The reopening of our churches for public worship will be on May 10th, which means that Sunday Masses will resume on the weekend of May 16th. Sacramental dates to be finalised when we are allowed to do so by the diocese. As of last year, to keep the numbers under 50 in the church, it will be the child plus four who will be permitted to attend. Both sacraments will likely take place in two sessions on weekends.

New Parish Website. Borrisokane/Aglish has been one of the few parishes without a website. We are currently working on creating a parish website. One of the urgent reasons for getting our own website is to have our parish webcam hosted on the website. If anyone has any skills or suggestions on how to keep a web cam interesting, we would love to hear from you.


Ballingarry

Tidy Towns
It was great to see so many volunteers coming out for our village clean-up last Wednesday night. A big thank you to all those who helped out on the night. Thank you also to Josie, John and Annette for the refreshments on the night.

Keep Walking, Keep Well
This Wednesday night, May 5th, see the launch of the GAA's Keep walking, Keep Well Initiative. This will run for the next six weeks on a Wednesday and Friday night at 8:30pm.
So spread the word, and looking forward to seeing lots of you at the hurling field walking track starting this Wednesday night.

Lakeshore Community Market
Lakeshore Community Market will be in Ballinderry this Saturday, May 8th, from 10am to 12pm. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

Cloghjordan

INTERCOUNTY HURLING
Intercounty hurling matches resume next weekend, May 8th. Tipperary will play Limerick in a mouth-watering clash at the LIT Gaelic Grounds. Limerick, at 5.30pm. This game will be shown live on RTÉ, as will the clash of Tipperary and Cork in the second round of the League on Saturday, May 15th, in Thurles at 7.30pm.

Heritage Events Online
Last weekend the Cloghjordan Heritage Group presented two free online events as part of the annual Cloghjordan Honours Thomas MacDonagh celebrations. On Saturday night a very interesting and informative talk on Michael Collins was delivered by Ann Dolan from TCD and Will Murphy from DCU. On Sunday night a specially commissioned audio play with visuals entitled Taking the Biscuit/Hearts Aflame, written and directed by local resident, Martin Maguire and featuring members of the Cloghjordan Drama Group, was presented. The play was based on the events that took place in Jacob's Factory during the 19th Rising. Both events got a great response from the public, who logged on in great numbers on both nights. The final free online event will take place on Thursday, June 3rd when Ger Hefferman will deliver an illustrated talk on the Middlebury Ambush, which took place on June 3rd 1921.

Local Lotto
The Jackpot for the next draw in the Kilmurray MacDonaghs Lotto is €2,400. Thanks to all subscribers for your continued support.

Train Service
The train service on the Ballybrophy to Limerick line is expected to resume around the third week in July. Times of the bus service (Monday-Saturday), which replaces the train service, are as follows: from Cloughjordan to Limerick at 10.30 and 14.30, and from Limerick to Cloughjordan at 6.30 and 16.30. From Cloughjordan to Ballybrophy at 7.35 and 18.15, and from Ballybrophy to Cloughjordan at 10.08 and 19.05.

The Sunday bus service leaves Cloughjordan for Ballybrophy at 18.36 and from Ballybrophy to Cloughjordan the bus leaves at 19.42.

GAA
Because of the spike in Covid-19 cases in the general area, the situation with underage GAA training will be reviewed this week and hopefully it will be deemed safe to start again next week. Adult training can recommence as from Monday, May 10th, and games can take place as from Monday, June 7th.

Looking Back
On Thursday, May 9th, 1947 (Feast of the Ascension) a big hurling and Tag-of-War
tournamcnt in aid of the Nenagh Feis book-place in the Showgrounds. Nenagh. Bands from Ardcrony, Portroo, Toomevara and Silvermines entertained the large attendance. The entry fee to the Field was six pence, and one stilling to the stand. In the hurling games Lahorna De Wets, the reigning North champions, had a big win over Offaly Gaels by 5:18 to no score and Vaughansham defeated Clareen by 2:6 to 0:1. The Tug-of-War competition there was an entry of 12 teams including a team from Ballingarry and Shinrone qualified for the final of this competition.

RUGBY
Munster will play Ulster in the Guinness PRO 14 Rainbow Cup second round on this Friday, May 7th, at 2015 in Thomond Park. Ben Healy from Rapi is part of the Munster squad for this game.

LAKESHORE COMMUNITY MARKET
Lakeshore Community Market will be in Ballinderry this Saturday, May 8th, from 10am to 12pm. Showcasing quality local produce, this market is known for its variety and the presence of fresh vegetables, fruits, flowers, and bread. The market offers a wide variety of items such as bread, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts, and more.

LORRHA

SENIOR CITIZENS’ FREE LESSONS
Are you a senior citizen who would like to know how to learn about using the computer or even updating your skills? Age Action Ireland is offering free lessons for the busy people of all ages.

is offering older people the opportunity to improve their digital literacy skills so they can be more informed, connected, and independent. "Getting Started" is the name of the programme and it is five hours free one-to-one tutoring for older people who want to learn or develop their skills on a smartphone, tablet, or computer.

Age Action will match people with a volunteer who will tutor them over the phone. The programme is learner-led, meaning the class is designed for the person to learn what they want to learn. Typically, classes cover topics like how to set up an email, how to download on age and how to use video to meet friends or family. Age Action will also send learners a 40-page booklet with images to help with tutoring sessions. People can find out more and register for the Age Action Getting Started Kit classes by calling Age Action on 01-475389. So, make that call, talk to someone in Age Action Ireland who knows and understands your needs and get registered for a one-to-one class. All you need is a device, access to the internet and a telephone, and you will be on your digital journey in no time at all.

SYMPATHY
Sympathy is extended to John O’Brien, Kilree, on the death of his brother-in-law, Mike Davis, Birr, who passed away on 26th May in Tulskmore Hospital. After a funeral Mass in St Brendan’s Church, Birr, on this Wednesday morning, May 5th, at 11am burial will take place in Clonoghill Cemetery. Funeral Mass will be live-streamed on https://www.facebook.com/stbrendans.birr. Facebook page: Brendan Birr. Birr Parish Radio Link: 106FM. May he rest in peace.

NOTE OF THANKS
Lorra Development Association acknowledges and welcomes the positive response to its recent letter addressed to all residents of the village and immediate surroundings. It was very heartening to see people out tidying up during the recent spell of fine weather and also to receive promises of help with our upcoming projects. We are deeply grateful to all.

BIRTHDAY GREETINGS
Many congratulations to former parishioner Jimmy Styles, Killaroe, Dublin on the occasion of his 90th birthday last week. Born in Carrig, Roscrea. Jimmy went to work in Dublin as a teenager and it was there that he settled. A frequent visitor to the parish until recent years, he stills keeps in touch by reading the Nenagh Guardian, which keeps him informed of all that is happening in his native country. We offer our warmest wishes.

FIRST AID COURSE
The GAA club are having First Aid and CPR training on this Thursday, May 6th, at 6:30pm sharp. Anyone who would like to attend please contact Con Kennedy, 086 217 0633, or Kathleen Gleeson on 086 650 6529 for more information.

CHURCH NEWS
The reopening of our churches for public worship will be on May 10th, which means that Sunday Masses will resume on the weekend of May 10th. More details later.

ENROLMENT
Scoll Lia Naofa, Lorra, is accepting enrolments for the 2021/22 school year. Application forms can be downloaded from the school website www.lorrahans.ie, by emailing to the school at lianaofa@gmail.com or by calling the school at 090 9747995 and we can drop a form to you in the post.

LAKESHORE COMMUNITY MARKET
Lakeshore Community Market will be in Ballybofey this Saturday, May 8th, from 10am to 12pm. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolate, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts, and more.

**PUCKANE**

**LATE WILLIE SLATTERY**
It was with sadness that the parish learned of the passing of Willie Slattery, Puckane, and formerly Kilbigger, Coolbawn, on Thursday last, April 29th. One of the great men of our time, he lived in Puckane for most of his married life and worked as a mechanic in Slattery’s Garage, Puckane.

In his early life he worked with Shannon Rovers, winning North and County Under 15 hurling medals in part of the successful four-in-a-row triumph from 1945 to 1949. Having developed into a very good full back, Willie progressed to the senior side and with Shannon Rovers enjoyed a successful period in the senior grade throughout the 1950s.

His work as a mechanic in Casey’s, Toomevara, led him to transfer to the Greyhounds 1959. He returned to the Rovers one year later.

He caught the attention of Tipperary selectors and played on one or two occasions, including a game against Galway in Tuam on July 7th 1956. A number of familiar faces made up the team including Paddy Sheehan (SR), PJ Scanlon (SS), Billy McLaughlin, Paddy Doherty (Kildangan) and Jerry Hough (Toomevara). Galway won.

Funeral Mass took place in St Patrick’s, Puckane, on Sunday last followed by interment in Kilcooleen Cemetery.

Willie will be sadly missed by his wife Una, brother Mick, his sisters-in-law Greta and Eileen, his nieces, nephews, grandneces, grandnieces, relations, neighbours and many friends. May he rest in peace.

**DAILY MASS**

With Covid restrictions eased, Daily Mass returns. In St Patrick’s, Puckane, Mass will be celebrated on Mondays, Tuesdays and Thursdays at 9.30 am, Vigil Mass in Puckane on Saturday evening at 7 pm. Morning Mass in Carrig will be on Wednesdays. Fridays and Sundays at 10am.

**SCOL CHILL AN DAINGIN**

Scoil Chill an Daingin enrolment forms for September 2021 are available in the School Office, Monday-Friday 9am-1pm. Forms should be filled in and returned to the School before Friday, April 12th. Any queries please phone 06724030 or email kilbogonnans@gmail.com.

**WANT TO WIN MONEY?**

Kildangan GAA Lotto is now live on Facebook every Monday night at 9pm. Details of how to enter are as follows: just buy €2 per ticket or €5 for three tickets, available at Kennedy’s shop, Puckane, and Tony’s Tipper Shop, Ballycommon.

Why not enter online at kildangan. com/products and there is a number of options as to how long you sign up for. The jackpot currently stands at €15,200. Thanks to everyone for their support and stay safe.

**BEST OF LUCK**

To Kildangan personnel involved with Tipperary senior hurlers who take on Limerick in the opening round of the Allianz Hurling League next weekend.

**MONEYGALL & DUNKERRIN**

**SUCCESSFUL ZOOM BINGO**

When the community was in lockdown and there was very little to do within the 5km restrictions Moneygall Development Association (MDA) commenced Zoom Bingo. The online bingo was a great outlet and break from the monotony of Lockdown and a lot of fun. It was run for three months.

Sean Nolan, Chairperson of MDA, stated: “We are unsure if the community would embrace the event and planned for just one night of fun, but due to the success of that one event we continued to run bingo each Thursday after. We were delighted with the response and what an achievement to be able to raise and distribute over €22,000 in prize money.”

Zoom Bingo concluded last Thursday as restrictions eased. As the long evenings came in the organising committee felt it was time to take a break and return to normal events until the autumn. Sean Nolan said he was echoing all who played, by thanking both Theresa Haney and Collette Nolan, who ran an efficient and professional game each week.

Moneygall Development Association have promised that come the autumn they will return with Zoom Bingo and Sean Nolan hinted: “We have learned a lot in the past three months and hope that we can begin to attract more players and begin to increase our prize fund when we return.”

Zoom Bingo was supported by many in the local community and players from various counties around Ireland. It was enjoyed by all and for now will be missed by many, but we look forward to a return in late 2021.

**PORTUMNA**

**MART CELEBRATION**

Portumna Co-op Mart recently celebrated its first anniversary under new management. Marts by nature are a very important social outlet for farmers to meet with friends and neighbours, have a chat, enjoy a cuppa and to buy and sell their stock. It has been a very trying time for all marts, due to Covid restrictions and for many to adapt to the new online bidding system.When the mart was forced to close during the summer of 2020 due to Covid, the committee and staff volunteered their time to give the premises a much needed facelift to get ready for when restrictions eased. Since reopening the mart has gone from strength to strength with Dominic Street being a hive of activity on Mondays with calf and weaning sales. Tuesday sheep sale and Wednesday cattle sales and recently some Fridays seeing Dairy sales.

We look forward, when restrictions are lifted, to the full reopening with ringside bidding and online bidding, working side by side. The committee would like to thank the manager, Marie Younce, and staff for their hard work and dedication and all our old and many new customers for all their support and cooperation over the past months.
**GRANT SUPPORT**

Almost €60,000 of Social Inclusion and Community Activation grants have been approved by Galway Rural Development recently, including €2,350 to the Portumna Lawn Tennis Club towards their outdoor community befriending efforts. GRD has warmly praised the variety of supports offered, and community impact of the club, as the country prepares for the easing of restrictions.

**TENNIS UPDATES**

There was some good news for tennis clubs in Ireland recently with the easing of the Level 5 restrictions. Clubs opened last Monday, April 26th, with very specific guidelines in place that had to be followed as per Government and Tennis Ireland rules. Singles, household doubles and junior coaching was permitted to the delight of many.

Over the first two weeks of opening, the court bookings were very busy with many members back to playing regularly. The committee have organised four weeks of one hour adult and junior coaching for the month of May. Coaching is a great way for players to improve their tennis, and all levels are catered for including beginners.

The committee would like to thank all members for their co-operation in adhering to the new rules and regulations since the recent opening.

New members always welcome.

Follow us on Facebook and Instagram; check out our website for all the updates. Text 087-3996067 for any further information.

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Rubbish collected on just a half-mile stretch of the Nenagh-Thurles Road recently. Photograph: Margaret Stone

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Well done to everyone who turned up in Ballyingarry to conduct a major clean-up last Wednesday night.
Catriona Gleeson took this lovely shot of the weir on the Nenagh River at Ballyartella.

The funeral of Jim Hough, Tombricane, Borrisokane arrives at Borrisokane Church. PHOTOGRAPH: BRIDGET DELANEY
Field of Dandelions taken at Lisboney by Catherine Sherlock, The Stream, Ballinaclough, Nenagh.

A robin photographed by Miriam Frend of Blakefield, Toomevara, in her garden.
Volunteers working with the group, Keep Portumna Tidy Seated, from left: Andrew Smith, Meadhbh and Leah Gordon, Mark Conroy, Leo, Allie, Lauren and Sadhbh Smith. Standing, from left: Michael O'Brien, Marie Gunning, Joe Duggan, Ciaran Comer, Kathleen Gorman, Margaret McDaid, Mary Lynch, Yvonne O'Meara, Kathleen O'Brien, Martin Ward.

Marie Pollard and Catherine Egan, Portumna Branch of Bank Of Ireland, retired on Friday last, April 30th, after many years of loyal service to the bank.

Marie Younge, Manager of Portumna Mart, recently celebrated her first year in the post. See related story in Portumna Notes.
I was young, fit and healthy...but I still got breast cancer

A Carrigaline-based mother of two shares her breast cancer story as she helps launch a major fundraising drive this June for Breast Cancer Ireland, writes CHRIS DUNNE

WE all know that checking our breasts regularly is a good idea, because early detection of breast cancer is key to a better outcome. But none of us know how we’d react if we found a lump.

Madeleine McCooole, living in Carrigaline, is mum to Alec, aged seven and Aaron, aged five. She didn’t pay much attention to the lump she found in her right breast three years ago while she was in the shower.

“I didn’t pay much heed to it,” recalls Madeleine, who was 42 at the time.

“It was actually this time three years ago. I ignored it for a couple of weeks.”

Life was good for the close-knit family, who re-located from Dublin to Cork last year.

“I felt I was young, fit and healthy with two young kids,” says Madeleine.

She didn’t know for certain if she was feeling anything in her breast.

“I felt around and I wasn’t really sure if I had felt a lump or not,” says Madeleine, who has signed up as an event ambassador for the 100km Days challenge for Breast Cancer Ireland.

Organisers are hoping 20,000 people will take part in the virtual event, this June. Proceeds will go towards life-saving research and the provision of breast-health education and awareness programmes nationwide.

When Madeleine found a lump, she reassured herself that all would be well.

“I thought, ‘it’ll be fine’,” she says.

But it wasn’t fine.

“The lump became more obvious and more solid,” says Madeleine.

“And I knew that I needed to get it checked. So when I was at the doctor with my son for another reason; I mentioned it. Two weeks later I was called for a mammogram at the breast clinic in St Vincent’s Hospital, Dublin.

Before my husband, Adrian, and I relocated to Cork last May, we lived in Dublin and I’m originally from Tipperary. I have a brother and sister living here so we moved here to be closer to family and we love it. Carragaline is a great spot!”

When Madeleine had a mammogram, she also had an ultra-sound and a biopsy the same day.

“When I met the consultant, he said he it was ‘nasty’ and that he was concerned,” Madeleine explains.

“I was diagnosed with a grade-three tumour.”

She must have been very concerned at the shock diagnosis, especially being young, fit, and healthy?

“Yes, I did have a little cry when I got outside,” admits Madeleine. “But a week after the diagnosis, I was fine.”

She had a lot to be grateful for.

“I got it at stage one, which was brilliant and so important,” says Madeleine.

“I’m flagging the importance to get checked early. You may think the lump is probably nothing. But get anything unusual checked as the cancer can spread quite quickly.”

Stage three cancer means the breast cancer has extended to beyond the immediate region of the tumour and may have invaded nearby lymph nodes and muscles but has not spread to distant organs. Although this stage is considered to be advanced there are a growing number of effective treatment options.

Once diagnosed, Madeleine acted promptly to get her breast cancer treated.

“If I had ignored it for any longer, my diagnosis probably would have been very different.”

On May 10, 2018, Madeleine had a lumpectomy to remove the lump on her right breast and her lymph nodes were examined in her arm-pit close to her breast to detect if the cancer had spread.

“The location of the lump was on the right side of my breast, close to my arm-pit,” says Madeleine.

“There’s a tiny scar and a little indentation on the site where the lump was removed. It wasn’t a big lump. There
Madeleine was one of the lucky ones.

Madeleine’s invasive ductal carcinoma showed the cancer was hormone receptor positive, ie. where certain proteins, oestrogen or progesterone are present to fuel cancer growth, so she was offered chemotherapy treatment.

“Also, the oncotype genetic test that tests 21 genes in the tumour can determine the likelihood of the cancer returning,” says Madeleine.

“My test results came out high and I was oestrogen-receptor positive, so on that basis I had to have six months of chemotherapy treatment and three months of radiotherapy as a preventative measure against the cancer re-occurring.

“Because my cancer relied on oestrogen to grow, I had to have hormone treatment as well. Tamoxifen is a hormone therapy that blocks oestrogen from reaching the cancer cells.”

“It wasn’t nice,” says Madeleine. “But it’s not as bad as you think. Yes, I felt drained of energy at times and I felt run down sometimes. I felt queasy. There were side effects from the hormone therapy. Then, going on Zoladex, I suffered from migraines every so often. I was still able to function though. I took sick leave from work, I was working in a bank at the time.”

Madeleine made good use of her time off.

“I started a blog! I thought, sharing my own story, I could help others. I offered practical tips like what moisturiser to use while going through treatment.

“I have a huge interest in health and wellbeing,” says Madeleine, who also made more good use of her time off work to study for her coaching diploma.

By her side through it all was her husband Adrian.

Friends and family rallied around her too and helped boost Madeleine’s spirits throughout her cancer journey.

“One of my friends from Cork offered me his man boobs!” says Madeleine laughing.

“Things like that get you through the serious thing you’re going through.”

Madeline had everyone in her corner.

“Adrian’s family were a great support. My own mother went through her own cancer journey. We lost her back in November. Her positive attitude had a great effect on me. We shared a few tough months and we shared lovely, happy moments.”

Madeline’s positive attitude to share her own breast cancer experience is re-enforcing the message to check our bodies regularly and to get anything that appears unusual checked out.

“My diet was good and there was no history of breast cancer in my family. My mother sadly died of cancer of the womb.

“My message to people is, whatever might appear slight or silly, get checked. Err on the side of caution. Early detection is the difference between life and death, boobs or no boobs, a treatment plan to prevent the return of your cancer or a treatment plan to try and prolong your life with incurable cancer.

“Don’t hang around. Don’t be fooled into thinking just because you’re young and healthy you’re immune to breast cancer. I breast-fed both my sons for seven months, which is supposed to help reduce the risk of breast cancer. Cancer doesn’t discriminate.”

Madeleine isn’t hanging around, training hard and fighting fit to do 100km in 30 days to help essential funding for Breast Cancer Ireland. Registration for the event is now open.

“I began doing couch to 5km in the summer,” says Madeleine. “I’d kept up the walking and then began running. Now I’m doing a 5km route every day and running it three days. I love the opportunity to raise awareness and raise funds for cancer research that will make a difference to others. People can survive cancer and thrive after cancer.”

She has another important message for people going through a cancer journey: “You’re braver than you think you are.”

She’s also passionate about living life to the full.

“I treasure all the moments and imperfections. I keep a journal and note all the things I am grateful for in my life. Me and the boys do it together. I am grateful for how lucky we are.”

To register for the upcoming fundraiser, see 100kin30days.ie The event is open to casual strollers, keen walkers,
Madeleine McCoole with husband Adrian McGarry and their children Alec and Aaron Picture:: Leon Farrell/Photocall Ireland.

Madeleine with her sons Alec McGarry (7) and Aaron McGarry (5), who live in Carrigaline, County Cork. Pictures: Leon Farrell/Photocall Ireland.

Madeleine McCoole with husband Adrian McGarry and their children Alec and Aaron Picture:: Leon Farrell/Photocall Ireland.

Madeleine with her sons will be running 100K in 30 Days in June. Picture: Leon Farrell/Photocall Ireland.
PICNIC MOOD

“Gerry is a modern-day sage. This book will change your life for the better”
DAVID & STEPHEN FLYNN, THE HAPPY PEAR

AWAKEN YOUR POWER WITHIN
Let Go of Fear
Unleash Your Infinite Potential
Become Your True Self!
GERRY HUSSEY

MOOD TO DRINK

The pandemic may have hit pause for most of the hospitality sector but vision and innovation are still abounding. Conor Duggan, Neil O’Kelly and Conor Mulligan of Boojumwine.ie - Ireland’s First “talked to your taste” wine subscription company, have teamed up with Wineport Lodge to create a very special sommelier’s selection with wines in perfect harmony. Sailing wine lovers on a journey of discovery to a world of wines not locally available, this bespoke box is €59.95 per month and delivered straight to your door - the ultimate treat!

MOOD TO CRUISE

Most of us would love nothing more than to get away from our busy life as it is now. To get off our little bit of land - even if just for a little bit. If anything, So, imagine our excitement when we heard that Dublin Bay Cruises is back cruising, having just launched its summer sailing schedule. Wind in the hair, shades on, glass of something bubbly in the hand - we’re off to sea because we feel at sea.

Online booking is essential at dublinbaycruises.com.

POSING MOOD

How cool is the new Instax mini 40 instant camera? Small enough to fit comfortably in your hand, with automatic exposure function for better pictures every time of the day and best of all, a selfie-mode for quicker and easier selfies. We want one - now! €100, RUSFLM stocks nationwide.

MOOD TO LIFT

LITTLE THINGS TO LIFT THE MOOD, BY BIANCA LUYKX

HEALING MOOD

I’m all about the quick fix. Of course, the quick fix never truly fixes, but it, as Dr Rangan Chatterjee suggests, it gets you into the mindset, that’s good enough. Rangan is regarded as one of the most influential doctors in the UK. He hosts one of the most downloaded podcasts, Feel Better in Five and has published a series of best selling books. His plan is to inspire people to transform their health and happiness by making small sustainable changes. Just five minutes of your day, three times a day will make all the difference, he says. I’m with him.

PICNIC MOOD

Picnic with benefits? Yes, please! Launched in lockdown by Kevin and Danessa Walsh, their Take-Away picnics in aid of Breast Cancer Ireland, will be available at weekends during the month of May. Collection is from Nua Kacaccourse from a funky vintage Citroen van and costs start at €15 per person. Also catered for vegans and vegetarians, there is a lovely children’s menu too. Order via Instagram: @billyand_wild or byviviall.ie.

NAIL IT MOOD

Nail the new D'Vit at home manicure, with Semilac. The Irish nail distribution company based in Athlone has over 300 gel polish colours, accessories, nail effects and LED lamps and, no surprise, has seen a 100% increase in customers since 2019. Easy to follow, we had salon-worthy nails in an hour. semilac.ie.
Aileen supports 100k in 30 Days Fundraiser after going through her own cancer journey

Aileen McGeough (breast cancer advocate & 100k in 30 Days Event Ambassador) with her children Senan Hoey (12), Molly Hoey (11), Cian Hoey (8) and Shay Hoey (6)

Aileen McGeough, who works in the Home Bakery in Dundalk has been affected by cancer ever since she was a young child, with her mother passing away as a result of breast cancer at the age of 33 and her aunt due to ovary cancer. 

As a result of those deaths they have known from very early on that there was a possibility that the effects were hereditary, more so when their generation was affected by the disease when the daughter of her aunt passed away from breast cancer at the age of 33 as well.

"We were always aware of it but I wouldn’t say I was worried about and we never really threatened over it” recalled Aileen when speaking about how she and her sisters reacted to their family’s situation.

"I suppose from my late teens, early 20’s I’d have been very vigilant of going to the doctor or touching base with a consultant regularly. I used to go along with my older sisters, maybe just tagging along for the day out in Dublin at first.”

"I even started going to see one an annual basis for a couple of years before I ever found out I had the gene. We were just aware of it, we didn’t worry about it or have any sleepless nights, it was just about remembering to be vigilant about it.”

It was this vigilance that saw her and many of her cousins go to get tested for the BRCA1 gene and out of the 10 woman who were tested seven of them came back positive including Aileen.

That news came in 2006 and a year later, just like Angelina Jolie she took the brave decision to have a double mastectomy with reconstructive surgery, reducing her risk of getting breast cancer from 85 percent to five percent which in her mind was a no brainer.

"It was too much of a risk to take, I could live without breasts so I didn’t spend a long time thinking about my options, I knew once I found out I was carrier of that gene what I was going to do and it was just about finding the right surgery and whatever would work best for me at the time.”

Aileen has been lucky enough to build a huge family over the years, bringing four children into the world in the space of five years.

She had alleviated the risks of getting breast cancer but was still conscious of the risks from ovarian cancer, having seen her aunt pass away from the disease.

It was with this in mind, with their work done that she made the decision to remove her ovaries, happy to end that chapter in her life despite having to endure some side effects as a result.

"I had four children already. I knew that I wasn’t going to have anymore and that my ovaries had done all I asked of them, so it was time to say good luck and thanks very much to them and it was as simple as that.”

"My baby was six months old when I went to have that surgery, so I suppose you had the onslaught of early menopause which was medically induced, and your body hasn’t prepared itself for going through this, but you just deal with that every day and there is certainly people a lot worse off.”

Through her journey the support of her sisters and cousins has been a keen factor, with all of those testing positive for the BRCA1 gene also deciding to lower their risks of health problems down the line by removing their ovaries.

Their constant support of one another, along with continuing to look on the bright side of things has been a major way that all her cousins have come through their families struggles with cancer over the years.

"We’re a huge support to each other I must say, there is constant banter which is always light-hearted, there is never anything too heavy in our conversations it is just about seeing the bright side of things in life and the funny sides of things, trying to make a laugh of stuff.”

Aileen has been being her story as a result of becoming an ambassador for the 100k in 30 Days Breast Cancer Ireland fundraiser organised by Blackrock couple Niall Carroll and Cara McAdam.

The national event launched last month is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners and is open to everyone from ages one to 100.
People are invited to walk, jog, run or cycle a total of 100km during the month of June to help raise funds for Breast Cancer Ireland, with last year’s event raising €1.3million.

This year’s fundraiser is sponsored by Sherry Fitzgerald and there will be over €30,000 to won by signing up to event.

“I’m so proud to be an ambassador and I’m delighted to have this platform to tell our family’s story and keep Mammy and my aunts memory alive as we are their voice now” stated Aileen.

“I got my little ones involved and it helped create conversations in my house in the last couple of weeks that I never really brought up with the kids because they are just too young, but it doesn’t have to be a taboo subject.”

Registration for the event is available at www.100kin30days.ie, costing €25 for an adult and €15 for a child with every entry receiving a pink t shirt to show off when out and about doing the challenge.
Local Businesses Support Naas Racecourse

Racing continues behind closed doors but there will once again be a sense of local support at Naas Racecourse this Saturday 8 May. Naas Racecourse Business Club members, Quinns of Baltinglass and Castletown Press are co-sponsoring the Business Club Handicap. Both companies have been long standing supporters of Naas Racecourse and this year marks a milestone for Quinns of Baltinglass with the Agriculture business celebrating their eighty fifth year in business.

The concluding race on the card will be sponsored by local caterers Lily & Wild. The new caterers to Naas Racecourse will sponsor the Lily and Wild Take-Away Picnics in Aid of Breast Cancer Ireland. Each weekend during the month of May Lily and Wild will be selling picnic baskets with all proceeds going to Breast Cancer Ireland.

Jessica Harrington is doubly represented in the Group 3 feature event, the Irish Stallion Farms EBF Blue Wind Stakes as the trainer bids to win a second consecutive renewal of the race.

Stable jockey Shane Foley will partner Silence Please, a three-time winner that ran well in defeat behind subsequent Classic winner Even So at Naas last season, while Harrington’s other runner Sacred Rhyme herself holds a number of Classic entries, including the upcoming Irish 1,000 Guineas and the Irish Oaks.

The trainer will face stiff opposition from other Classic entries such as the Aidan O’Brien-trained duo of High Heels and Willow, while the Dermot Weld-trained Emaniya also holds numerous fancy entries for the coming weeks, but Harrington is relishing the challenge.

Harrington said this morning: “I’m looking forward to the Blue Wind Stakes on Saturday at Naas. Shane Foley rides Silence Please with Tom Madden on Sacred Rhyme and I’m hoping for a big run from both of them.

“Silence Please had a good year last year, finishing off with a second-place finish in a mile-and-a-half Group 3 at Leopardstown, having been fourth in the German Oaks. This is her first run of the season and we are looking forward to another good year but you have to get started.

“I also have Sacred Rhyme in there. She ran very, very well in the Salsabil at Navan, when she finished third. She’s a lovely filly with some big entries and you’d be hoping she improves for that outing.”

An intriguing card begins at 1pm on Saturday with the €40,000 Irish Racing Writers due off at 4.25pm. A field of 13 runners go to post for the competitive sprint handicap in which Harrington is once again well represented with two runners.

“Rosie Bassett was second on debut and then won her maiden as a two-year-old so her run in Cork was a bit disappointing but I think the ground was a bit too quick for her,” she reported.

“On her second run of the year, you would expect improvement and the rain that has come is a help. She seems to be in very good form. She’s a proper five-furlong or six-furlong filly and I hope she’ll run a big race for Shane Foley.

“Bell I Am is a smashing little filly, who won her juvenile maiden in Sligo last year. She’s not very big. She’s got a light weight on her back and she tries her hardest.”

Eamonn McEvoy of Naas Racecourse commented: “We are delighted to have fantastic support from local businesses, even behind closed doors. This Saturday, Naas Racecourse Business Club Members Quinns of Baltinglass and Castletown Press are co-sponsoring the Quinns of Baltinglass & Castletown Press Business Club Handicap. Lily and Wild, our new caterers are also showing their support by sponsoring the Lily and Wild Take-Away Picnics in aid of Breast Cancer Ireland Handicap.”

“Great to see both Quinns of Baltinglass and Lily and Wild recognising the grooms. Quinns of Baltinglass are providing a branded jacket to the grooms leading up in their race and huge credit to Kevin and Davina, owners of Lily and Wild, for providing all grooms with a Tea/Coffee and a pastry on Saturday. It promises to be another brilliant day of racing at Naas with a strong line up in the Irish EBF Blue Wind Stakes.”

View full list of runners –
Five Places to Procure Your Picnic Supplies

I think we can all agree that the May weather so far leaves a lot to be desired, but, being Irish we are well used to inclement weather and navigating our way around it. It is officially summer and unless it’s snowing, this weekend we plan to perch ourselves somewhere picturesque and enjoy the view with one of these picnic boxes that will instantly inject a dose of summertime spirit.

Lily and Wild

Picnicking for a good cause is certainly no hardship and that’s exactly what you will be doing with a picnic box from Lily and Wild. The Lily & Wild Take-Away Picnic in aid of Breast Cancer Ireland was launched during lockdown by Kevin and Davina Walsh. These take away picnics contain everything you need to enjoy a day in the outdoors and are beautifully prepared and presented. The packaging is environmentally friendly too, each picnic includes an eco-friendly re-useable cooler bag with a selection of gorgeous wicker baskets also available to buy. For the month of May, all profits will be donated to Breast Cancer Ireland and collection is from their funky vintage Citroen van at Naas Racecourse. Prices start at €25pp for a three course feast with menus available for vegans, vegetarians and children. Local delivery is also available. www.lilyandwild.ie

Project Picnic

Launching this weekend, Project Picnic is now taking orders. Packed with amazing Irish produce, and a regularly updated menu, the picnic feeds four or more people and can be enjoyed wherever you like. Collection is in Dublin city centre every Friday, Saturday and Sunday and the inaugural menu includes Scotch eggs with Bombay mix to start, whole roast (free range) chicken with spiced salt, pink fir apple potato salad, spiced green leaves, homemade mayo, crisp radishes and wild garlic butter. Sides include molasses and caraway loaf or a sourdough baguette and to finish there is a lemon ginger meringue pie. Take it home and enjoy it by the fire or take it to the beach and watch the waves crash, it’s entirely up to you. Just remember to take your rubbish home too. To order, DM www.instagram.com/projectpicnicdub/.

Margadh, Howth

Available from Margadh, Howth and Barrow Market on Grand Canal St, the picnic range has a number of options to suit. The express picnic costs just €11.95 and there is also a luxury picnic available to order at €27 per person. Think a selection of house olives, terrine, whipped chicken liver parfait with sourdough crostini, piccalilli, freshly made sandwiches, salted vegetable crisps and a mini dessert. There is a range of wines in store to pair with your picnic or you can opt for an iced coffee or a homemade lemonade. www.margadhfoodandwine.ie / www.barrowmarket.ie

The Phoenix Café, Phoenix Park

Without a doubt, one of the most visited spots in the country by picnic dwellers, the Phoenix Café had made picnicking in the park a breeze. The picnic box for two contains a choice of homemade sandwiches, scones with cream, chocolate brownie bites, elderflower lemonade and a tea or coffee of your choice. Boxes are available to pre order and collect and there is also a vegan box and a children’s box. www.instagram.com/phoenixcafe/

Balfes, Dublin 2

A picnic in St Stephen’s Green really is the dream, with its stunning greenery and close proximity to available facilities – which, let’s face it, is a problem at the moment. Balfes at The Westbury is just a stone’s throw away, making it the ideal spot to collect your picnic goodies before bedding down for an afternoon of people watching. Choose from decadent sandwiches, crispy fries, chilled beers or perhaps Balfes’ iconic Venetian Spritz (an Italian-inspired mix of Aperol, Campari, Manzanilla, apricot, tonka, bitters, and Prosecco) while soaking up the atmosphere and if the rain does appear, there is always the bandstand to provide shelter.

www.balfes.ie

9 hours ago BY
Sarah Halliwell

VIEW ALL

The Beauty Salons, Specialists and Treatments We're Booking From May 10

9 hours ago BY
Penny McCormick
It is officially summer and unless it's snowing, this weekend we plan to perch ourselves somewhere picturesque and if the rain does appear, there is always the bandstand to provide shelter.

A picnic in St Stephen's Green really is the dream, with its stunning greenery and close proximity to available facilities – which, let’s face it, is a problem at the moment. Balfes at The Westbury is just a stone’s throw away, and it is seriously delicious. The Phoenix Café, Phoenix Park is perfect for a spot of shopping before your picnic, and also has a fantastic selection of picnic items to purchase.

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**Think a selection of house olives, terrine, whipped chicken liver parfait with sourdough crostini, piccalilli, freshly made sandwich with homemade mayo, crisp radishes and wild garlic butter. Sides include molasses and caraway loaf or a sourdough baguette and to finish there is a lemon ginger meringue pie. Take it home and enjoy it by the fire or take it to the beach and watch the waves crash, it’s entirely up to you. Just remember to take your rubbish home too. To order, DM www.instagram.com/projectpicnicdub**.

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**Five Places to Procure Your Picnic Supplies**

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**Don't Miss THE GLOSS Magazine May Issue Out Today!**

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**The Most Surprising Thing I Learned During Counselling**

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**Meet Model and Mental Health Activist Adwoa Aboah**

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Knowing The Signs: Your First Line Of Defence Against Breast Cancer

Checking your breasts regularly - and knowing what to look for - is more important than ever. Covid-19 has affected almost all aspects of our lives over the last year and with breast cancer screenings heavily impacted, it is more important than ever that women are breast aware.

Checking your breasts regularly – and knowing what to look for when you do so – is your first line of defence when it comes to breast health. Olivia Carpenter, pictured above, has been an Ambassador for the past eight years. She was diagnosed with breast cancer at age 34 and in 2012 she took part in the Great Pink Run in Dublin’s Phoenix Park a year after undergoing treatment. “Scrawled across the back of my t-shirt in my own handwriting were the words ‘I fought like a girl – and won’, alongside the date I was diagnosed,” she says.

As a Breast Cancer Ireland Ambassador and Outreach Coordinator, Carpenter’s key mission is to educate women on breast health and the signs of breast cancer. “So many women have been faced with the decision of whether or not to skip or postpone visiting their GPs to avoid potential exposure to Covid-19,” Carpenter explains. “It is important to know that when it comes to breast cancer screenings, staying at home could be the bigger risk. We know that thousands are not being screened and waiting lists for cancer tests and treatments are growing rapidly.”

Know what is normal for you, so if an abnormality were to arise down the line you can get it checked out. There can be a tendency to think that breast cancer is something that affects older women but, as Carpenter notes, that is not the case. “I know many women in their 30s and 40s who are not breast aware and, like me when I was diagnosed at 34, they do not know that there are eight signs and symptoms of breast cancer.” [see panel]

Another misconception is that if you don’t have a family history of breast cancer you won’t get it. In fact, most people diagnosed with the disease have no known family history – only 5-10 per cent of breast cancer cases are hereditary.

As with any cancer, early detection is key so being aware of your own body and what to look out for is essential. “Know what is normal for you, so if an abnormality were to arise down the line you can get it checked out,” Carpenter advises. “Breast Cancer Ireland has a fantastic called Breast Aware. It’s free on iTunes and Android, and you can set it up so you can get a monthly reminder to check yourself.”

Along with information on signs and symptoms, the Breast Cancer Ireland app also has a video that explains how to check your breasts at home. “Everyone is different when it comes to what they find comfortable when doing a breast check. I do it in front of my bedroom mirror – I can see if I have any abnormalities and it is much easier that way, I find,” Carpenter says. “Women are inclined to just pat around the breast when doing a breast examination when in fact they really need to get into the breast tissue and feel if they have any abnormalities.”

One in nine women will be diagnosed with breast cancer in their lifetime. Being breast aware – and encouraging the women in your life to do the same – could make all the difference.

For more information see
clear northeastwards through the morning with sunny spells and scattered showers following from the southwest highest temperatures during the day of 14 to 18 degrees up-to-date on Newstalk Friday night racing on all football brought to you by Horse Racing Ireland love with every racing moments that HRI does like me and I is a division of fried in a race it is myself and Tom O'Leary this Friday head-on him back next week but in the meantime the a brilliant show and appeared before the end though doing telly what's happening next week because next Friday is the breast Cancer Ireland race day at leopards town house it's happening all day the final race the days the specific ladies race and it's a massive fundraiser that happens every year to help raise money for breast cancer research if you want to involve we love you to do that you can donate 4 euro to breast Cancer Ireland by texting cure to 5.300 you can get afternoon tea at home and enjoy it said delivered from the comfort of your home as you consume some of the racing and Evie but he does that will also be donating a Fiver from the price the afternoon tea is a lot of ways you can get involved ideally get involved by watching the great content we're creating 4 years well we've got a special next week called back on track lessons from a sporting life it can feature Nina Carberry Irish and international said a new Bull four-time All-Ireland winner Ursula Jacob and many more as well talking about their lives in sport the pathways the inspiration the mentors along the way the difficulties they face and how they ultimately ended up being incredibly high achievers as well so plenty of your teeth stuck into and will bring that to you next Thursday and Friday and they said all support breast Cancer Ireland race day at leopards town next Friday the 14th so if you get them involved in watching us or indeed get involved in their watch the races next Friday leopard 10 please donate what you can a breast Cancer Ireland .com or course as I said you can text cure 5.3 E 00 you're donate 4 euro to breast Cancer Ireland that way and a 100 % the text cost goes to breast Cancer Ireland across most of the network providers now this is a ride in a race here every Friday afternoon at 3 o'clock the best place to catch us these days is on the old to be sports app can also get us and you should come /of the ball or if your Radio Leicester venue here's at 8 o'clock on Friday evening after Ball on Newstalk to we're big into a pretty eventful week for calm in terms of some of the folding that has been going on and his days but in the meantime and allowed to go live to Dan Patrick to join Phil Rothwell this afternoon first run of this even come right back matches are right Yeah I just had a runner in the maiden Hurdle the 5 minutes later with him he ran a lovely race He's Arsenal have maybe a month and I think he can improve and maybe he's he's he might make a reasonable hour for the future so delighted with him I have a 13 -year-old that's probably on the road to retirement running in the handicap Chase later so hopefully more than optimistic taken think the best way of putting it but it's been a great start word and Oakley Oakley runs okay 6 okay mate like today after backing the week they have and do you automatically go into them with a little and little bit more Pep in your step I definitely said Wendy Vard scored well in general and we've seen both sides of it over the years it's good for teachers good for staff is good for me good for morale is good for my family at all I'd say it's much easier for them to live with me to be deceived me this letter but there's not a lot but when I a.m. there I liked them better for that we'll point we were told about this a little bit earlier on that the highs and lows the rollercoaster everything let's talk about high you're bang smack in the middle one at the moment 5 winners in the space of a week
Newstalk @ 07-May-2021 20:40 - (breast)

Ring a mix of new tools and famous tracks by legendary artists from month and David Curran called trade to Ella and Billy some leading rid of it Download the goal allowed out now for free podcasts radio and music to your ears like we're at the start line of the way we played with a blouse Affairs Minister has confirmed Corbett restrictions will be eased significantly from May 10th describing it as a cause for hope and starting to break through now the severe restrictions but the impact on so many people live they are starting now a pathway out of a hat and a number of measures of the re-opening and go further than most ministers expected including the resumption of intercounty travel by May 10th and allowing 3 households to meet up in the garden from that date it is great to see that why didn't I Yeah I think it's very positive for each and every one of moment we're looking forward to enjoying coming through and I think everyone is enjoying a Friday night racing on all football brought to you by Horse Racing Ireland the real racing moments that HRI does might be this is Racing brought by Horse Racing Ireland club every racing well it is a hater I Daly are following new Twitter account at HRI racing the hashtag is every racing moment which Kelly confirmed as well Kate Harrington Ernie are back on track lessons my sporting life series show next Thursday and Friday here as we preview the breast Cancer Ireland race day happening at leopards town next Friday and a reminder of course you can donate at breast Cancer Ireland .com sell her brain causing minor hurling panel talk about that now for the race next week on Thursday evening as well now I said we had some some other news there's been an addition to them Malone sporting family you are you a folder had culled Genoa and enjoy it it's a good story and it all started on the old old TV talent show it HRI's are also free covered I guess what I was livid and lingers last January and we all went down we did we did a tour with HRI in social media take over anyone can want the starlings soars Poet's Word in board's rail and he's just he was a wonderful racehorse is a gorgeous look our Spidey we obviously champions tire himself has now landed in Ireland and while my partner and brother of a couple of mares we keep at home and say Yes we send both Mayors to IRA to poet's words over the last couple of weeks I've had a couple of new arrivals filly two weeks ago then last Sunday night we had we had a cult and there was a pretty hands-on experience Year because we've only got a couple of saves only got two mares sell new week we are in a position to go and pay for someone else to fold so we got a camera put into one the stables and involves no set your alarm every two hours every night and wake up but Luckily just before midnight last Sunday and borrowers looking at that look at the phone as I is is is a force and as like you've been ridiculous you look at it is to watch as talking about 10 minutes later you just see light her legs sticking day so we had to run out the stable that is what you get the older and gloves on and delivered then any such a lovely big cold as well normally with mayors the kind of the just drop out the other men just dropped it was great we just had a guy watching just make sure everything was OK with this fella I need luca's help enhance the outset get down roll up my sleeves and pulled away just made about 10 to 12 one on last Sunday nights though they are probably probably got my hands dirty her midwife mum Yeah that's it they go This because the nickname make it up and so I do is likely that things need to happen to these what happens to the fold now well deep they're just they're just being kids in the loader ladylike gave their nose into everything so when we've set up little Paddocks a very very small areas so they can grow their mums and any stretch their legs a little bit and will hold on to them for a couple of months and then the be weaned me a separate mayors the files and then hopefully all all going well will will will seldom as files again that's that's what hopefully will be the case you know they never underestimated horse's ability for self-harm sell you know you could end up stalker ordered to hopefully not you hopefully not but other cultures an absolute smash hit like said by Poet's Word huge huge big cult seller is always nice that's always a really really nice arrive on the Phillies lovely in fairness the filly with other filly was lovely to be fair when she arrived two weeks ago then this fella arrived on on on Sunday night he's an absolute monster I like again
Seven stunning picnics for summer

Picnic with a view
Clara Clarke got the idea for Grá Picnics from companies she saw doing similar things in the desert when she lived in the Middle East for seven years. When she lost her job in the hospitality industry due to the Covid-19 crisis, she began offering her luxury picnic packages, delivered to scenic locations in Co. Clare on the Wild Atlantic Way.

Business has been brisk since she launched the venture last summer and Clarke has added bridal shower picnics, psychic reading picnics and morning meditation breakfasts to her offering.

On weekdays, you can choose any location you like and Clarke will set her stylish picnic up for you there before you arrive. Two hours later she returns to pack everything away again. At weekends, the picnic location is at Gnevin’s Path at the Cliffs of Moher, where Clarke also has a coffee trailer selling hot drinks and snacks. Grá picnics start at €55 per person and for that you can choose a grazing platter, a selection of Co. Clare artisan treats including cheeses, oysters and salmon, or afternoon tea, served with a bottle of non-alcoholic Prosecco. Champagne upgrades are available. grapicnics.com

Picnic in the countryside
The gardens at Cliff at Lyons in Celbridge, Co. Kildare are absolutely stunning, and if you book a Pantry Picnic from the on-site gift, snacks and provisions shop, you can enjoy it anywhere on the grounds. You might even get a sneak peek at the Aimsir restaurant kitchen gardens. The Pantry Picnic for two costs €55, and as well as a generous feast for two, it includes the picnic hamper which you get to keep. They will be available from later this month and need to be booked 24 hours in advance of collection. cliffatlyons.ie

Picnic Mexican style
Escape to Mexico, or at least get within sight of an airport and do some trainspotting, with the Takeaway Taco

Picnic with a handy table
There’s an added bonus if you book a picnic from 64Wine in Glasnevin, Co. Dublin. As well as being able to pick a lovely bottle of wine from the shop’s well-stocked shelves, you get to road test the must-have outdoor living accessory of the summer – the portable picnic table by Flying Elephant. Picnics must be pre-booked and are available Fridays and Saturdays. The basket has charcuterie, snacks, salads, spreads, bread and desserts, all made by the shop and cafe’s new chef, Balazs Rakamazi. The cost is €49–€69 depending on contents. 64wine.ie
Box from Cork International Hotel. A nice change from standard picnic fare, the taco box has tortillas with piri piri chicken, peppered featherblade, barbecued pork, guacamole, sour cream and salsa. It is available to order seven days a week and costs €35 to serve two.
corkinternationalairporthotel.com

Picnic for a good cause
New catering company Lily & Wild, set up by Kevin and Davina Walsh, is doing very fancy takeaway picnics from a Citroen van parked at Naas Racecourse, weekends only. For the month of May, profits from the picnics will be donated to Breast Cancer Ireland. Salads, charcuterie, crudites and dips, cheese and desserts are on the menu and the picnics cost €25 per person. Vegetarian and vegan options are available and there is also a children’s picnic for €10. The picnics come in a reusable cooler bag but you can also buy a four-person picnic basket for an additional €5.55. lilyandwild.ie

Picnic and an overnight stay
Hotels are reopening and that’s great news. But not everyone is entirely comfortable eating in communal dining rooms, just yet. So, B&B, plus a picnic, is the new overnight deal. Ballynahinch Castle in Connemara, the Kingsley in Cork and the K Club in Kildare are among the hotels offering picnic meals to residents.

You can also book a night at Adare Manor (€725) and add on a picnic, from €30 per person. However, if you really want to make it an occasion to remember, the hotel’s Beyond Everything Picnic comes complete with picnic butler who will set up a table for two anywhere on the grounds of the resort and serve champagne and caviar, Irish cheeses and cold meats, Galway oysters with shallot vinaigrette and dessert menu complete with macaron tower. This must be ordered 24 hours ahead of arrival and costs a hefty €300 per person. adaremanor.com

Picnic in the city
Let the counter staff at Fallon & Byrne in Dublin do the work and pack you a ready-to-go picnic of charcuterie and cheeses, pâté and bread, and cheesecake for dessert, in one of its attractive jute shopping bags. It costs €55 for two people, with prosecco, or €45 with pink lemonade or apple juice. Order in advance for click and collect from Fallon & Byrne in either Exchequer Street or People’s Park in Dún Laoghaire. fallonandbyrne.com
Left: the Flying Elephant picnic table is an added bonus to the offering by 64Wine in Glasthule; below left: Cork International Hotel’s taco box; below right: a feast of treats from Lily & Wild; inset: the Pantry Picnic from Cliff at Lyons
Seven stunning picnics for the summer of outdoor eating

Preparing picnics can take the joy out of them, so let someone else do the hard work

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64wine's picnic to go can include the use of a portable picnic table.

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A feast of foodie treats in a beautiful basket from Lily & Wild.

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Caption:
Grá picnics can be delivered to scenic locations in Co Clare.

kclub
Racing Post

Media Cost (€): 6036.48

Date: Saturday, May 8, 2021
Reach: 36,000

Size (Sq. Cm): 2304

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NAAS
GOOD

Weather: Cloudy and windy with periods of rain ending in the afternoon. High 17°C. Winds S at 30 to 50 km/h. Chance of rain 100%.

ALL WEATHER form figures are in bold type.

1.00
Irish Stallion Farms EBF Maiden
RTV
Winner €8,260
5f

1
ALBION SQUARE
b c, Acceleration-Athena
Shane Foley
Mrs John Harrington
Comics O'Rourke
2
ANDREAS VEASALIS
b c, Dannon-Vital
Joseph Patrick O'Brien
Paul Hanlon & T G Hogan
3
CELTIC TIMES
b b c, Strawberry Fair
Kevin Manning
J S Bulger
M Mrs J S Bulger
4
KING OF BAVARIA
b c, Royal Heroine
Wayne Lordan
A P O'Brien
5
MAGNIFICO
b c, Lafayette-Pearl Residency
Ben Carp
P M Mortagh
6
RHYTHM OF ZAIN
b m, Dragon Pintabba-
Mark Gallagher
Kieran Crowe
7
SATIN SNAKE
b m, Airport-Navion's Head
Colin Keane
Gerald O'Leary
Lancey Bredstock Limited
8
SILVER SURFER
b f, Caucus-Spin Off Basket
Gavin Ryan
Dennecha Aidan O'Brien
Atlantic Thoroughbreds
9
AREUCRYSTALCLEAR
b m c, Haf Fiyar-Emperor Castletown Lady
Oisin Orr
Ms Sheila Lavery
Anytime Stakes Limited
10
PEPSIWTHACAP
b f, Appeal Approach-Daniel
Gary Carroll
Gavin Crownell
Peppapemppan Stud
11

2016 (13) 10

BETTING FORECAST: 2 Celtic Times, 3 Andreas Veasalis, 4 Silver Surfer, 5 King

Spotlight

Albion Squares likely a great deal better than he showed on debut at the Curragh given he was reported to have scoped badly after.

Andreas Veasalis showed plenty of speed before winning inside the last furlong to Irish fourth on 51% on debut at Navan; stable's runners tend to come on a good deal from their initial outing, strong claim.

Celtic Times posted a big effort on debut to finish a narrow second at Navan where he pulled nicely clear of today's rival. Andreas Veasalis sets the standard on that run.

King Of Bavaria: No Nay never colt picked up for Ireland's 2020 2-y-o; brother to a five-time winner rated in the mid-late teens in his pomp; respected.

Magnifico: Market ever made GBP 28,000 as a yearling; half-brother to a winner; interesting newcomer of which the market should prove informative.

Rhythm Of Zain: This is his third run in quick succession and he does not look up to winning a maiden.

Satin Snake: Similar efforts in a pair of sprint maidens at the Curragh and at Cork; incurvover performed well but intriguingly clocking.

Silver Surfer: Got off favourite for the opening maiden of the year at the Curragh but could only manage fourth; coughed to his right leaving the stalls at Dundalk before coming through to finish a well-beaten second; could be vulnerable.

Areucryystalclear: Better in Epsom, raced in the middle, and a half-sister to four other winners, including the ex-Michael O'Callaghan-trained Lorette Rock, who won a listed race in Italy.

Pepsiwthacap: Was going as fast as he could over this trip on debut at Tipperary and looks as though he will be better over further in time.

Verdict: ANDREAS VEASALIS may be able to turn the Navan form around with Celtic Times and, if he does, would rate the one to beat. Silver Surfer is a dammer with better can be expected from Albion Square who had an excuse for his Curragh debut. (Rilar: Sheedies)

Quinn's of Ballinglass & Castledown Press Business Club Handicap Race

RTV
Winner €6,490
5f

1.35

1
EARLS (IRE) (b c, De Vries-Hawaii Prince Piva)
Dylan Browne McManus
3
PRETTY BOY FLOYD (IRE) (b c, Maberry-Hushpuppy)
Colm Keane
Sarah Davoust
2
3
LIMITED LONG (IRE) (b m, Lord of the Dunes)
Mike Sheehy
3
8223-22 MI ESPERANZA (IRE) (b c, De Boissy-Maria)
Shane Foley
A Kintins
\n835-920 TRUEBA (IRE) (b m, Arierowai-Rose Clara)
Mike Hanlon
Nikki Kean
3
Edmund Daniel Lishun
John Murphy Racing
3
James McAuley
M Halden
Reagan Whelan

Betting: 2 Celtic Times, 3 Andreas Veasalis, 4 Silver Surfer, 5 King
NCOCQUNTO (IRE) 4 F 7-8
8 Miss Hilary McLaughlin, Terence Burke
9 Eloise and Excelsior (IRE) 8 J M Sheridan (d) (i)
10 James McKeever, James McKeever

BLUE UMBRELLA (IRE) 8 F 7-1
11 Seabreeze, Alan Breslin
12 Gunrun Donnelly, Mrs J P Duffy, and Mark McGill
13 No Speed Limit (FR) 6 F 9-1
14 Luke McKenna, Conor McManus

Celtic Manor (IRE) 14 F 7-8
15 Pretoria (IRE) 4 F 8-2

Pretty Smart (IRE) 13 F 9-0
16 Brian O'Sullivan, Mrs M Gowan

STCIANS FIRE (IRE) 7 F 7-8
18 Andrew Mullaney (i) (ii)

PRETORIA FABULOUS (IRE) 6-6 F 7-8
19 Mark Gallagher

No Speed Limit (FR) 5 F 9-1
20 Miss Ruby Brown, Miss Ruby Brown

No Speed Limit (possive overweight 2lbs)
LONG HANDICAP: Calvados 6-4, Annabelle Rock 8-2, Cactus Tree 8-2, Hannah Elizabeth 8-2, Donnard Prince 8-8
FUTURE: Calvados 2, Annabelle Rock 4, Cactus Tree 4, Hannah Elizabeth 6-4, Donnard Prince 8-8

FORM p 105
NEXT RACE 4.00 Lingfield SKY p52

BETTING FORECAST: 5 Miss Esperanza, 6 Enna, Pretty Boy Floyd, Pretty Smart, 8 Hoofiel Girl, No Speed Limit, 10 Annabelle Rock, Treodule, Zegos Surprise, 12 Hannah Elizabeth, 16 Chocquanto, Limit Lang, 20 Memrise, 23 Calvados, Kuwait Direction, 33 Cactus Tree, Donnart Prince, St James' Fire, 60 bar.

SPOTLIGHT
Kearns: "Dual winner for Eddie Lynam; won over C&D on debut for this yard; two good runs in defeat at Dundalk over winter; chance on form but looks no chance now.
Pretty Boy Floyd: Won back-to-back sprint handicaps on easing ground at the Curragh last weekend; Colin Keane back aboard, which is a good sign; blinkers may help.
Limit Long: Just 1-23 but capable of running well off this mark if fit enough to return now.
Al Esparranza: Spat win came over 6f at Tipperary but she has started off the campaign in good form, finishing second of 11 on Navan prior to chasing home Indigo Runner at Tipperary, which was a good run; pointed at steeplechase.
Treodule: Three-time winner over 3m and beyond; good second at the Curragh on penultimate start under this rider and not discounted despite the slight worry over the trip.
Kuwait Direction: Won a 1m maiden at Dundalk in November; held in reserve and probably tuned up well.
Nochi's Girl: Won third from strength to strength on the AW over winter, opening her account on the firstoss to the form in August, another well-handicapped claimant and looks well worth a shot.

Blue Umbrella: Maiden after ten starts but has shown ability in the past and could out-run her odds; cheekpieces tried.

Celtic Manor: Stays a long way but has won at the Curragh on Sunday and dropped a further 5lb.

No Speed Limit: No win since last year and his best form has come on the AW but he is a solid race at the third of Sligo last week; each-way claim.

STCIANS FIRE: Showed signs of improvement but could improve for switch to handicaps, being gelded; watch market.

Pretty Smart: Three-time winner, two of them on easy going ground, stable among the winners; on Wednesday, every chance.

Passaggio: Would benefit from reappearance at Tipperary; however, disappointing form on AW last week.

Zegos Surprise: Won on handicap debut last week and holding his form well since.

Calvados: well-regarded in these mares but may not have to work on handicap debut; poor form.

Annabelle Rock: Solid record on the AW 3-10 but yet to trouble the judges from nine starts on turf; 4lbs wrong.

Cactus Tree: Longstanding maiden with little and pieces of form to suggest she can win a race of some description: likes soft ground; 4lbs wrong.

Hannah Elizabeth: Improved on all known form to finish second of 8 at Tipperary last time; chance if backing up though 4lbs wrong.

Donnard Prince: Superb second (8lb) who operates well here and the form of the stable shouldn't be too far out of hand.

VERDICT: She may be an infrequent winner but MI ESPARRANZA has put a couple of promising runs together already this season and deserves to add to the stable's success of her career. Nor's Girl made big strides at Dundalk over the winter and is interesting on the form while Pretty Boy Floyd and Pretty Smart have sold each-way claims.

POSTDATA: Pretty Smart

RP RATINGS: Tierra

2.05 Irish Stallion Farms EBF Race
Winner €10,015
(5f 205y) 6f

RACE 3

4/1, 8.5000 for Dyc that hase not won more than one race. Weights fixing penalties winner of this race. 56 allowances (nil) 50 penalty value: 5f 195y 2nd 6f 5,5f 3rd 6f 4th 9,4f 5th 7,9f 6th 1,1f (€15)
SPOTLIGHT
Karakoul (red) is a newcomer from a decent egg. Khan can line half-brother to a 74-rated maiden; dam won over 1½m but this sire and dam gave hope that he could be effective over the medium trip.

Kirsopp West's gives a hard time on debut when showing with plenty of promise to finish third over 4f at the Curragh, should improve plenty for that initial outing and raise a major player.
Pimlico No Nay Never newcomer, fetched EUR 230,000 as a yearling; brother to Group 2-winning 2yo Mystery Power. Obvious stamina.

Freedom Of Speech: Third on debut over 1m at the Curragh and here over 1½m; has an ascending advantage.

Heystbury Lane: Tagtia newcomer, half-sister to a three-time winner. Nothing to record of stamina.

Lopes Del Rio: Lope De Vega filly ended G3P 55,000 at the Curragh last year. Top connections.

Mambu Beauty: No Nay Never newcomer made GNS 95,000 as a yearling; dam four times, including over 1m on debut, respected source.

VERDICT
The result will be significant but Kirsopp West's shaped with promise on debut at the Curragh and is a likely future winner. Of the newcomers, Karakoul, Pimlico and Lopes Del Rio stick out while Freedom Of Speech has the experience. (Brian Sheehan)

POSTDATA
Freedom Of Speech 8 1

NEXT RACE
2.30 Newmarket SKY 7/9

SPOTLIGHT
Insiuendo Million winner on debut at Gowran; ran a cracking debut at Tipperary to finish in the race behind a couple of nice maidens in this 1000-gns crib.

Silence Please Won both starts at two; made huge progress last season; highlighted by his victory in the Sandals at Navan. Third behind Irish Oaks winner Even So at Navan before a credible fourth in the German Oaks followed by a fine 1st of season run-up effort in a Leopardstown Group 3 won by subsequent Matron Cup winner Tiger Mathis. Settles straight.

Thunder Kiss: Solid form in maidens last season; winning at Kilmore over 1m and didn't run at all badly considering; he inherits Insiuendo's fillies handicap on softer ground; winning form off 94 at Sandown and appears to have more improvement.

Deary Jazz: Landed a Curragh nursery test September; excellent effort when fifth in the Enniskillen Stakes at Leopardstown last back-end; ran similarly well when filling the same spot in the Ballysax stakes on heavy ground; interesting as Group 3 hopeful.

Emiratyi: Best on her promising debut to run out an impressive winner over 1m at Cork; did not run her best on a heavy surface in Group 3 here after her stumble.
Spotlight

Baton Rouge Placed in a Curragh maiden behind Thunder Moon last term; didn’t seem to get quite home when a 5-6 favourite on heavy ground at Cork; off the mark in good style when fitted with his first-time tongue-tie at Dundalk on his return but the requires more and he has to give away weight.

Ideas Of August Leopardstown maiden winner off debut last June; held in a pair of Group 2s and a Listed event at Dundalk thereafter; first run after being gelded when sixth of 13 dropping into a handicap at Leopardstown last month; more needed.

Benaud Progressive filly last term, rounding off his campaign with a Leopardstown handicap success off 79; gelded over the winter and could be open to plenty of improvement.

Catalina Zapata Dunstall winner over furlong and a half to claim the Prix de la Flore (Gr3) at Maisons-Laffitte; further evidence of her Class off a win in the Ballydoyle distaff handicap at Tipperary last October; most likely better than that.

Bearing Sky Impressive when overcoming inexperience in a Dundalk (1m) maiden on debut (very green); not at that sort of level on her return at that venue but came back to form when scoring off 73 at Limerick latest; improving.

Bear Story Won a back-end maiden at Dundalk before chasing home Sir Lamosair at Lingfield (slow); chances yet.

New Reality Spilling a bit of a surprise when improving to win a 1m maiden at Tipperary; interesting.

Ruthra Hit to race on ground but quite impressive in beating Bear Story at Dundalk in November and should have more to offer.

VERDICT

Baton Rouge should be the one to beat but will need to be progressive if he is to give weight away to a decent bunch of three-year-olds, namely the Joseph O'Brien-ridden pair, Benaud and Ruthra. Preference is for the former. He was a consistent smart sprinter in middle-distance races when winning last term and is very interesting on his return. Catalina Zapata has a chance dropping in grade while New Reality is respected off the back of his maiden win at Tipperary. [Brian Sheehan]

POSTQDATA Baton Rouge

NEXT RACE 3.20 Heuston SKY70

3.50 Naas Racecourse Fillies Maiden (Plus 10 Race) RVT

Winner €7,080

VERDICT

Aricia Rose can make the most

GETTING FORECAST: 5 Baton Rouge, 5 Benaud, Ruthra, 6 Bear Story, 7 Searing Sky, 8 Catalina Zapata, 10 Ideas Of August, New Reality, 16 Maar.

BETTING FORECAST: 5 Baton Rouge, 5 Benaud, Ruthra, 6 Bear Story, 7 Searing Sky, 8 Catalina Zapata, 10 Ideas Of August, New Reality, 16 Maar.

Spotlight

Baton Rouge Placed in a Curragh maiden behind Thunder Moon last term; didn’t seem to get quite home when a 5-6 favourite on heavy ground at Cork; off the mark in good style when fitted with his first-time tongue-tie at Dundalk on his return but the requires more and he has to give away weight.

Ideas Of August Leopardstown maiden winner off debut last June; held in a pair of Group 2s and a Listed event at Dundalk thereafter; first run after being gelded when sixth of 13 dropping into a handicap at Leopardstown last month; more needed.

Benaud Progressive filly last term, rounding off his campaign with a Leopardstown handicap success off 79; gelded over the winter and could be open to plenty of improvement.

Catalina Zapata Dunstall winner over furlong and a half to claim the Prix de la Flore (Gr3) at Maisons-Laffitte; further evidence of her Class off a win in the Ballydoyle distaff handicap at Tipperary last October; most likely better than that.

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BETTING FORECAST: 5 Baton Rouge, 5 Benaud, Ruthra, 6 Bear Story, 7 Searing Sky, 8 Catalina Zapata, 10 Ideas Of August, New Reality, 16 Maar.
Liberties Lady: Tailed off 190-1 shot in a fillies’ maiden at Leopardstown on debut last month; can only be watched.

Maguire’s Grace: Three quick runs in maidens this spring; don’t amount to much, faster in last time, fastidiously to see her next.

Montego Bay: Decent enough runs in maidens and good effort in Curragh handicap on Monday; tops over this trip in chasing home a colt winner; has his chance in maiden company.

Parukha: Appealing filly filly cost 50,000 Euros as a yearling; half-sister to winners Nosubota (FR, PRR 89), Casablanca (FR, 4yo 3rd, Well Fudged YW 4yo AW Pull), Sylvestre (5yo 4th in YW 4yo), and Mysterio Gal (9yo 6th in AW 5yo); discarded dam of out-of-paced 1m winner; going well as newcomer worth a market shakedown.

Shaheenah: Shaped well on debut when second over this trip at the Curragh last summer but seemed to find shorter trip against her when well-backed favourite on recent Dundalk return, tapped for pace in a crucial stage, only running on to return to this trip to suit but probably needs to improve to play a major role.

The Mowemter: Attracts massive price in chasing home a filly on debut in Curragh maiden in March; easily passed over.

Weekends: Fine long-term claimants count on ease in juvenile start and may be worth watched on seasonal return.

Wisteria Girl: Down Approach filly didn’t count but shaped okay on debut in good-class maiden maiden last September; expected to come on for the experience and yard in titanic form.

Rusla: First reserve; second-choice beaten both recent maiden outings; eligible for a mark after Thrills.

Harayka: Second reserve; fastest Rock filly comes from the family of dual Derby winner Harebell; now to break and newer counted from bad draw on Dundalk debut in February; should do better in time.

Chacha Dancer: Third reserve; not bettered in two maiden trials through more likely to be of interest when tackling handicaps.

VERDICT: Having finished second to decent odds on her last two visits to Dundalk, GOLDEN LYRIC is backed against her own sex here and this drop in trip could suit. Montego Bay kept well over this trip in a maiden handicap on Monday and is a big danger, while Enrilema and Shaheenah have claims on their best form. [Alan Hersele]

**POSTDATA: Montego Bay**

**NEXT RACE: J55, J35, J55, J55**

**FORM: phil2**

**4.25 Irish Racing Writers’ Handicap**

**Winner: €25,000**

**SURFACES: (5f 20yds)F6**

**(6f 20yds)F6**

**6:00 FRAGARIA (IRE)**

Gary Carroll

**0:00-22 GOLDEN LYRIC (IRE)**

Shane Foley

**0:00-19 LIBERTIES LADY (IRE)**

John Harrington

**0:00-09 MAGUIRE’S GRACE (IRE)**

Arthur Straker

**0:00-08 SHIAHADA (IRE)**

Kevin Prendergast

**0:00-04 TWO METRE APART (IRE)**

Joe Doyle

**0:00-03 WANTSANDNEEDES (IRE)**

Marc Gallagher

**0:00-02 WISTERIA GIRL (IRE)**

Kevin Manning

**0:00-01 RUSLA (IRE)**

D W Dwyer

**0:00-00 HARRYKA (IRE)**

Dolfin Ott

**0:00-08 CHACHA DANCER (IRE)**

Thomas Coyle

**0:00-05 SPOTLIGHT (IRE)**

D W Dwyer

**BETTING FORECAST: 3-2 Montego Bay, 4 Golden Lyric, 5-2 Shiahada, 8 Enrilema, 20 Puraakha, 10 Wisteria Girl, 12 April Fool, 14 California Poppies, 16 Pocket Veto, 20 Deruda, 30 Fragarhia, 50 Maguire’s Grace, 50 Wantsandsnees, 90 Fleure Isabelle, 120 Two Metres Apart, 120 Liberties Lady.**

**APRIL 8: Premium: debut when only beaten a neck to Kilmore maiden last summer for Dessie Weir but hasn’t produced since and has come back to this race twice since, the last one of which has been in a maiden race over 1m, not sure if this drop in trip will suit.

Bursc: Dandy Man filly is a first foal of a SW winner (PBP 1997); is a daughter of a SW classic winner, speeded up after being treated but is a bit of a pesty, problems likely to come on a trip to 1m.

Pocket Veto: Unraced for Godolphin and picked up for £4,000 at the Newmarket July Sale last year; encouraging enough debut when 100/1 shot at the Curragh last month, kept on well late on but not quite to be feared.

California Poppies: Steeplechase triberling filly cost 700,000 Euros as a yearling, dam half-sister to 70 Group 3 winner Atletico and 7y 2yo Listed winner Aloisa; creditable debut at long odds at Dundalk last month, running on well back at this longer trip.

Elmanara: High-priced at €42,500 when sold at Goffs October Sale last year; promising debut when 100/1 shot at the Curragh last month, fading fatally; questions to be answered in next race.

Polar Isabelle: Library away 10/13 in a maiden last month; can only be watched for new.

Golden Lyric: Useful long-term form on winning runners-up on latest three starts at Dundalk, latest time when finishing prominently but not quite getting home over 1m; dropped back in trip here could suit and be well worth watching against her own sex.
CASTLETONSHED (IRE) 6B 6-1 16 T W Walsh Mrs Helen Walsh
DODAC (IRE) 8B 5-1 17 Leanne Breen Galaxy Horse Racing Syndicate
LEADSIDE (IRE) 10B 5-1 18 Simon Patridge
LOOKBEHIND (IRE) 12B 4-1 19 John C McConnell Galaxy Horse Racing Syndicate
KODIGREEN (IRE) 11B 4-8 19 Joseph B Murphy Sabina Racing Syndicate
CHESTNUT EXPRESS (IRE) 13B 11-2 20 D J Buryan Bristol Jockey
BRIGHTBURN (IRE) 15B 11-2 21 John James Faure John Nolan

MIDNIGHT FIRE Quite lightly raced in fine shape to win at Leopards Leap last month, and has to find a little mark for Slightly gearbox. I think he can win.

CASTLETONSHED Only one win from 27 starts, and that came over 1m on very soft ground at Yarmouth last autumn; faded badly on C&D seasonal return in March and likely better suited by this trip now. A strong performer who has the ability to go close.

KODIGREEN Just 1-24 on turf and seems to be more effective on AW; good C&D run here last month and likely to find a little mark for Slightly gearbox. I think he can win.

BRIGHTBURN Last out over 1m at Yarmouth in March, and with the ground more suited to him, he has a real chance to continue his good run here.

EXTRA THOUGHTS

CELLAR BAR: 1m won over C&D last year from just two starts and reappeared with fine effort in similar company in March, not clear run when failing to get up off the halfway and may come (by the way), well suited by this trip and likely to find a little mark for Slightly gearbox. I think he can win.

CELLAR BAR: 1m on C&D in March, and comes off an attractive run over 1m in the same race last month. He has potential and likely to find a little mark for a Slightly gearbox. I think he can win.

CELLAR BAR: 1m on C&D in March, and a strong performer who has the ability to go close. I think he can win.

CELLAR BAR: 1m on C&D in March, and with the ground more suited to him, he has a real chance to continue his good run here.
Lordan completes treble on Lavery's sprinter

Half Nutz and Wayne Lordan (light blue, in hood) win from Blaimayne (second right) © Photo Healy Racing

Half Nutz (11/10) won the concluding Lily & Wild Take-Away Picnic In Aid Of Breast Cancer Ireland Handicap to give Wayne Lordan a fine treble on the day.

A high draw in 17 (same berth as Mi Esperanza in the other big-field sprint earlier) was no disadvantage with the ground on the easy side.

Lordan bided his time in mid-division before making his effort widest of all from a furlong and a half out.

The Sir Prancealot gelding finished strongly to thwart Blaimayne (12/1) and the 9/4 favourite Fastar by half a length and a short head.

It was a first success of the season for winning trainer Sheilaa Lavery who said: “That was badly needed! His last two runs he’s been drawn wide and has travelled like a good thing but just hasn’t finished out.

“I feel sorry for Robbie (Colgan) who is suspended. Wayne has won on him here before and is a brilliant substitute to have.

“I just asked Wayne to absolutely bury him and ride him for luck as he’s just thinking a little bit too much and trying to go too fast.

“Wayne thinks he enjoyed the juice in the ground so I’ll keep that in mind.

“They are a lovely syndicate to train for managed by Fran Kennedy. On the back of Half Nutz they have a second filly in training.”
Meet three inspiring women ready to lace up for Breast Cancer Ireland’s 100k in 30 Days challenge next month for vital funds

When Lisa McElwee found a small hard distinct lump in her breast one November morning, it was the heart-stopping moment every woman dreads.

The mum-of-three from Dublin was casually checking herself in the shower, as every health-conscious woman does, when the almond-sized lump stopped her in her tracks.

“It’s every girl’s worst nightmare finding that lump in the shower,” she says. “It felt like an almond – it was hard and didn’t move.”

The lump was beside my nipple and never changed from the day I found it in November 2019. But it wasn’t until I spotted a tiny bit of blood in my bra from my nipple in early January 2020 that I did anything about it.

On what should have been a day of celebration, just weeks later, the 41-year-old from Rathfarnham in Dublin was instead left grappling with the news that she had breast cancer.

“I was diagnosed with stage 2, grade 2 breast cancer on my husband’s birthday,” Lisa says. “It was the hardest news ever to be told. I was speechless and numb.

“I had so many questions, yet I couldn’t seem to never find a word.

“All I was thinking was how are we going to tell our three children, Beth (9), Conor (6) and Elsa (3). We were beyond devastated.”

Determined, Lisa underwent a lengthy six rounds of chemotherapy and a grueling 20 rounds of radiation in a bid to get the breast cancer that will affect one in nine Irish women in their lifetime.

Even on the toughest days, however, the breast cancer warrior put her best face forward.

“During treatment, my mantra was ‘look good, feel good’,” she says. “I rode the most of all my

‘On my worst days, I went to bed, watched Netflix and waited for GOOD DAYS TO RETURN’
The 100k in 30 Days challenge makes you realise how many people are behind you every step of the way.

**FIONA MORGAN-COLEMAN:** ‘Putting on make-up and dressing up got me through my worst moments’

Gordanoa Fiona Morgan-Coleman (42) from Kilconly, Co Wexford, was diagnosed with breast cancer last year.

“When I found a lump scratching my shirt in bed one night, I never thought for a second there was anything wrong. My GP referred me for a mammogram which came back clear. Unfortunately, my happy ending — it turned out I had a 7cm tumour in my breast. I had to have a mastectomy, as well as an axillary clearance as it had spread to my lymph nodes, followed by eight sessions of chemo and 35 sessions of radiation.”

“During my treatment, I set up an Instagram account @fionamorgancoleman to occupy my days. Putting on make-up and dressing up got me through many dark moments. The feedback was amazing and my following grew and became my army of support.”

“Thankfully, the pandemic didn’t affect my treatment too much. There’s always the worry when most of your appointments are online. If you need to see someone face-to-face though, they can work around that.”

“I’m bursting with excitement over the 100k in 30 Days challenge. I’m planning to walk and attempt to jog it.”

“Having my husband David and our two boys Callum (6) and Peace (9) by my side all the way will be the best part.”

**MADELINE MCCAULLEY:** ‘I’ve learned that no matter how bad things are, there are always moments to enjoy’

Lea Leaderships coach Madeleine McCauley (45) from Co Tyrone, has been diagnosed with breast cancer in 2018.

“I randomly felt a lump in my right breast in the shower this time three years ago. At first, it wasn’t very noticeable, so I put off going to the doctor for a couple of weeks.”

“In that short space of time, it became a lot more noticeable, so I mentioned it to my doctor when I was at an appointment with her. Two weeks later, I was referred for a mammogram, ultrasound and biopsy. Afterwards, the consultant said, ‘Obviously we won’t know anything until we get the results.’”

“Thank God the results were all that I really knew I had cancer. My treatment was lumpectomy surgery, chemotherapy and radiotherapy. Since then, I have also been on hormone treatment to put me into a medically-induced menopause as estrogen was helping my cancer grow.”

“During my treatment, I created a blog called Beauty and The Cancer Beast (beautyandthecancerbeast.ie) sharing my story and helping other women who contacted me through the blog really helped me through my own treatment.”

“I’ve been buzzing since becoming an ambassador for 100k in 30 Days. Before my diagnosis, I took up running by joining a couch to Shave. After my treatment, I started from scratch and slowly built back up to 10km. Running has become a really important part of my self-care.”

“Being social has taught me that you can’t control what life throws at you, but you can control how you deal with it. I’ve learned that no matter how bad things are, you have to look for the good.”

The 100k in 30 Days challenge makes you realise how many people are behind you every step of the way.
Notions & Necessities

NECESSITY

The circle
Dublin jewellery boutique Louloude has just launched the 18K gold necklace. Made with 8-carat gold-plating, the necklaces are a limited-edition run of only 100 pieces. One hundred percent of the proceeds of sales will go to cancer charity. Look Good. Feel Better Ireland. LH 18K gold necklaces
C799, Louloude, 14b Chatham St, D02
and online at louloude.com

NECESSITY

Sweet dreams
These days, some of us have a bedtime routine more structured than that of a sleep-dodging toddler. If you find some of the pre-bed teas too much on the earthy side of herbs, the new Night Time Berry from Pukka might tickle your fancy. With camomile, valerian and echinacea, the inclusion of organic berries gives an ice-royal colour and a sweet flavour. SC Pukka Night Time Berry £3.85, available nationwide

NECESSITY

Minti magic
Fashion designer Laura Egan, whose career history includes a stint working with Isabel Marant, moved home from London to Dublin during 2020, and created Studio Minti, a pre-loved clothes shop which also offers an upcycling service should you decide to re-imagine any of your own clothes. LH See studiominti.com

NOTION

Room to improve
Cozinest Deluxe is a new Irish-based collective of interior products, including bedroom furniture, rugs, soft furnishings and decorations created by designers from all over the world. LH Harper, €769, cozinestdeluxe.com
Grill skills
If even a gas barbecue is too messy for you, then take a look at the George Foreman Indoor/Outdoor Grill. With all the features people love about the original George Foreman, including a sloping grill to drain off grease and ease of cleaning, it can be used outdoors on a barbecue like base, or indoors as a countertop grill. SC
George Foreman Indoor Outdoor Grill, €399.99, electrical retailers nationwide.

Feet first
Stowed away runners and winter boots until now, and with no salon attention available, feet will need some serious attention before they’re fit for summer exposure. Dr Hauschka Hydrating Foot Cream has St John’s Wort to soothe and soften, while the deodorising version has rice powder to absorb moisture. SC
Dr Hauschka Hydrating Foot Cream, €21.95, available nationwide, or see wrinkle

A family affair
Lily & Wild Take Away Picnic catering company launched during lockdown. All profits from the sales of their picnics this month are going to Breast Cancer Ireland. Collection is from Kaa Racecourse, and prices start from €25 per person for a three-course meal. Vegan, vegetarian and children’s menu available. LH
See wrinkle

Colour hit
Sarah Carroll Kelly creates her bold jewellery pieces from birchwood, plywood, glass and clay. It’s her use of colour that stands out, however, and in a time when our faces are covered, a punchy earring, in particular, is an available way to make a style statement. SC
Ring, €29; earrings, €45, both Shone of Grey; see shoneofirey.com to shop or find stockists nationwide.

Compiled by Sarah Cudlan and Lillínd Hynes. lifemagazine@independent.ie
KNOW THE SIGNS

Knowledge is your first line of defence when it comes to breast cancer

Covid-19 has affected almost all aspects of our lives over the last year and with breast cancer screenings heavily impacted, it is more important than ever that women are breast aware. Checking your breasts regularly – and knowing what to look for when you do so – is your first line of defence when it comes to breast health.

Olivia Carpenter has been a Breast Cancer Ireland Ambassador for the past eight years. She was diagnosed with breast cancer at age 34 and in 2012 she took part in the Great Pink Run in Dublin’s Phoenix Park a year after undergoing treatment. “Scrawled across the back of my t-shirt in my own handwriting were the words ‘I fought like a girl – and won’, alongside the date I was diagnosed,” she says.

As a Breast Cancer Ireland Ambassador and Outreach Coordinator, Carpenter’s key mission is to educate women on breast health and the signs of breast cancer. “So many women have been faced with the decision of whether or not to skip or postpone visiting their GPs to avoid potential exposure to Covid-19,” Carpenter explains. “It is important to know that when it comes to breast cancer screenings, staying at home could be the bigger risk. We know that thousands are not being screened and waiting lists for cancer tests and treatments are growing rapidly.”

There can be a tendency to think that breast cancer is something that affects older women but, as Carpenter notes, that is not the case. “I know many women in their 30s and 40s who are not breast aware and, like me when I was diagnosed at 34, they do not know that there are eight signs and symptoms of breast cancer.” [see panel] Another misconception is that if you don’t have a family history of breast cancer you won’t get it. In fact, most people diagnosed with the disease have no known family history – only 5-10 per cent of breast cancer cases are hereditary.

As with any cancer, early detection is key so being aware of your own body and what to look out for is essential. “Know what is normal for you, so if an abnormality were to arise down the line you can get it checked out,” Carpenter advises. “Breast Cancer Ireland has a fantastic app called Breast Aware. It’s free on iTunes and Android, and you can set it up so you can get a monthly reminder to check yourself.”

Along with information on signs and symptoms, the Breast Cancer Ireland
app also has a video which explains how to check your breasts at home.

“Everyone is different when it comes to what they find comfortable when doing a breast check. I do it in front of my bedroom mirror – I can see if I have any abnormalities and it is much easier that way, I find,” Carpenter says. “Women are inclined to just pat around the breast when doing a breast examination when in fact they really need to get into the breast tissue and feel if they have any abnormalities.”

One in nine women will be diagnosed with breast cancer in their lifetime. Being breast aware – and encouraging the women in your life to do the same – could make all the difference.

For more information see breastcancerireland.com
Newstalk @ 11-May-2021 19:53 - (Ireland)

League spot Bray Rogers on the pitch high-fiving his side jazzy spot an FA Cup final to come that's a pretty good season put down Rodgers after a while but not least on Friday night against Newcastle sell Manchester City Premier League champions man United beat this evening to warn by Leicester at Old Trafford Manchester now all a bit flat really and got Liverpool in what 48 hours time so that is the situation in the Premier League this season Man City are champions should mention tomorrow with a special show recording thanks to HRI it's called back contract lessons from sporting life it's gonna feature Irish international centre near boot four-time All-Ireland winner versus Jacob hockey international Nicky Daily and former jockey and trainer Kate Harrington and will be putting that show aired our social channels on Thursday for and Friday at 3 it's all to support the breast Cancer Ireland race at leopardstown town which this Friday 14th of March and if you can please donate what you can to breast Cancer Ireland .com we continue our football especially Tony Pulis will be on the way later on next up though O'Callaghan in conversation with Richard Dunne and David Myler there are still some issues in the Premier League to be sorted even aside from M&C champions this evening relegation battle is gonna finish top 4 and once the lads on the way after o'clock to be followed by a Tony Pulis feature interview with Tony Pulis on the way member line back of their pillows on the bed like that and look at the top of a wardrobe stuffed with boxes of Barry's back slow heels always a good thing the last couple of years a couple of bad taste but for about 15 20 years and yet brave Brit was a big feet may think this yet roles house I really support new start-ups losses in value to peace the pact was would have done a very good at selling this English sausages Yes Peter aureus recipe which is it is a nice fat sausages of the friends that we get over the UK with take a look now that we can save the Madam back bats rats back of the field open all need the slip but how far down a ramp back up again at the back of put it back this red it nobody's aware of it they go down the other so nice about toast popped the ball if called slap tougher just watch out for the dogs love your true as God intended not as a fresh bread and Superquinn for bread Thought Oh Oh are also all with Paddy power only the cream of the crop Pick up a Champions League medal Jonathan Greening of one cannot responsibly Gavin Kerr . B Newstalk dog column /extra it's what you've been missing I guaranteed Irish we believe enterprises at the heart of a thriving unity did you know a gem pack foods have been making baking a piece of cake for the people of Ireland since 1967 based in Damastown County Dublin they've been providing Ireland with James baking ingredients that are good enough for a granny for over 50 years Guaranteed Irish welcome companies that are all together better choices for our communities so look out for it Guaranteed Irish dot ie all together better seller on we help customers all over Ireland with payment solutions but as more businesses reopen we want to do more to help us now live on is offering free monthly rental on point smart payment terminals helping you reduce costs and get paid quickly get some point and talk to our team in Arklow visit element dot ie T&C's apply and above financial services trading as Ella on merchant services is regulated by the Central Bank of Ireland sentence could add texture to your life you're human and can shoot the world arrange protect you are you start with a complimentary hearing test of our expert visit hiddenhearing ie if you are hearing is our expert ts driving your future with Audi's range of attractive final models such as the Audi A6 saloon fully electric Audi e-tron plugin hybrid Audi A3 your Audi your way petrol diesel hybrid and fully electric
Newstalk @ 12-May-2021 20:55 - (breast)

horse solution talk to us towards you down the company's HR or real world afford them experts alike You'll get a 5 year warranty on selected Bosch appliances vibe afresh fridge freezers but pilot itself clearly comments I dos intelligent does the washing machines and self-cleaning condenser dryers a perfect drive dishwashers now with 5 year warranty on selected models shop but if you can rely on expert electrical stores nationwide an expert eye of these new check-in at Stamford Bridge Chelsea against Arsenal but 4 minutes on the clock as a baby there Chelsea 0 Arsenal one the visitors leading through a goal in the 16th minute given to them gifted to them by Georgina with a backpass finished by Neil Smith Rosas said Mason Mount has had a couple of opportunities one blocked by Rob Holding and other saved by the Chelsea girl asked what are are that 40 minutes on the clock now before for butter just two election as well a special show with thanks to HRI's cut back on track lessons from sporting life it features an no boom it's gonna features a Geico the hockey international 0 Nikki Daily and K Harrington's well all to support breast Cancer Ireland race sailor % this Friday 14th May so if you can do it which can't breast Cancer Ireland com that would be great now but the shy and social channels tomorrow for and also on Friday as well on the radio to keep an eye out for that Shell should be good the damage all that oil football show and were talking to Harry Arter as well back was on radio show on Newstalk app powered by Dell and smart speaker Palais Newstalk the weather's brightened the days are longer and you are really enjoying the Grand Stretch head outdoors read about the smell of sausages sizzling from next door's thinking it's the perfect time to fire up your own barbecue having essentials to lay out their sources finding the right place for a sausage making sure this is a all for the sake of your favour for her but that only one Sean Watson think all around the GAA that is my our you Husqvarna Aldo Moro Oh Yeah it's a robotic lawn mowers from Husqvarna cuts the grass automatically has GPS tracking and in-app even works in the rain I just thought why spend time cutting grass when I could spend it with family is you with dinner and so new okay I do love I have to pay the man cave because of China Automotive never again learn more at Husqvarna dance I do grandfather founded started to sing along in 1953 generations later the people we met and lives we've helped celebrate continue to be our inspiration that's why I started now some of the most comfortable facilities and provide more choice and control is inspired by our grandfathers Tom Stafford we are proud to serve our community with a high standard stuff it's just our family to take us here if you recycle your old lady does come we hope you and your family are keeping faith we want to let you know we're back and fully stocked all annoying jingle this time just 25 7 days a week our stories on the long mile Road and there's a nice thought I'd have everything you need from your bikes to elect God's kids bikes and more also fully stocked for all things baby together raising shop online have your recycle your baby Doc support Irish retail by shopping with Ireland not all online store makes Gary Star calm with guaranteed next day delivery across a massive range of items you'll find everything you need for your cars and gardens vacation and so much more a sign of Joyce's alert Sachs's exclusive discounts and get 5 EUR off your first order enjoy almost a million happy customers and shop Irish with Mick's Garage star come from Brexit proved shopping delivered straight to your door within the
**TERRYGLASS & KILBARRON**

**100KM IN 30 DAYS**

Ballinderry Community Sportsfield Committee have signed up to the 100km in 30 days challenge. This is a fundraiser for Breast Cancer and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop down menu. The 100km is to be completed during the month of June. This event is open to ALL ages. Let’s get our community walking to raise much needed funds for Breast Cancer Ireland.

**BALLINDERRY COMMUNITY CENTRE**

Ballinderry Sportsfield Committee want to open its facilities to all our community and develop into a multi-purpose Community Centre. We intend to deliver health and wellbeing information and programmes directly to all ages within our community. The intention is that the facility will become a hub for the community where all can avail of health information and more, thus empowering all participants to enjoy healthier lifestyles. The centre will provide a range of activities for our local community. With this in mind, we would like to hear suggestions and ideas from any person in order that we can put a programme together. Suggestions can be e-mailed to ballinderrysportsfield2021@gmail.com.

**COMMUNITY EMPLOYMENT VACANCIES**

Shannon-de Improvement Association Ltd Community Employment Scheme has up and coming vacancies in the following areas: Ballinderry, Terryglass, Carrigaholt.

Please contact John Deegan, Secretary, 067 22075/087 6567099 with any queries.

**SCHOOL ENROLMENT**

Kilbarron NS is now accepting applications for enrolment for the school year 2023/2024. Please email the school at kilbarronns@gmail.com for an enrolment form, or you can contact the school on 087 7024877 if you have any queries.

**COMMUNITY MARKET**

Lakeside Community Market will be in Lorcha the Saturday, May 14th, from 10am to 12 noon. Showcasing quality local produce, the market features natural grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

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**PORTROE**

**CHURCH NEWS**

Public Masses will resume from this week on the usual schedule of Monday, Tuesday and Wednesday at 9.30am, Saturday evening at 6pm and Sunday at 10am. Social distancing and face coverings will apply once again. Parishioners are reminded that Masses are live-streamed every day on www.youtube.com/c/portroesurgeryourparishes. Parish envelopes can be left into Fr. Ger’s house or Newtown Post Office. Many thanks for your continued support.

**PARISH LOTTO**

Last week there was no winner. The lucky dip (€20) winners: Dolores McKenna, Glencree; Niamh Ryan, Corbally; Padraic Reidy, Shesharroe; Olive Robinson, Kiloran. Portroe GAA, Camogie Club and Parish Hall would like to thank everyone for their continued support. Our lotto is now available online, please download the Club Force App from the App store or Google Play store.

**TIDY TOWNS**

Portroe Tidy Towns have resumed their work evenings. Each Wednesday evening we will be out planting, painting, weeding, sweeping, pruning and maintaining our village. Look out for us in our yellow vests. Anyone who would like to join us can do so; we meet at 6.30pm at Portroe Community Hall. Portroe Tidy Towns adhere to Covid 19 Public Health guidelines while out on work evenings.

**ALLIANZ LEAGUES**

Kevin O’Halloran and the Tipperary senior footballers commence their league campaign this Saturday evening, May 15th, with a trip to Limerick at 5pm. Well done to Liam Sheedy, Robert Byrne and the Tipperary senior hurlers, who played out an entertaining draw with Limerick in the first round of the Allianz Hurling League on Saturday evening last in the Gaelic Grounds. Final score 0-19 to 0-17.

**BURGESS**

**MASS TIMES**

Thankfully, public Masses will resume this week beginning with Mass on Thursday, May 13th at 9.30am in Youghaltextarea. The normal weekend and weekday schedule will continue from then on. Youghaltextarea on Saturday evening at 7.30pm and Ballywilliam on Sunday evening at 11.30am. Weekday Masses will resume in Ballywilliam on Tuesday, May 18th. Guidelines on social distancing and face coverings will be observed as previously.
BURGHHEADS CLG LOTTO
There was no winner of the €5,400 jackpot on May 3rd. The lucky dip (€135) winners were Dottie Heffernan, Cl J Hogan, Rosie Henry, Youghal, Maurice Way, Eileen Walsh, Glaisheen and John Kennedy. The seller’s prize went to Tom Hickey. Thank you to all the sellers and players for supporting our club lotto.

The AGM of our club lotto will be held in the Juvenile Room in Kilcolman on Wednesday, May 18th at 8.30pm.

NORTH TIPP ONLINE BINGO
Bingo takes place every Sunday night at 8pm on Zoom. Contact John Hickey, 10 Burgess GAA or Burgess Duharra Camogie. Bookings can be made at https://www.pallamarketing.ie/product/north-tipp-bingo/ and printed at home to play. Books are €8 each or two for €15. Your support would be appreciated.

SYMPATHY

Sincere sympathy is extended to Pat Hickey and family, Balladale, Newtown, on the death of his sister Mary Hogan, Crooked Court, Kilkenny, and late of Ballinacloch, who died during the week. May she rest in peace.

SILVERMINES

CHURCH SERVICES
Following the easing of the Covid-19 restrictions, Masses will resume in Silvermines Church this Thursday evening at 8pm and on Saturday evening (vigil) Mass at 8pm and Sunday morning at 11am.

Next week Mass on Tuesday morning at 10am, on Thursday evening at 8pm and as usual on Saturday at 8pm and Sunday morning at 11am.

Two separate pods of 50 people will be able to attend Mass. The social distancing regulations will still apply.

We would like to say a big thank you to Joe and David Ryan for being there in church every Sunday morning during lockdown to bring Mass online into our homes. Their commitment is very much appreciated by all.

Special thanks to Fr Moloney for all his support and kindness to the local community during the pandemic. It is greatly appreciated.

SYMPATHY

We extend sympathy to Kevin and Rose Walsh and family, Ballyphilip, on the death of Ross’s brother, Richard, who died recently in England.

Also sympathy to Eileen Gleeson and family, Ballygown, on the death of her sister-in-law, Mary O’Shea, last week.

TEMPLEDERRY

TEMEPedin R GAA LOTTO

Last week’s draw was again held virtually and there was no winner of the jackpot. As the draw continues to be held virtually, this week’s Jackpot will be €6,200. Thanks once again to those running the lottery each week and to all the sellers.

LIFTING OF RESTRICTIONS

With the announcement of the lifting of some restrictions, we are delighted to report that attendance at Mass is now possible again. Mass will recommence in Templederry on Sunday evening at 7pm. Mass will recommence in Curreeny on Sunday morning at 9.30am and also at Killean at 11am. Mass will also be in Templederry on Saturday evening at 7pm.

Both Masses in Templederry will continue to be live-streamed for the time being. Please adhere to the rules when back attending at Mass and keep everyone safe.

THURLES

EASING OF RESTRICTIONS

With the further easing of the Covid restrictions, it was announced at Masses at the weekend that up to 150 people can attend Mass in the cathedral in three pods of 5 people on Saturday and Monday. With the number attending funeral Masses increased to 50, the clergy have appealed to parishes that where there is a Requiem Mass in the cathedral at 11am, that where possible places in the cathedral be left for family and relatives of the deceased with the option of the 7pm evening Mass for others. Social distancing and mask-wearing will continue for the time being.

The lockdown restrictions are being lifted and we encourage you to use the local library, re-open outdoor gatherings up to 15, and the return of outdoor retail (click and collect) and personal services.

NEW PRINCIPAL

The appointment of Trish O’Callaghan as Principal of the Presentation Convent second level school has been widely welcomed. She has been a Deputy Principal for some years and she will take over in September from Maire Collins, who is retiring after many years distinguished service to the school as a teacher and administrator. The new appointment was announced by the school’s Board of Management.

TECHNOLOGICAL UNIVERSITY

The announcement that technological university status is being accorded the LIT facility at Racecourse Road in conjunction with Athlone IT and the LIT campus at Clonmel is great news for the town and consolidates the college’s standing in national education circles. In the context of the educational opportunities which will present, and for industry and business, locally, it is a huge step forward. The Minister for Education Simon Harris, signed the Bill conferring university status on the merger between LIT and Athlone IT last week.

SYMPATHY

The death occurred at the weekend of Mary O’Moore, Ard Mhurche and Rahery formerly Nell Cullagh, she was predeceased by her husband Christy and is mourned by her children John, Brid and Pauline, grandchildren and a wide circle of relatives and friends. Following Requiem Mass in the Cathedral on Sunday, interment was in St Patrick’s Cemetery.

The death also occurred in Olympic’s, Moore Road and formerly of Upperchurch and Kilcolman. Nell Cullagh, she was predeceased by her husband Eddie and is mourned by her children Emer, Mary, Kathleen and Eileen, and by her many relations and acquaintances. Following Requiem Mass in the cathedral, interment was in Upperchurch.

The death occurred in Peterborough, England of Des McNamara, whose late father Leo, was Station Master in Thurles in former years and whose sister Mary Olive was a former Chairperson of Thurles Urban Council. Sympathy to all the extended McNamara family. Funeral and cremation in Peterborough will be followed by the interment of his ashes in St Patrick’s Cemetery. The death has also occurred of Anne Stapleton, Mill Road, Nenagh, who was predeceased by her husband David and is mourned by her sister Brenda and brother Ronan, to whom sympathy is extended. Following Requiem Mass in the Cathedral interment was in Holy Cross.

HURLING NEWS

Sarsfields’ man Ronan Maher was a contender for the Match as Tipperary played out a thrilling draw with All-Ireland and National League champions Limerick in the opening game of the National Hurling League in Limerick last Saturday. His brother Padraic was also part of the action coming in on the second half. Semple Stadium re-opens its doors for the action this weekend when Tipperary entertain Cork in the hurling league on Saturday, a game preceded by the meeting of Cork and Kildare in the National Football League. Cork having to concede home advantage because of a breach of the Covid restrictions.

MONEYGALL & DUNKERRIN

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2. 2.
CHIROPODY CLINIC
Moneymore, Ballycastle, Social Services have organised a chiropody clinic in the Health Centre Moneymore on Monday, May 17th, at 2pm. All enquiries to Mary at 086 8140238.

UNDER CRIMBLIN HILL VOL 3
Lots of articles have been received for the next volume of Under Crimblin Hill, which will be published towards the end of 2021. Submissions of articles or photographs for inclusion can be given to any of the editorial committee: Seamus Doherty, Seamus Ryan, John Fogarty, Kathleen Kennedy, Eugene Ryan or Joseph O’Brien. This year the editorial committee are hoping to include details of local events during the War of Independence period and would welcome information concerning these events. Any photographs submitted will be scanned and returned immediately.

BORRISOKANE
RETURN OF SUNDAY MASSES IN OUR PASTORAL AREA
We are delighted to welcome you back for weekend and weekday Masses. The recent Government directive confirms that Mass can take place with up to 50 people with strict social distancing in place (per the Diocese).
You are encouraged to wear face masks in the church. It is highly recommended. When the churches are full according to social distancing, that is the limit. We ask you to please follow the advice of the stewards and understand how difficult and frustrating this is. Holy Communion will be taken to you by Priest or Minister of Eucharist as you remain seated.
Collections: There will be a facility at the main entrance to donate and at either exit as you leave. We want to thank at this time all our stewards who make it possible to celebrate in a safe way.
The numbers at funeral and wedding services is capped at 50.
Outdoor worship is not permitted with Government restrictions on organised outdoor gatherings.
Confirmation Preparation: Bishop Finnian has sent a letter to parents of Confirmation young people via schools.
From May 12th and for seven weeks, the Diocese will send a weekly reflection through the schools for each family. These are taken from the important themes in the Grow in Love curriculum for Confirmation. An online Liturgy of Preparation for all Confirmation young people across the Diocese, Tuesday, May 18th, 8pm. Link to be sent next week. Regrettably, due to Covid, Bishop Finnian will not be coming to our churches this year for Confirmation.

COMMUNITY MARKET
Lakeshore Community Market will be in Lorrha this Saturday, May 15th, from 10am to 12 noon. Showcasing local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

BORRISOKANE GAA
Juvenile Best of Luck to all our underage teams this year. Hope you all really enjoy being back training. Training times for each grade as follows - U11s - 6pm, Tuesday and Thursday; U13s - 6pm, Monday; U15s - 7pm, Tuesday; U16s - 7pm, Wednesday; U18s and 9-6pm, Thursday; U16 - Children born 2011 and 2010; U18 - Children born 2012 and 2013; U17 - Children born 2014 and 2015.
After last year’s great success, Borriskane Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will return from August 17th to 19th. Three days of GAA activities, including hurling, football and hurling, targeted at each age group from our U7 to U16s. So pencil in the dates above and work around your ‘Staycation’. More information will follow in the coming weeks.
Water Notice: Please contact any club member if you need water or assistance due to the current water situation within the Borriskane community.

CLOUGHJORDAN
REOPENING OF CHURCHES
As from Monday, May 10th, congregations will be permitted to attend weekday and weekend Masses in Cloughjordan, Ardconor and Kilhown churches. The maximum number of people that can attend Mass is 50. The precautions that were established between June and December last year will still be in place in the three churches and Mass-goers are requested to co-operate with the procedures in place.
The Mass times for this weekend are as follows: in Kilhown at 6pm on Saturday; Ardconor at 7.30pm on Saturday and Cloughjordan at 11am on Sunday.

TROCAIRE COLLECTION
There was a great response from the Cloughjordan parishioners to the annual Lenten Trocaire collection which raised approximately €4,000. Thanks to all who contributed to the collection.

AN POST
An Post have announced that from May 27th the cost of posting a standard letter within Ireland will increase from €1 to €1.10 and the cost of posting a standard international letter will increase from €1.70 to €2. This increase was due to the increase in the cost of stamps introduced in February 2020 but was postponed because of the Covid-19 pandemic.

AGM
The annual general meeting of the Kilruane MacDonaghs club will take place on Zoom on this Wednesday, May 12th, at 6.30pm.

LOCAL WALKING TRAIL
The Irish Examiner in conjunction with Sports Ireland have launched a booklet of three volumes showcasing 100 walking and cycling trails across Ireland that can be enjoyed this year.
Volume two of the booklet, which was published with the Irish Examiner last Saturday, featured the local loop of Loughlina and Loughmore walking trail, which takes you through the villages of Loughall, Loughlane and over the Silver Stream into the Scolloboy Bog Site. The 5.7km trail will take you through a diverse landscape of old woodland, an old bog road, forest path network and into an award-winning raised bog restoration project.

RUGBY
Munster scored a comprehensive win over Ulster by 38-10 in the PRO14 Rainbow Cup played in Thomond Park last Friday night. Ben Healy came on as a second half replacement at out-half for JJ Hanrahan.

HURLING
Tipperary and Limerick played out an exciting draw in the first round of the League in Limerick last Saturday, Niall O’Meara, who had a fine game, lined out at wing forward for Tipperary and Cian Darcy was a substitute. Tipperary will play Cork on this Saturday, May 15th, in Thurles at 7.30pm in the second round. Hopefully, Craig Morgan will get a place on the Tipperary match day squad for this game. The game will be televised live on RTE.

HURLEY REPAIRS
Our local Tipperary hurler Cian Darcy has set up a hurley repair business. Cian can be contacted at 089-9880823 and by email at cian.darcy.2016@gmail.com.

MACDONAGH MUSEUM
The Thomas MacDonagh Museum will reopen on this Friday, May 14th, to welcome visitors. It will be open for the weekends for the moment, 2-4pm on Friday, Saturday and Sunday during May and June. We look
forward to making exhibitions available once again and introducing new activities for all ages. The final free online event, as part of the Cloughjordan Honours Thomas MacDonagh celebrations, will take place on Thursday, June 3rd. When Ger Hefterman will deliver an illustrated talk on the Modesty Ambush which took place on June 3rd, 1921.

LOCAL LOTTO
The jackpot for the next draw in the Kilruane MacDonagh's Lotto is €2,500. Thanks to all subscribers for your continued support.

SCRAP METAL COLLECTION
Kilruane MacDonagh’s camogie and juvenile club are holding a scrap metal collection from May 5th to 21st. The scrap metal can be left at the yard of James Lysaght in Cloughjordan and at Ardcroney Stone and Pavina in Ardcroney. Scrap items that will be accepted include old farm machinery, washing machines, cookers, copper tanks, piping, galvanised steel, bicycles, slats, old cars and batteries from cars and tractors. Items that cannot be accepted include fridges, freezers and kettles of any type. For items that need to be collected or for any queries contact Joe Cahill at 087-1335064, Brian Gaynor at 086-2335569, Kieran Nevin at 086-6734866 and John Jones at 087-1869850.

TRAIN SERVICE
The train service on the Ballybrophy to Limerick line is expected to resume around the third week in May. The times of the bus service (Monday-Saturday), which replaces the train service as follows: from Cloughjordan to Limerick at 10:30 and 14:47 and from Limerick to Cloughjordan at 6:30 and 16:55, from Cloughjordan to Ballybrophy at 7:35 and 18:11 and from Ballybrophy to Cloughjordan at 10:08 and 19:05. The Sunday bus service leaves Cloughjordan for Ballybrophy at 16:36 and from Ballybrophy to Cloughjordan the bus leaves at 15:42.

LORRHA

LATE MARY O'BRIEN

The death took place on Wednesday, May 5th, of Mary O'Brien, Derry, Rathcabbin, Née Hynes from Fiauly, outside Birr, Mary lived for most of her life in Surrey, England, where she and her husband Michael reared a family of five. They returned to Ireland a number of years ago on their retirement and settled in Michael’s home parish. A friendly, quiet and was-going lady, Mary always had a ready smile and a word for everyone she met. Instead of returning to Surrey to meet up with her family, they came over to Rathcabbin and she looked forward to their visits every summer with great enthusiasm and interest, loving every minute of their stay and getting that cherished time with her grandchildren. All of them will miss her so much now.

It was after a short illness that Mary passed away at the Regional Hospital in Tullamore. She is survived by her husband Michael, daughters Deirdre and Jackie, sons Damien, David and Michael, grandchildren Seán, Lucie, Lila, Michael, Erin, Kieran, Ciaran, Alexander, Kian and Róisín, brothers, sisters, brothers-in-law, sisters-in-law, aunts, nieces, nephews, relatives, neighbours and friends, to whom sympathy is extended. After funeral Mass in Our Lady Queen of Ireland Church, Rathcabbin, on Tuesday morning last, May 11th, burial took place in Bonorham Cemeteries. May Mary rest in peace.

LATE FR. JOHN DONNELLY, AP

There was widespread sadness in the parish when news spread on Sunday evening last, May 5th, of the death of our retired PP and the much loved Fr. John Donnelly, Rathcabbin. Fr. John celebrated his 90th birthday last March and was in good health until recently. When he was appointed PP to the parish of Lorrha in 1968, he was moving closer to home and closer to his family as he had been raised in and raised in nearby Cadamstown outside Ballybrophy. Born in 1929, the second youngest of eight children, he was educated in Kinitty NS, St. Flannan’s College, Ennis and at St. Patrick’s College, Maynooth. On June 20th 1948, he was ordained to the priesthood. His first assignment was to the parish of Plassey in East Meath and after two years he took up his new parish in Ireland in Greystones, Co. Wicklow. He was on the staff of St. Agnes Hospital in Athlone and from Ballybrophy to Cloughjordan at 10:08 and 19:05. The Sunday bus service leaves Cloughjordan for Ballybrophy at 16:36 and from Ballybrophy to Cloughjordan the bus leaves at 15:42.

especially his niece Pauline McIntyre and his family who reside in the parish. May Fr. John’s gentle soul rest in peace. No funeral arrangements at time of going to print.

SYMPATHY

Sympathy is extended to the nieces, nephews and cousins in the parish of the late Tommy Kennedy Shinnemon and former Ballybrophy School teacher. Tommy, May 9th, at his home. Deeply regretted by his wife Maureen, sons Philip, John and Gordon, daughters Geraldine and Liam, sons-in-law, daughter-in-law and grandchildren, brothers-in-law, sisters-in-law, nieces, nephews, relatives, neighbours and a large circle of friends. After funeral Mass on Tuesday last in St. Mary’s Church, Shinnemon. Tommy was laid to rest in the new cemetery in Shinnemon. May he rest in peace.

HOUSES FOR HOSPICE

Breda Hassett is a secondary school teacher in Banagher College and is well known to many in our parish through her children attending that school. Breda is presently undergoing breast cancer treatment and she has already raised a whopping €14,500 for Breast Cancer Ireland. Now she has pledged her support for the Offaly Hospice fundraising drive and a family friend has come forward in order to help her raise much-needed funds and that is just one of the unique prizes up for grabs in a monster draw which will take place on May 19th. The Cork native, along with the Offaly Hospice committee, decided to raise funds for her school and with fellow teachers, has already raised €3,000 through sales of 35 raffle tickets, but Breda is hopeful that they can double or even triple that. There’s a host of other prizes including a €200 One for All voucher and a €500 voucher for the Radisson Blu Hotel in Athlone along with numerous other prizes.

Houses 4 Hospice is helping to raise funds to build a level 3 hospice to provide specialist end-of-life care and support for people in the Midlands, Laois, Offaly, Longford and Westmeath because there is no hospice in the area, with the centre to be based in Tullamore. We all hope we will never need it, but without doubt, some of us will. To donate, go to the Banagher College website where there is a link to the irishcranio populace you can purchase a ticket from the TV students or teachers for just €5. We wish Breda well with her fundraising for Offaly Hospice, but above all we wish her the very best of luck with her ongoing cancer treatment.

WELL DONE

Congratulations to Bonner and Brian and the Tipperary hurlers on sharing their first point of the league with All Ireland
champions Limerick. We extend the best of luck to the lads once again when they play a hungry-looking Cork side on Saturday evening at home ground with throw-in down for 7.30pm. This should be a great game if both sides are on form.

CHURCH NEWS

We are delighted to welcome you back for weekend and weekday Masses from next weekend. The recent Government directive confirms that Mass can take place with up to 50 people with strict social distancing in place. Everyone is encouraged to wear face masks in the church. When the churches are full according to social distancing, that is the limit. We ask you to please follow the advice of the stewards and understand how difficult and frustrating this is. Holy Communion will be taken to you as you remain seated. There will be a facility in both churches to make contributions to the church collection. The numbers at funeral and weddings services is capped at 50. Outdoor worship is not permitted. We want to thank all our stewards who make it possible to celebrate in a safe way.

MASS TIMES

Lorrha: 6.30pm every Saturday for now. Rathcabbin: 11.30am, Sundays. Borrisokane: 7am, Saturday, Killarney 8pm, Saturday. Terryglass: 9.30am, Sunday, Borrisokane: 10.30am, Sunday.

CONFIRMATION PREPARATION

Bishop Fenton has sent a letter to parents of Confirmation young people via schools. From May 12th, for seven weeks, the Diocese will send a weekly reflection through the schools for each family. These are taken from the important themes in the Grow in Love curriculum. An online Liturgy of Preparation for all Confirmation young people across the diocese, Tuesday, May 12th, 8.30pm. Link to be sent next week. Regrettably, due to Covid, Bishop Fenton will not be coming to our churches this year for Confirmation.

MONASTIC TOUR

Monastic Tour of Lorrha takes place on Saturday, May 15th, at 10.30am as part of the anniversary of the establishment of Sceil Community Shop. Meeting at the Community Hall where the Lakeshore Market is taking place from 10am to 12pm. This hour-long tour is aimed at families and will combine the legends and myths of times past with the local history. This is a free event but booking is essential as places are limited. To avoid disappointment, book early. Phone: 087 2031798.

COMMUNITY MARKET

Lakeshore Community Market will be in Lorrha this Saturday, May 15th, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

WIN MONEY!

Kiladangan GAA Lotto is now live on Facebook every Monday night at 8pm. Details of how to enter are as follows. Just buy €2 per ticket or €5 for three tickets, available at Kennedy’s shop, Puckane and Tony’s Tip Top Shop, Ballinamona. Why not enter online at kiladangan ga.com and there are a number of options as to how long you sign up for. The jackpot currently stands at €5,300. Thanks to everyone for their support and stay safe.

CONGRATS

To Kiladangan personnel involved with Tipperary senior hurlers in last Saturday night’s opening round of the Allianz Hurling League against Limerick in the Gaelic Grounds. They will be in action again this week when Tipperary take on Cork in the second round of the Alliance Hurling League next Saturday. Best of luck to everyone.

TENNIS

Play at Puckane Tennis Club resumed last Monday, May 10th, please check with the official for bookings and other information.

PORTUMNA

GRANTS SUPPORT COMMUNITY INITIATIVES

Almost €60,000 of Social Inclusion and Community Activation grants have been approved by Galway Rural Development recently, including €2,350 to the Portumna Lawn Tennis Club toward their outdoor community refurbishing efforts. GRD has warmly praised the variety of supports offered, and commented that the club, as the county prepares for the easing of restrictions.

TENNIS UPDATES

There was some good news for tennis clubs all over Ireland with the recent easing of the Level 5 restrictions. Clubs opened last Monday, April 26th, with very specific guidelines in place that had to be followed as per Government and Tennis Ireland rules. Singles, household doubles and junior coaching was permitted to the delight of many.

Over the first two weeks of opening, the court bookings were very busy with many members back to playing regularly. The committee have organised four weeks of one-hour adult and junior coaching for the month of May. Coaching is a great way for players to improve their tennis and all levels are catered for including beginners. The committee would like to thank all members for their cooperation adhering to the new rules and regulations since the recent
COMMUNITY MARKET
Lakeshore Community Market will be in Lorhour this Saturday, May 15th, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

ROSCREAG

TRAIL BLAZERS
This Thursday sees the return of our very popular Thursday evening walks. It’s been a difficult few months without meeting up with our walking buddies. We would encourage you to join us on our Glen hike around Mount St Joseph Abbey and the new prayer garden loop. Graded: Moderate.

Time: 2.5 hours, meeting at the car park inside the front gates of the Abbey at 7pm. All are welcome, young and old. For more details call Cathal on 086 3399193. We hope to see you soon.

RECENT DEATHS
Eileen Bourke, Mallow, Nenagh, Roscrea and formerly of Slatebrook, Clonakenny, (retired public health nurse), died peacefully on April 30th at University Hospital Limerick. She was pre-deceased by her parents Annie and James, her brother Tom, sister-in-law Esther and her nephew Jamie. Sadly missed by her loving nieces Aine Bourke, Brigitte Martin and Evelyn McGrath and their partners Liam, Johnny and Eamon, grandnephews Laura, Grace, Hannah, Lucy Sarah and Katie, her nieces, nephews, relatives, kind neighbours, former colleagues and friends. Funeral Mass for Eileen took place on Sunday at St Brigid’s Church, Clonakenny, followed by burial in the adjoining cemetery.

Marc Loughnane, Barra, Shinnrane and late of Roscrea, died peacefully at home on April 29th, surrounded by his loving family. He was pre-deceased by his father Harry, deeply regretted by his mother Mary, brothers Richard, Kevin, Terrence and Sean, sister Ann, sisters-in-law, nieces, nephews, relatives, good neighbours and large circle of friends. A Cremation service took place at Shannon Crematorium last Saturday.

SPEAKERS CLUB
We had our fortnightly meeting on Thursday last. We were delighted to welcome new recently joined members to our club and also guests on the night. Toastmaster on the night was Una Mooney and the topics for discussion were provided by Rachel Comiskey. Tim Meehan was timer and our guest was Alan Coffey with Teresa Ryan Feeney giving a detailed evaluation of our meeting at the end of the evening. Congratulations to Siobhan Bourke for delivering her first speech since joining the club with Annemarie Blessing giving her second speech since she recently joined. Both speeches were positively evaluated by Sean Dwan and Matt Bourke respectively. A lively and enjoyable evening was had by all with our new members adding hugely to the quality and enjoyment of the meeting. Listening skills as well as speaking skills are a big part of what we practice in Toastmasters and Sarah Power tested our listening skills during the meeting with a number of clever questions at the end. Our next meeting is on Thursday, May 13th, and as always all are welcome to tune in via Zoom. Please contact Larry on 086 8129487 or roscreaspeakers2021@gmail.com for meeting details.
Pictured at Moneygall GAA Walkway in relation to the award of a LEADER grant totalling €29,385 to Moneygall GAA Club for the development of their community walkway - from left: Cllr. John Carroll (Chairman, Tipperary LCDC), Mary Greene (Community Walking Club), Pat Sheedy (Chairman - Moneygall GAA Club), Leila McKeogh (NTDC), Michael Murray (NTDC). The LEADER Grant was awarded under the Rural Development Programme 2014-2020 under the aegis of the Tipperary Local Development Committee and administered through North Tipperary Development Company.

Paddy Shanahan, Toomevara, took this photograph at sunrise in Latteragh Woods to mark the Darkness Into Light events held last Saturday in aid of Pieta House.

Alanna Durack and her son Odhran at Templemore Park. PHOTOGRAPH: BRIDGET DELANEY
Locals in Dromineer - Declan Collison and Charles Stanley-Smith with his dogs Ashley and Oakley. PHOTOGRAPH: BRIDGET DELANEY
GAA Roundup

Ballina

Restrictions Lifting: Juvenile & Adult training has resumed and it’s great to welcome everyone back, but pods still apply. Games are expected in early June. Please remember to complete your return to play form before each session that you and your children are attending. A help video on return to play is available on our website http://ballinatipperary.gaa.ie under the noticeboard section.

Inter-County: Well done to Mikey and the Tipperary team on their draw with Limerick. Best wishes to Tipp Senior Footballers v Limerick on Saturday and Senior Hurleys v Cork on Saturday also.

Membership: We are appealing to people to pay their membership via www.fiateam.ie. You used to receive a second hand jersey last year for you or your family to pay, train or attend games, then you can use the same details to log in again in 2021.

Considering current restrictions, we have extended the closing date for membership. There may be limited attendance at club games, and we will consider membership a vital factor in who is allocated tickets.

Contact registrar Paudie Sheehy 086-311781 for help or cash payments or visit our website for a help video on registration.

Healthy Club/Defibrillator: As part of the Healthy Club project, the club grounds are now a smoke free zone. Our club is also discouraging the use of single use plastic. Players are asked to use their own water bottle at all trainings and games. This is a health & environment issue. We have joined the GAA’s community heart program to purchase a defibrillator for the club. You can donate via the link: https://saavestate.com/munityheartprogram.com/gaa/epg/ballina

Club Clean up/Policies: Thanks to everyone who volunteered their time on Saturday. Some vital policies should be read at www.ballinatipperary.gaa.ie/Pages/Units/CommunityHealth.aspx

Referees: With the return to play, games will hopefully start coming thick and fast. The club has two referees in Sean O Malain and Brendan Ryan. If you are interested, contact Gerard Mc Keogh.

Borrisokane

Juvenile: Training times for each grade are as follows: U11 - Tuesday & Thursday at 6:00pm; U13 - Monday & 6:00pm; U15 - Tuesday at 7:00pm; U17 - Wednesday at 7:00pm; U19 - Thursday at 6:00pm.

Summer Camp: After last year’s great success, Borrisokane Juvenile Club are delighted to announce that our Gaeltacht Games Summer Camp will return this August from Tuesday 17th to Thursday 19th. Three days of GAA sports, including hurling, football & fun, targeting each age group from our U7’s to U17’s. So, pencil in the dates above and work around your availability. More information will follow in the coming weeks.

Burgess

North Tipp Online Bingo: continues every Sunday at 8:00pm. To play you can purchase your bingo book at www.pagelottery.ie/product/north-tipp-bingo or by clicking on the link on any of our social media pages. Books are €8 or 2 books for €15. Our bonus lucky dip round is draw to three envelopes this week with one of the top prizes still remaining. Please spread the word. As player numbers increase, the winnings will also be increased.

Lotto: Monday 10th May’s lotto was for a jackpot of €5,500. For updated information on lotto winners, check out any of the club’s social media pages each week. Tickets are €2 each or 3 for €5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club lotto seller.

Lotto AGM will take place on May 19th in the juvenile stand in Nenagh at 8:00pm. Please contact lotto chairman Pat Stanley for further information.

Best of Burgess: This week host Paul Carroll interviewed one of our club presidents, PJ Hogan. PJ shared some great memories and had some lovely words on club legends who have gone before, along with a few yarns along the way. If you have missed out on any of the series so far you can catch them any time on our Facebook and Instagram pages. Check out our social media to see who is starring in next week’s show. Thanks to both Paul and PJ for keeping us entertained. If you would like to take part in the series, please contact club PRO Laura Carroll 087/1313181.

Vacant Positions: We are still recruiting for an Irish Language & Culture Officer and a Healthy Club Officer. If you or anyone you know is interested contact club secretary Gemma Flynn 087/2359336.

Return to play - Covid-19 Officers: In order for teams to return to the field of play, the club must have a Covid Officer present at each training session and match. The job involves keeping a record of all attendees via the GAA’s return to play site and ensuring each member has completed their health check prior to arriving at the field. We had a team of officers in place last year however we are hoping to add to that team as much as possible in order to reduce the workload so that each officer would only be covering a session every fortnight. Full online training is provided which takes approximately 30 minutes to complete. If you are interested in helping contact club secretary Gemma Flynn 087/2359336.

Sympathies: The club would like to extend our deepest sympathies to Josephine Ryan and family, Ballyhannen and all of the Borrisokane family on the death of Josephine’s mother Mary Bourke (nee Gleeson) Summerhill, Nenagh in her 104th year. Ar dheis De go raibh a h-anam.

Kiladangan

Lotto: There was no winner of last week’s £82.00 Jackpot of the Second Chance. We would urge people to sign up for the lotto online at kiladangana.com. There is a number of options available online on how long you can sign up for. You can also enter the lotto in the shops and restaurants in the parish. The lotto will be streamed live on the Kiladangan Facebook page every Monday at 9:00pm.

Darkest in Light: Well done to all who braved the weather last Saturday morning for the Darkest in Light fundraiser in aid of Pieta House. Just over £1,200 was raised by the club with all funds going towards Pieta House. Thanks to all those that took part and that donated.

Membership: There has been a new membership category added to the club website. For £300 you will be purchasing non-playing membership to the Tipperary Draw as well as a year’s entry to the lotto which includes 3 entries per week. The remaining rates are as follows: Adult Playing (with Gym) - £130, Adult Playing (with Gym & Lotto) - £200, Student (with Gym) - £80, Student (with Gym & Lotto) - £150, Non-Playing - £60, Non-Playing (with Lotto) - £100, Non-Playing, Lotto & Tipp Draw - £200.

You can purchase online at kiladangana.com or contact registrar Fergal Hayes 086 833 7421.

Inter-county: Barry Horgan, Alan Flynn and Willie Connors all started in Tipperary’s
draw against Limerick in their opening game of the National Hurling league with James Quigley and Paul Flynn named on the 26-man match day panel with Billy Seymour also in the squad.

Sympathy: The club wish to express sympathy to the friends and families of Willie Stattery (Puckane) and Anna Darcy (Drominmore) who both passed away recently. May they rest in peace.

KILRUANE MACDONAGHS

AGM: The Annual General Meeting will be held on Zoom this Wednesday, 12th May at 8:30pm. The link has been circulated to members.

Return to Play: All our teams commenced training this week after a Covid spike in the locality delayed the return. Thanks to all our coaches and Covid supervisors who facilitated a smooth resumption of activities.

Scrap Metal Collection: The Juvenile and Camogie clubs have teamed up once again in a joint fundraising effort. A Scrap Metal Collection is being organised between the 9th & 23rd May. Items can be left at Airdrone Stone & Paving E4.5K865 or Michael Cahill's James Last Yard, Cloughjordan.

The following items will be accepted: old farm machinery, household appliances/white goods (washing machines, cookers, dryers etc.), copper tanks, piping, galvanised steel, bicycles, slides, old cars, general unwanted scrap metal (domestic and industrial) and all types of lead batteries. We cannot accept fridges, freezers, or bulbs of any type. All enquires to Kieran Nenin 0868771666, Brian Geary 0872536695, Joe Cahill 0873150934, or John Jones 0861952659. Collection can also be arranged.

Membership: Fees for 2021: Players U18 €60; Players over 18 €100 - this includes Lotto Subscription for the year, and non-playing adults €50. Subscriptions are now due. The Juvenile Club will facilitate the payment of membership on specified evenings which will be notified to parents. Managers of adult teams will arrange the collection of membership from players on their respective panels. Non-paying adults can renew membership with any member of the committee.

Club Package: is growing in popularity each year. For just €200 you will have a full year’s Lotto subscription, entry to the Tipperary Draw as well as your membership. In effect, supporters who subscribe to this Package will have free membership – a saving of €30. Supporters who availed of this Package last year will be contacted during the week while new subscribers can join with any member of the committee.

Lotto: The Jackpot now stands at a very attractive €2,600. Tickets are available from the usual cutlets or you can join on Clubforce.com. Thanks for your continued support.

Sympathy: The club extends sympathy to Paula McSharry, Ardford on the death of her mother Mary Bourke (née Gleeson), St. Mary’s Terrace, Naas and formerly Garryard, Silvermines.

KNOCKSHEGOWNA

Junior Hurling: Training will commence this week on Tuesday/Tuesday, Thursday at 8.00am. Players need to hit the ground running with the possibility of the Junior Championship being played in the summer months.

Walking: The GAA are running a 6 week walk/walking initiative called “Keep Walking Kilkenny”. People of all ages are welcome to participate. If interested call to the GAA field on Wednesday and Friday at 8.30pm where social distancing rules will apply.

Sympathy: The Club would like to express deepest sympathy to the family and friends of Jaim Hough, Borrisokane and Tommy Kennedy, Shinn are who passed away recently.

LORRHA

Sympathy: On Sunday, we learned of the sad passing of former club president and great supporter of the club Fr. John Donnelly. He had been in the parish for 34 years and was a keen follower of all GAA activities. His presence will be greatly missed.

Sympathy also to Michael O'Brien, Rathcoollen on the death of his wife Mary. May they rest in Peace.

Féile Skills: Well done to Conor Kennedy, who did the blu jersey proud and as he represented North Tipperary in the U14 Féile Skills final in Dr. Morris Park on Friday and finished runner-up.

Cúl Camp Coaching: If any of our members (over 7) want to become a Cúl Camp coach this summer, you can find the application form on our Facebook/Twitter or at Kellogsgucamp2021.gae. The Lorrrha Cúl Camp will take place in the week from Monday 18th to Friday 23rd July. Contact juvenile secretary Kathleen Gleeson 0868650428 for booking details.

Lotto: Our Lotto jackpot now stands at €4,400. Our weekly draw results can be viewed on Facebook every Tuesday night. Tickets can be purchased online through our club website at www.kilmallaghgaels.com/club-lotto at any time. We are very grateful for your ongoing support.

NEENAGH EIRE OG

Development/Fundraising: With the preliminary work on the new hurling wall well underway, we are also well underway with the fundraising for this project. We sincerely thank all of those who have donated to date and thanks also to our team of members who have worked hard over the past number of weeks organising these donations. We will continue to work on this over the next number of weeks so please continue to make your donations, any amount is welcome and appreciated and hopefully the target for this phase
of the project will be reached shortly.
Further information can be had from Liam Heffernan, Mary Jo O’Reilly or Anne Kennedy.

One-Club Volunteers: A group of volunteers from the adult, juvenile and camogie clubs got together last week to help with the preparation of the new viewing bank at the top end of the field. This group, which was pulled together at very short notice, did great work in cleaning and preparing this area for grass seed. The clubs thank everyone who volunteered for all their help in getting this job done.

Lotto: Our jackpot on May 10th was €5,000 - our highest jackpot to date. This lotto draw was the twentieth draw in the current cycle and the draw for the three winners of the €500 will take place next week. The presentation of the €5 and €100 to the Healthcare workers will also take place in the coming weeks.

We thank you all for your continued support of our lotto, those who wish to join can do so through the link on the club website - www.nenaghrocos.com.

Membership: The deadline for the payment of membership has been extended to 31st May. All adult and juvenile members who wish to remain a member for the year must pay their membership by 31st May. The club is currently experiencing a high number of queries on membership. Please ensure you check your membership status online and follow the club’s social media pages for updates.

Return to Play: The return to play dates for the current season are 19th and 26th of June. All players must attend their respective training sessions to ensure a safe return to play.

100km Walk: The 100km walk is open to all members and will take place on the 10th of June. All members are encouraged to participate and will receive a certificate for their efforts.

Silvermines: Silvermines GAA have a number of dates open for members to play their own games. Details can be found on the club’s social media pages.

Allianz League: The Allianz League is open to all members who wish to take part. Details can be found on the club’s website.

Portroe: Portroe Senior and Juvenile clubs along with the Camogie Club will hold another membership evening this Wednesday 12th May from 7 to 9.00pm in the clubhouse. New players and members are always welcome.

Please note that if you are not sure about your membership status, you can check by contacting the club secretary or by visiting the club’s website.

Online Bingo: Play online bingo, via Zoom, in association with Roscrea Hurling Club and Roscrea Community Hall every Sunday night at 8.00pm sharp €200 in prize money for the game. Single book €10, Double book €15. Books can be purchased on Club’s social media sites. Last purchase for books is 10.00pm on Saturday nights.

SHANNON ROVERS

Return To The Playing Fields: With further Covid lockdown restrictions lifted last Monday we hope our return to the playing fields will be a safe one. Everyone must make sure all the GAA protocols are put in place. Visits of our coaches and registration of players is also very important. Everyone log in to their Roscrea account and submit their health questionnaire.

Juvenile Football Fixtures: The under 17 and under 15 football competitions will commence in early June. Our under 17s will have the privilege of starting off on Monday 21st June travel to Portroe for the opening game. The following week they are due to play host to Shercock/Lettemullen before completing the stage group with a third round game at home to Emly. All games have a 7.00pm throw.

The opening game for our under 15 footballers begins on Thursday 10th June with an away fixture against Portroe. Round 2 sees us at home to Cahir before we travel to Ballyporeen for round 3. Hopefully, a venue somewhere halfway will be found for this game. Again, the throw-in is fixed for 2.00pm.

SILVERMINES:

Lotto: Silvermines GAA have a jackpot of €2,700 and the club are appealing to all members to play the lotto online through Clubzapp or by logging onto www.silverminesgaa.com. Tickets can be bought at €10 for 5 weeks (1 entry per week) or €5 for 3 tickets (recurring weekly).

Membership: Membership is still outstanding. Adult Hurler - €60; Adult Non-Player - €40; Student Player Senior Club - €40. Walking track membership - €30. All memberships can be paid online via the Clubzapp app.

Tipperary: Congratulations to Jason Forde who was awarded the Player of
the Match award in Tippecanoe Allianz League opening round draw with Limerick in the Gaelic Grounds on Saturday.

Juvenile Return to Play: We are delighted to have welcomed back all our juveniles this week. Please continue to remember to log onto the return to play site, https://returntoplay.gaa.ie/ to complete your child’s health questionnaire prior to each training session. Health and safety is of great importance to everyone at the moment and your cooperation with this will be appreciated. Any questions contact Noreen 0879288642.

Under 5 Nursery Group: An Under 5 nursery group for boys and girls born between 1st January 2016 and 31st June 2017 will be commencing shortly. Anyone who is interested and would like to register their child can contact Noreen 0879288642 for further details.

Juvenile Clothing Collection: Please continue with the Spring cleaning and keep us in mind. Now that we are back in Dolla we are organising a collection date and we will keep you updated.

TEMPLEDERRY

Lotto: There was no winner to last week’s Lotto. Our jackpot now stands at €6,200. The results of our draw can be viewed on our Facebook, Twitter & Instagram page every Monday night.

Return to Play: We are so excited that all of our teams can finally return to training. All players must ensure their membership is up to date.

All new players are welcome so there’s no time like the present for new players to register or players who haven’t played in a while to make a comeback.

As the new season begins, we would like to wish the very best of luck to all of our senior and Juvenile teams.

Juvenile training times are as follows: U7 & U13 - Mondays & Thursdays at 7.00pm; U15 & U17 - Wednesdays & Saturdays at 6.00pm.

Membership can paid via www.fair carn.ie
Tadhg Whyte from Moneygall was runner-up in the County Féile Football Skills final, with Coiste na nÓg Chairperson Tommy Landers.

Lorrha's Conor Kennedy was runner-up in the Féile Hurling Skills County final at Dr Morris Park Thurles, with Coiste na nÓg Chairperson Tommy Landers.
Billie Eilish
HAPPIER THAN EVER
The newly blonde pop queen will release her second album this Summer, with single Your Power already teased as the first single. Considering how brilliant her debut album was, we're readying ourselves. Out July 30th.

TIME TO PARTY!
Lord knows we love judging the outfits from our couch and this year is no different! Introducing the Eurovision Quarantini Box-a fun and safe way to share some drinks with your friends while judging the best and the worst on this years Eurovision Final on May 22nd!

Each one contains drink ingredients, a virtual cocktail masterclass, score cards, Eurovision bingo cards and even food if you like. Boxes are available from INFO@CATCHEVENTS.IE, get ordering your space now!

Loah
THE BODY TO THE SOUL
Irish-Sierra Leonean artist released a poem by Eva Gore-Booth set to music in commemoration of Poetry Day Ireland, resulting in an absolutely stunning record. Out now.

TAKEAWAY PICNICS
Our summer is going to be mainly spent in parks by the looks of things but that doesn't mean it can't be glamorous! Enter The Lily & Wild Take-Away Picnic in aid of Breast Cancer Ireland, available at weekends from the 1st May.

Launched in lockdown by Kevin & Davina Walsh, the takeaway picnics have everything you need to enjoy a day in the outdoors is beautifully prepared and presented in this Picnic. Being mindful of the environment, minimum disposables are used and instead jars and wooden cutlery are included. Each

Jessie Ware
PLEASE
The floorfillers just keep coming from Miss Ware, and new single Please does not disappoint. The Summer vibes are off the scale with this one! Out now. Picnic includes a eco-friendly, re-useable cooler bag too!

All profits from the picnics for the month of May are going to Breast Cancer Ireland. Collection is from Naas Racecourse from their funky vintage Citroen van and costs start at €25pp which includes a sumptuous 3-course meal. The picnic can be catered for vegans, vegetarians and children and there will also be delivery available in the local area.
Order online for Click & Collect via Instagram: @lily_and_wild or www.lilyandwild.ie
"It wasn’t straightforward" | Naoupu and Daly's pathways to the elite

Irish rugby star Sene Naoupu and Irish hockey star Nicci Daly joined Off The Ball to discuss their pathways to the top of their respective sports.

Naoupu and Daly joined the show and offered their insights as part of our Horse Racing Ireland special, 'Back on Track – Lessons from a Sporting Life'.

Interestingly, both athletes told a similar story of how they were late arrivals to their chosen sport after playing a great range of sports as children.

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Naoupu, who has 41 caps for the Irish women's rugby team explained though that rugby wasn't her first sport.

"In New Zealand, basketball was actually my first sport," she said.

"It wasn’t until I was around 17, 18, 19 that I decided to give rugby a real serious go because before then I was trying everything.

"One of the key motivations for me to go with rugby was that I was quite motivated to achieve certain things.

"I would have loved to keep pursuing basketball but maybe the pathway at the time wasn’t as strong as rugby."

Irish hockey player Nicci Daly told a similar story of how she initially played other sports before arriving at hockey in her later childhood.

"I actually was a Gaelic footballer before I was a hockey player," Daly said.

"I was one of those kids that loved every sport, whatever was going, I was going to give it a go.

"The Gaelic football was the first time that I was ever part of a team though and I really loved going to play matches and it became a sort of regular thing every week."

Daly recalled going to secondary school and her mother buying her a first hockey stick as she would be needing it.

"When I went to secondary school, I had never heard of hockey," she said.

"I suppose I was a bit stubborn to the idea at the start but actually it was a really difficult game to learn and I think it was the challenge of it that motivated me to want to stay with it.

"Learning then that there was an Olympic games associated with being a hockey player, there was that motivation that it could actually go somewhere. Little did I know how difficult it would be to actually get to an Olympics at the time.

"It wasn’t a straightforward pathway for me. I certainly didn’t dream of being a hockey player when I was younger but I got introduced to it, I liked it, I liked the challenge that it brought and I was motivated then to see how far I could go with it."

'Back on Track – Lessons from a Sporting Life' with Kate Harrington, Sene Naoupu, Ursula Jacob and Nicci Daly!

Supporting the Breast Cancer Ireland race day at Leopardstown this Friday. Please donate what you can to breastcancerireland.ie/donate

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Read more about
'Physical education is every single day in New Zealand'| Sene Naoupu

Irish rugby player Sene Naoupu offered some interesting insights on the differences between how New Zealand and Ireland approach youth sport and fitness.

"There are certainly differences," Naoupu said on Off The Ball as part of our Horse Racing Ireland special, 'Back on Track – Lessons from a Sporting Life'.

"In New Zealand, physical education is every single day. The time that kids have in school to exercise both in a structured environment and at playtime is maximised.

"This combination contributes to physical literacy, fundamental skills and confidence as they progress into whatever type of sport they want to do."

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Naoupu also talked of how the modern generation are exposed to so many more sports.

"A quick example, a family example actually with my nieces and nephews," she said.

"They are exposed to swimming, gymnastics and everything. There's such a vast range of sports that kids become exposed to and then through that there's a different type of confidence.

"One child might want to enter one sport a bit more seriously but at the end of the day it's all about health and wellbeing so that when they are older, they are the best version of themselves."

New Zealand also made headlines in recent months when the country's five biggest sporting organisations committed to making sport more enjoyable and engaging for young kids, emphasising participation over elite development.

Interestingly, Naoupu explained how New Zealand were perhaps uniquely in a position to implement such a policy.

"It's important for ourselves to be cognisant of the reality that while a policy like that is fantastic for a country like New Zealand because relative to population size they do quite well.

"They can afford to revise their strategy like that whereas we rely on achieving at the high level to support how we grow the game.

"It comes down to what is available from a government point of view."

Naoupu's interesting insights come just a week after an Taoiseach Micheál Martin told Off The Ball that the government can do more to get young kids active during the school day.

"I would certainly support the increase, but again, throughout the primary school day now, we keep saying to the schools we want you to do X, Y and Z to solve the wider problems of society,"Martin said.

"Within the limited hours that a primary school operates in, it isn't going to be possible to do all of that.

"With that said, physical education is essential for your mental well-being and your academic performance as well, and there is a lot of evidence out there that the more physically fit you are, the better you will do academically as well."

'Back on Track – Lessons from a Sporting Life' with Kate Harrington, Sene Naoupu, Ursula Jacob and Nicci Daly!

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And Roberto Firmino also that one gets under way at a quarter past a massive game for Liverpool really must win you feel at this stage if they are to finish inside the top 4 now normally we have John Giles on Thursday night is not a night but don’t worry we will be live on tomorrow night’s show giving his reaction to the week’s football including tonight’s games but right now we’re gonna bring you the first panel from Marsh HR’s special the breast Cancer Ireland ladies Cup takes place at leopards town tomorrow with the aim of raising awareness and funds for breast Cancer Ireland to donate get on the breast Cancer Ireland $ e /donate to secure two 53 100 tomorrow night will play your second panel which his trainer Kate Harrington and four-time camogie All-Ireland Winner Ursula Jacob but right now we're gonna bring to Ireland international Irish rugby international said in our group and Irish hockey star Nicki Daily talking to Johnny Ward and Ger like if I could start with you most people than you because of your exploits with the hockey team is fair to say though moderating is actually famous horse as for field games survey was bored actually I say Yeah Yeah number passions 19 km name for my first question is for I was boring gym in our careers and I was very young and well it was for her cousin Mary seen Ita series in America is something they are my life since I was born so you're always in my lovely meal and I done my my on for the injured who really is it is not so in terms of passion for writing right right and we're lucky in that sense I mean I means it goes is it like I do one or the other he ran a competition Yes there are but like you've new study to be able to work in the sport of racing Yeah I just think I blended learning here Ireland now ensue the UK Masters in engineering in Ireland it does Yeah right in the race but it never really got it and I were like is always had a passion for an engineering seem like the kind of truth in there and for racing humour the State in the IndyCar series and it was amazing and has the experience and from my childhood I was very if you win then it actually mean British sayings for both on-track of track and I is just an unbelievable experience as a male-dominated for your shared this experience and and 0 this summer as many younger as they came back to Ireland I think I plan for a while for females for a few a highlight the different roles involved in sports and been near the number of women actually are involved in the series and and 83 are killing these we're not chasing after as I Yeah I lost the person you should be judged for London back in 19 and since it introduced the young girls to pose for a few others I like her will and will look stunning exterior lights nearer then you know getting a house nice period of my hair with generating 18 and this is something they never ask you for us Yeah try that little bit of experience and me Yes in there I never considers it is that another surmounting because we’ve we’ve often had discourse And hear about like you know what we have we're talking hand in case is absolutely come true for us Jake come to race versa Jacob immersed in camogie and hurling but like I’m at the point of view if you put a kid on a horse and that kid had the right horse for a week he or she would to 50 50 chance of more that they just become addicted you'll you became mad into that because your backgrounds How do we get kids into more sports when the younger because there’s every chance that something that was missing there right they didn’t get the transaction party again Yeah really nice guy should was basically not for its that background your head you reached all the people that were done away and Yeah Oh Yeah Oh Yeah to DCC Ireland from you are E no major racetrack for and experience I think you
Newstalk @ 13-May-2021 19:44 - (breast)

it had received media coverage was dedicated to the woman's Sport team sport individuals and credibly it's all the same bad teams away they were doing in this space one scenes in what's been happening the level of genuine passion and commitment to drive the borders Super Positive to have someone like in Noreside the other brands are following suit so that's why I'm just the technology needed is a space that I'm really optimistic about people started to recognise and believe in the importance end the business seems based on the woman’s I think we're back with us as well and he can you hear us OK I can Yeah Yeah now is that we will be talking about the revelations sport and what comes next for your perspective with the the firm received the bad with hockey in understanding their games away do are optimistic they were gone in the right direction still think there's some hurdles we need to get over them wrong when it comes to the commerciality of women's sport the bums on seats all list of the 21 20 will talk about really Yeah I think I definitely still an untapped 10 days there's a lot more potential for Branson best in women's art and antiques to get done and word from I know I like no he's a good band we know that as well as anyone but I think you know you look at made aware we gone since the world Cup is probably not really aware of the nationalism and the level of sponsorship and support we have got a great where from Park developments and salt Oh won't you know go back to like you know what we have to sacrifice the internet as players you ourselves to be able to commit the programme the pre-match training and committing as professional athletes but were not really being sick or less does it mean that in a sense there's a bit more to be done in terms of party I think in a Gale get a seat during the week how he created equal and funding for both men and women which is fantastic to see and that's just the start and as a moral revolution last horse and I came over for it it's worse here in Ireland and I think that is we have some very talented female racers I work with his 16_year_old echo character she must track records all over Ireland and now she's starting to get the new series which is female racing series now earlier is no wonder these platforms in the world and so you know if I feel that there's still a lot of potential the athletes we have hearing in this country feel sorry for them to get the us that international stage where they can be successful and now I think I by brands and by broadcasters and media investing in those younger the next generation and the current generation if a week is That potential and create more are national heroes stories like years and increase participation and the general health of the nation and it is massive win-win rolling ball of positivity is then has Johnny point out that good for everybody you open Daily Times after it thanks a million for sharing inspiring stories and continue to inspire and but we do wish you both the best of luck for the rest the year and Chile with the Olympics coming up with it all happens as well thanks a million to Kinsella for joining us this afternoon a reminder of course why were actually years the ladies race day card the final race at Leopardstown on Friday at 5 25 with breast Cancer Ireland ladies day Cup Johnny really feels like there's an opportunity here for this becomes something that is an annual event DACA massive crowds get supported because it has a charity element to it and also of course as food the social element of mass-burn find a level that level sounds it's a fantastic place Tories and you know it's our capital city racecourse only add to the racecourse I've fond memories go racing at leopards town I guess there are too kind of separate identities of 11 Tel one is the Christmas meeting which is obviously that you're bursting or to get out of the house and Christmas Day Get Out seems they need people in a hot whiskey and and and enjoy yourself Christmas but then there's that summer meeting EGM kind of fixture list which has attracted laws bans and is another attempt to try to get people into racism but I think there the the charity and the element of just that's the short piece event been Lady riders race and the ability to to showcase the writer's National Hunt and flat that a common true Lady riders and the rates are back tomorrow I suppose we're riding very good horses at one of the best race tracks in the world and that the quality of the Lady riders will be key to the outcome of the race and Marion that into the a charity that is obviously years all our hearts into and and just beautiful Lally left some of the been redeveloped as well we're all bursting to get racing again Broad person
Amhran is aiming for an upset..

AMHRAN Na Bphiann might upstage Melbourne Cup victor Twilight Payment and dual Irish St Leger winner Search For A Song in the Saval Beg Vevmoss Stakes, today's listed feature in Leopardstown.

The Aidan O'Brien trained four-year-old, third to stable-companion Serpentine in the Investec Derby last year, bypassed a much easier assignment at Killarney on Tuesday due to soft ground.

Very impressive in a weak polytrack maiden at Dundalk on his seasonal bow, the Galileo colt faces a stiff task today but is unexposed and open to lots of improvement.

Twilight Payment made a pleasing return when third to Broome over an inadequate trip in the Mooresbridge (Group 2) at the Curragh and Dermot Weld's seasonal debutante Search For A Star, who beat Fujaira Prince and Twilight Payment in the Leger before finishing runner-up to Trueshan in the Long Distance Cup at Ascot on Champions Day in October.

This trio should dominate in a field which also includes Master Of Reality and Emperor Of the Sun, second and third behind Baron Samedi in the Vintage Crop at Navan last month.

Earlier, 103-rated Notre Belle Bete - fourth to a pair of Bolger runners, subsequent Qipco 2,000 Guineas winner Poetic Flare and Lunar Space, respectively, in listed action on his only two starts - is napped to land the Irish EBF Median Auction Maiden.

And recent course winner Dancing Approach, with Lisa O'Neill in the saddle for Joseph O'Brien, might prove best in the finale, the Breast Cancer Ireland Lady Riders Handicap.

Meanwhile, in Kilbeggan, the long-absent French recruit Rayapour, wellregarded in Closutton since his arrival, is preferred to Joseph O'Brien's 119-rated but frustrating Palm Beach in a division of the Farmers Journal Maiden Hurdle.

Caption: HOPEFUL Aidan O'Brien
Leopardstown and OTB Team Up for Breast Cancer Ireland

It may not have quite the same social buzz as if the pavilion was packed and dressed in pink but the 2021 Breast Cancer Ireland Ladies Cup Day at Leopardstown still goes on and provides an opportunity to contribute to this very worthwhile cause.

Special Afternoon Tea packages for home delivery have been popular with €5 from each one sold is donated to the charity.

The racing gets underway at 2 pm and runs through to the concluding race, the Breast Cancer Ireland Lady Riders Handicap worth €21,000 over one mile and four furlongs at 5-30 PM.

There will be a special OTB event broadcast on OTB Radio and social channels at 3 PM and again on Newstalk at 8 pm this evening featuring four spring women talking about Lessons from a sporting Life, also in support of the charity.

Sene Naopeu, Nicci Daly, Ursula Jacob and Kate Harrington promise to make for a lively panel discussion.

Leopardstown is encouraging anyone wishing to help Breast Cancer Ireland to donate directly or by texting “Cure” to 50300, where you will be donating €4 to Breast Cancer Ireland
Reminder – May 21 Pink/Blue Power deadline for Leinster members

Eligible* Leinster-based members of the Salary Protection Scheme have until Friday, May 21 to book their ‘Pink & Blue Power’ breast/prostate health assessment and education programme appointment. The INTO has partnered with Cornmarket on the programme, which is offered to eligible* members of the Salary Protection Scheme for INTO Members.

Invites are issued via post and eligible* members based in Leinster should check their post to ensure they have received their invites. Members based outside Leinster can expect to receive their invites from May 31 onwards.

(*Eligible members: Women aged 30-49 and Men aged 40-65)

What is Pink & Blue Power?
Pink & Blue Power is a pioneering, life-saving health assessment and education programme to promote awareness and provide information on the signs and symptoms of breast and prostate cancer.

1 in 9 women in Ireland will get breast cancer at some stage in their lives (Source: Breast Cancer Ireland, June 2020)

1 in 7 men will be diagnosed with Prostate cancer during their lifetime (Source: Irish Cancer Society, January 2021)

The programme which gives access to clinical assessment with a GP and further investigations where required, aims to educate members and promote early detection.

Why is the programme limited to certain members?
Pink & Blue Power is not a screening programme, rather it is an assessment that reflects a point in time. The programme is devised in partnership with specialist clinicians who advise on the appropriate age range for this type of assessment. Whilst there is currently no national screening programme for prostate cancer, women become eligible for BreastCheck, the national breast screening programme from age 50.

Why Pink & Blue?
Coloured ribbons are widely used by cancer-awareness and support organisations. The pink ribbon has been adopted by organisations such as Breast Cancer Ireland to raise awareness of breast cancer, while the light-blue ribbon is internationally recognised as a symbol to raise awareness of prostate cancer.

More details on the programme
To find out more details, including links to an information guide and FAQ booklet, visit Cornmarket’s Pink & Blue Power Programme page or watch Cornmarket’s informational video.

This programme is brought to members by Cornmarket on behalf of the Scheme underwriter. The Salary Protection Scheme for INTO members is underwritten by Irish Life Assurance plc.

Cornmarket Group Financial Services Ltd. is a member of the Irish Life Group Ltd. which is part of the Great-West Lifeco Group of companies.
Gourmet picnic experiences to try

From luxurious afternoon tea picnics to delicious hampers to fuel you for a day spent exploring, here are the best takeaway picnics and hotel picnic packages to book this summer.

The K Club

Sure you could pack a sandwich from home or pick up something from a deli, but some days you want to make time spent outdoors feel special. Perfect for a reunion with loved ones or a catch up with a friend to mark an occasion, here are some stunning picnic offerings from businesses around the country.

For a great cause

The Lily & Wild takeaway picnic are really beautifully prepared and for the month of May, all profits will go to Breast Cancer Ireland. Order online and collect your picnic from the vintage Citroen van at Naas Racecourse, to enjoy wherever you choose. There is a children’s menu and picnics for vegans and vegetarians can also be catered for. Each picnic comes with minimal disposables to be more environmentally-conscious. Each bag comes with a reusable cooler bag, or you can purchase a wicker basket.

Cool for the weekend

Project PICNIC is available on weekends in Dublin, where you can order a picnic for four filled with amazing Irish produce, to be enjoyed wherever you like. Priced from €82, order via Insta DM by Thursday 4pm for Dublin city centre pick up on Friday, Saturday or Sunday at 11.30am or 2.30pm. The menu changes regularly, but an example includes a snack such as bombay mix or pistachio pork scotch eggs, something to savour such as a roast free range whole chicken with spiced salt, pink fir apple potato salad, homemade mayo, chicken jus aioli and Phoenix Park wild garlic butter, plus a sourdough baguette, with a sweet to enjoy like a lemon ginger meringue pie and something to sip such as a spiked lemon rooibos iced tea. Each picnic comes in fully biodegradable or recyclable packaging.

Al fresco family moments

Powerscourt Hotel Resort and Spa is a magnificent estate that all the family can enjoy. You can cycle to the village on complimentary estate bicycles, take the river walk trail or stroll up to Powerscourt Waterfall. The Family Fun package for two adults and two children under 12 includes shared family accommodation, a picnic for four and admission to the waterfall for €474 per room per night.

Wonderland tea party

You don’t have to lift a finger when it comes to The K Club’s picnic afternoon tea. The K Club’s Picnic Concierge will lay out your picnic in your chosen area in the grounds of the 550 acre estate. Your picnic basket includes a selection of homemade sandwiches, sweet pastries and fresh raisin scones with cream, as well as your choice of tea and coffee. Afterwards, take the resort bicycles for a whirl around the grounds to take in all of the beautiful formal gardens. The afternoon tea picnic is available to non-residents by pre-booking (€100pp), or enjoy it as part of a two-night stay with full Irish breakfast in the River Room restaurant from €304 per person.

kclub.ie

Five star opulence

Guests staying at Adare Manor this summer can choose from a menu of picnic options, whether you just want to relax in the grounds with some decadent bites or something more portable for a day spent exploring.

The Wyndham Quinn picnic to go (€30pp) is perfect for a woodland walk. Enjoy sandwiches of baked Limerick ham with Cooleeney Camembert, egg mayonnaise and summer truffle or Duncannon smoked salmon on treacle bread, a decadent brownie, a surprise chef’s cake of the day and water and soft drinks. This picnic comes in fully disposable packaging too so you don’t have to worry about lugging around a basket.

For something more luxurious, the Lord of Dunraven picnic basket (€50pp) comes in a traditional wicker basket filled to the rim with Irish produce, with sandwiches, cheeses, antipasti and organic sourdough, as well as a flask of tea or coffee. adaremanor.com

Taste of Galway

Galway Food Tours has started a picnic for two package with the best local produce. Delivered in a Galway Food Tour tote bag, inside you will find Irish meats, cheeses, a fresh baguette and some olives, hummus, local mustard along with a surprise or two. The picnic costs €55 for two people including delivery.

Galway Food Tours picnic
Luxury bites in Kildare

The Cliff at Lyons has an abundance of outdoor space to explore with stunning grounds and the canal flowing by, and so have launched The Pantry Picnic. Collect the luxury picnic hamper of sweet and savoury pastries, delicious sandwiches, handpressed juices and bubbles, and wander the gardens until you find the perfect spot. Browse the full takeaway menu here.

Cheese plate

Southside feast

If you’re planning a daytrip to beautiful Vico Baths or Coliemore Harbour in Dublin, pick up everything you need for an outdoor lunch from Thyme Out. The delicatessen in the heart of Dalkey village is now offering a picnic box (from €59) and an antipasti box (from €49). Both serve from four to six people. The picnic box including finger sandwiches, sausage rolls and quiches, a bar nut mix, traybakes, homemade brownies and ice cream tubs and an elderflower drink. The antipasti box has a selection of cold meats, cheeses, olives, sundried tomatoes crackers and a crispy baguette.

Picnic box

By the banks of the River Lee

Guests staying in The Kingsley can enjoy a picnic in the neighbouring Lee Fields or nearby Fitzgeralds Park, or hop in the car and take in the pretty coastal towns of Kinsale or Crosshaven. The Kingsley has curated a picnic of sweet and savoury treats to enjoy wherever you desire. The Picnic in the Park at The Kingsley package is available from €213 per room per night for two people, including breakfast, a bottle of Prosecco, and a picnic for two.

thekingsley.ie

Sweet moment

To celebrate The Wilder’s very own Wilder Bee Honey, the Bee Wilder in the City package is a lovely escape full of treats for the sweet-toothed. On arrival, enjoy a honey orange blossom cocktail, and as well as an overnight stay with breakfast, enjoy a picnic basket of charcuterie, a cheese board, Wilder Bee honey and wine. From €279 total stay for two, thewilder.ie

The Wilder Lady Jane suite

Perfect for the park

Fallon & Byrne’s brand new picnic bags are made with eco-friendly jute and filled with lots of tasty treats that are ideal for a day in the park. You can also add your choice of Prosecco, pink lemonade or apple juice. Purchase via the online store for click and collect from Exchequer Street or People’s Park, or for delivery in Dublin.

kclub thewilde thekingsley
**RACING NEWS**

**Treble for Lordan at Naas**

Shane Crosse gave Joseph O’Brien a winner at Naas on Saturday as he took the rated race with 11/1 shot Beamond, which put in a very taking performance. On his seasonal reappearance, the three-year-old raced an impressive one and three-parts of a length success for the Cahill jockey over the 9/4 favourite Baton Rouge.

Wayne Lordan recorded a treble at the same meet. He rode two maiden winners for Aidan O’Brien, taking the opening five-furlong two-year-old race with the 7/1 shot King Of Bavaria and the three-year-old fillies’ maiden over seven furlongs with Montego Bay, the 4/7 favourite. Lordan rounded off a great day when winning the six-furlong handicap on the Sheila Lavery-trained Half Nutt, the 11/1 shot finishing with a flourish to beat Blenheim by half a length.

Meanwhile in Cork, Eric McNamara and his son Conor were among the winners on Saturday where Greatman won the two and a half-mile handicap hurdle. The 25/1 chance came with a late run to account for the Rodger Sweeney-trained Sean Says by three parts of a length and the winner carries the colours of the Sebbie Wan Kenobi Racing Club.

Rachel Blackmore ended the first week on the new National Hunt season with a fine treble at Killarney on Sunday. She was up and running in the first of the day when teaming up with Tedard trainer John Halley who landed a 1-2 in the opening maiden hurdle as Mr Tambourine Man was far too strong for San Pedro. The well-supported 11/4 chance won by all of eight lengths from his 30/1 stable companion.

Blackmore then rode two winners for Henry de Bromhead with Cavalry Master taking the novice chase. The Glenstorm House Stud-owned 2/1 chance beat Emmet Mullins’ Pilgrim by a cosy four and a half lengths and it was easier again as Gin On Ice took the races’ beginners’ chase in a canter. The 13/8 shot was left clear at the second last fence and the raced to a 42/1-length win over own stable mate Tune The Ch Near, the 7/4 favourite, to give owners Robour at 1/2 in the race.

**CLOSE FINISH FOR O’CONNOR**

Curragh glass conditional jockey Mike O’Connor and County Kildare trainer Eoin Doyle combined to win the opportunity handicap hurdle at Ballinrobe on Tuesday week with the 11/2 chance Line on the Money owned and bred by Martin Walsh from Thomas town, the six-year-old got on top late on to deny the well-backed 6/4 favourite Bridle Hill by half a length.

O’Connor said afterwards “That’s my fifth winner over jumps now to go with one on the Flat. I always thought I’d get there in time on this fellow as I knew he’d battle for me.”

While Cahill’s Nathan Crosse was successful on a warm-order market leader as the David Deane-trained All Class took the 14-furlong handicap in convincing fashion at Gowran Park last Tuesday week. The 9/4 shot beat the Aho McGulmase-trained Stellify by two and a half lengths.

**CIDD BOWS OUT**

Jamie Cidd brough the curtain down on a terrific point-to-point career with a winner at Tattersalls Farm on Saturday. Cidd called it a day after winning the four-year-old maiden on the Denis Murphy-trained Supreme Gift, the 9/2 joint-point-to-point winner in a 22-year career.

Afterwards, the 30-year-old said, “I’m retiring from point-to-points, but I’ll continue to ride on the track as long as Denise Foster and Gordon Elliott want me! It’s been a brilliant journey. Point-to-points have given me my career and I’ve met a lot of great people. This has been on my mind since Christmas and if my local track Lingstown had been on in March, I probably would have done it then. I wanted to go out on a winner for Denis and it worked out great. I work for Tattersalls as well, so it was lovely to do it here.”

Only Derek O’Connor has ridden more point-to-point winners than the Wexford man.

**UPCOMING FIXTURES**

Clonmel – Thursday, May 13 (First Race 4.00pm); Killbeggar – Friday, May 14 (First Race 1.40pm).
Half Nutz ridden by Wayne Lordan, near side, getting up to win The Lilly & Wild Take Away Picnic In Aid Of Breast Cancer Ireland Handicap from Blairmane ridden by Andrew Slattery, 2nd, far side, and Fastar ridden by Shane Foley, between horses, 3rd, to complete his treble at Naas. (Photo: carolinenorris.ie)
Camogie Association, LGFA and GAA merger? | Ursula Jacob

Former Wexford camogie star Ursula Jacob has voiced her support for closer co-operation between the GAA, the Camogie Association and the Ladies Gaelic Football Association.

"I would like to see the Camogie Association and the LGFA merge with the GAA because if we are all under the one umbrella, everything will work that little bit better," Jacob said on Off The Ball as part of our Horse Racing Ireland special, ‘Back on Track – Lessons from a Sporting Life’.

"We saw back in December that the GPA and the WGPA merged together and I think that was a positive move for inter-county players because now they are all seen as a joint group rather than two separate organisations.

"Even just this week, we saw Minister Jack Chambers announce that male and female inter-county players are going to receive the same funding going forward, so all of these things are really important."

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The four-time All-Ireland champion also touched on how she hopes to see a continuation of much of the positive progress that women’s sport has made recently.

"Last year during the lockdown, all of the inter-county senior games were streamed," Jacob explained.

"I would like to see that continued this year because at the moment there is not going to be any spectators at the games, so it’s important that we still get that visibility and we get to see these players playing.

"Even at club level last year, there was so much live streaming of games and that was so important as well because GAA clubs are at the heart of communities.

"I think it will drive the game further along because camogie and ladies football have to push through to stay relevant as there are so many options now for young girls.

"They see role models like the Katie Taylors, like the Rachael Blackmores, like the Nicci Dalys but you want to keep them involved in the GAA. You want them to excel at their level and that has to start at the grassroots at club level and then progress to inter-county."

‘Back on Track – Lessons from a Sporting Life’ with Kate Harrington, Sene Naoupu, Ursula Jacob and Nicci Daly! Supporting the Breast Cancer Ireland race day at Leopardstown this Friday. Please donate what you can to breastcancerireland.ie/donate

Download the brand new OTB Sports App in the Play Store & App Store right now! We've got you covered!

Subscribe to Off The Ball's YouTube channel for more videos, like us on Facebook or follow us on Twitter for the latest sporting news and content.

Read more about
No Say Ever wins **Breast Cancer Ireland** Handicap

No Say Ever (left) winning at Gowran last year © Photo Healy Racing

No Say Ever (7/1) won the concluding **Breast Cancer Ireland** Lady Riders Handicap for Dunboyne trainer Amanda Mooney and Flat apprentice Nikita Kane.

Held up early on, Kane, who’s based with Johnny Murtagh on the Curragh, made a race-winning move three furlongs out, sending her mount towards the head of affairs.

The 5-year-old gelding went on early in the straight and maintained his advantage to the line, scoring by two and three quarter lengths from In From The Cold (16/1) with the 6/4 favourite Dancing Approach back in third.

Successful in a maiden at Gowran last term, the winner performed well in defeat in a few handicaps as well, notably when fifth in the Naas November Handicap at the back-end.

Winning trainer Amanda Mooney said: "He's a lovely horse, he's hard work but he's worth it.

"I think he's one of the few No Nay Nevers that actually stays. Nikita rides him out a bit at home so she knew he can be slightly cracked and you just ignore it.

"Once he races he's very genuine. Fingers crossed he comes out alright and we'll pick another race for him.

"We did try to hurdle him but he just wasn't settled enough. There are plenty of years left, he's only five now, so I don't see the point in rushing him and blowing his brains or having an accident.

"I'll keep him on the Flat and if he progresses from here I'll give him the winter off. As a six or seven-year-old we could look at jumping. He jumps no problem but just needs to keep a lid on life.

"He's brilliant. He has a companion horse and won't go in his stable but he's grand."
Newstalk @ 14-May-2021 19:03 - (breast)

one Dundalk one in by the fake by Emap EMI but perhaps in front of 90 minutes but all Eric Schmidt Couldn't but Orla Derek McGuigan has equalised for the visitors at 7 45 St Pat's looked to put last week's defeat to Shamrock Rovers behind them when they go to dry a first division leaders UCD entertain Cork city this evening Sir place us longer to treat United Bray Wanderers face Cabinteely and Galway United play Wexford earlier today Galway were awarded a 3 0 victory for last month's respond first Division fixtures Cabinteely Newcastle boss Steve Bruce says they had to be content with simply avoiding Premier League relegation that said hosting Manchester City tonight to face the new champions having already secured safety but fans are not happy with their culture or how they played this season Bruce says the aim will be to improve the next campaign we can't celebrate but when Newcastle all of us to support those who sell the team everybody wants to see the club progressing and trying to edge towards be in the top of division when everybody is fit we were right then why not for sure kick off at St James's Park is at 8 the second half is just about to get underway in the seedings Rainbow Cup clash at Thomond Park where Munster 14 Connacht 17 and 15 the RDS Horse the clash of Leinster and Ulster or rebel Cup organisers say North says final will take place next month the team finishing top of the Pro14 section of the competition will play their South African counterparts that final will take place at a European venue on June 19th Seamus Power has made a bright start to his second round of golf's Byron Nelson the Waterford golfer birdie to his opening 3 holes to move to 9 under par back-to-back rounds of 65 mean careers Kate sleep there's a new clubhouse leader on 14 under Porter counting does just before half past 7 from 6 under par Paul Dunne is two under par following a round of 73 on the penultimate day of the British Masters he's 8 shots of the new leader at the Belfry Eddie Pepperell who heads the field on 10 under par Gary more corner-back and Hession will make his senior Mayo debut in tomorrow's Allianz football League division two meeting with down there's also a first league start for back Rory brick and despite a spate of retirements James Horan has named 9 of December's All-Ireland final side start tomorrow's game in Castlebar while Filey apprentice jockey Mick Keyes Amelia Kane was on the 7 one shot no say ever for victory in the breast Cancer Ireland Lady riders handicap at leopardstown this evening there's also a victory for Dunboyne trainer Amanda Mooney with Kane generously donating her riding fee to breast Cancer Ireland for these stories and more search team sports in AppStore Newstalk where there store Ryan fracas solve your customer service queries online and on your line at rain spreading northwards and turning showery overnight with lows of 4 to 7 degrees now up to date on Newstalk is available on to the TV show the top football John does just a moment we are of course got tougher the return of Gaelic football action in the Allianz football League some bangers matches will begin to Barry Andrews and morning as part of their bullion podcast you can get a handy built-in the podcast now you can subscribe to that he got a laugh from the EITs 4th at hallway where we leave our houses as well as that when I tell you a bit about what's coming up on Friday now racing here is a special further racing then fed breast Cancer Ireland there is a big race meeting on in their % every year for me obviously this year we haven't been able to go and raise money for a very very worthwhile cause but we are supporting this evening for now racing with Kate Harrington and Ursula Jacob talk about their journey to the top sport as ever the UN Bob a conversation we'd love to hear me 5.1 6 that the text number of got their two cents or course interest readers of the ball now it is time for us to turn our attention to football good evening John Giles good evening you're would be a good start here before against the football you've been living with their back Nation for the last while is normal life for turning and it's getting better gradually chair I was very lucky I got back to an earlier one that one of the force with which will leave my mind and it didn't alter my my lifestyle by him very much but it seems to be improving and now I'm in birmingham so the the vaccination has been a huge success here and it looks like it's turning things around Yeah everyone is beginning to think about returning to normality anyway Yes Yeah Yeah I'm in birmingham jet to get a couple of things to do in Dublin a few people to see in Dublin so the sooner the better yet fingers crossed that day the over able to jump across the sea back and back and forth is as much as ever that Yeah great Yeah Yeah lets our last night's game where for a while in the first half it looked like Liverpool's Champions League hopes are over and then all of a sudden a good
I broke down when my care was cancelled

CANCER patient Eimear Cregg said she broke down in tears when her vital hospital appointment was cancelled yesterday after the HSE cyber attack crippled the health service.

The primary school teacher from Dublin, who has stage four breast cancer, said the news came as a huge shock.

'It was really upsetting, I had myself geared up and there was a lot of tears when I heard it was cancelled because you're just so focused on getting through, getting through another milestone,' she told RTÉ Radio 1's Drivetime.

'Whenever I'm going into hospital, I want to hopefully be here for as long as possible, so I focus on my appointments. You have to be strong all the time when you're living with cancer.

'Because you don't have control over which way your cancer is going to work. I suppose you can control how you handle yourself and do your best job of getting through it.' Ms Cregg, 39, explained that she hopes the IT issue is resolved urgently as 'every day is hard' when living with an illness like cancer.

The teaching rights advocate was diagnosed with terminal cancer during the pandemic and has been living with her illness since 2018.

Thankfully, Ms Cregg said she is currently 'doing OK'.

'I'm still quite well in myself so I focus on getting through, but you're always hoping on getting stable results...knocks come along the way,' she remarked.

'You can't plan too far in advance because you could get a phone call one day which completely changes the course of things.'

However, she said that any disruption to her hospital appointments is upsetting as she feels a loss of control over her care plans.

Ms Cregg said: 'When I have a hospital appointment, I plan around that. So having a change, or being bumped out by a time, kind of throws me because it's the only bit of control I have [of] being able to plan my day.'

Ms Cregg also supports an initiative from Breast Cancer Ireland, which aims to educate primary teachers on the importance of good breast health.

'You have to be strong all the time' Caption: Battle: Cancer patient and school teacher Eimear Cregg
Punchestown triumph tops a memorable year for Jody

WHEN Willie Mullins is putting his string through their morning paces, not every equine member of the team is on their best behaviour for the dawn patrol.

The grey N’golo can be a bit of a spiky character, tricky to handle and probably wouldn’t be the preferred choice of steed for the work team.

Step forward flame-haired Jody Townend, who has a way of keeping the headstrong N’golo in check, and getting him to concentrate on the job in hand.

‘He’s a bit cheeky, but he’s a favourite of mine. I’ve never got to have a spin on him, maybe someday,’ says Townend, who rides out four days of the week at Closutton.

As a football comparison, this is the equivalent of training under Pep Guardiola at Manchester City, watching and learning from a master. And Townend is loving every minute of it.

Mullins, for all his innate politeness, is a driven professional who demands 100% from those around him. Slackers are found out.

Townend meets the standard, both on the gallops and on the racecourse, where her name increasingly pops up alongside that of WP Mullins on the racecard.

It helps that Mullins is familiar with the bloodline of the Townend racing family from Lisgoold, near Midleton in Cork.

He knows and trusts them to go about their work without any fuss, on all days, the big and not so big. The season just finished was big.

Between them, the Townend siblings won 109 races in Ireland last season, with Jody matching Paul by booting home winners for Mullins at the Dublin Racing Festival and the Punchestown Festival.

She also went one further than the big bro, by scoring at the Curragh in the Ladies Derby Handicap. For the first time in Irish racing, a brother and sister combo claimed the National Hunt jockey’s title and the Mary Hyde Trophy for champion lady amateur rider.

The awards were presented at Punchestown on May 1 and were a cause for double celebration later in Maddockstown, outside Kilkenny, where Jody spends the first half the week with her brother, while riding out at Closutton.

‘Paul had five winners, all Grade Ones, and I had a winner for Willie in the Land Rover Bumper, a hundred grand pot.

‘It was a nice one to get. It was a mighty week,’ said Townend, who clearly holds her brother in the highest regard.

‘He started off when he won the Galway Hurdle at 17 and he’s had a lot of success since then but he’s still the same Paul as he was growing up.

‘He’s not changed a bit. He’s very level-headed which helps his riding as well.’

When it’s needed, Paul acts as a mentor for his sister. ‘He’d be good for constructive criticism, and the first to congratulate me as well. We wouldn’t get too wound up about things, which helps, especially for the big days.’

Already, Townend has had a few big days, like winning on her first point-to-point ride in 2015 which gave her ‘the bug’ for race riding - the name was propitious, King Willie.

In April 2018 at Tramore, Townend had her first winner on the track, on Port Rashid, trained by her father Tim, with Paul finishing down the field.

‘I gave him plenty of slagging that day,’ she quipped. The undulating Waterford track has been kind to Townend as it was there she rode her first bumper winner, first hurdle winner and first winner over fences.

A note to punters to double check the name ‘J Townend’ at the next meeting there.

2018 also marked a serious injury setback to Townend when she fractured her T12 vertebra in a schooling fall in October and embarked on a long road to recovery, made worse by a post-op infection in the bone.

‘I had it in my head that I was going to be off for a certain length of time with the injury but it dragged out a bit with the infection.

‘When they finally managed to take everything out, I was on a drip for six weeks.

‘I get a bit stiff every now and then but physio sorts it out. Otherwise, I’m fine.’
Townend returned the following July to partner the Mullinstrained Great White Shark to win the €120,000 Connacht Hotel Handicap for amateur riders' handicap at the Galway Festival.

It was an emotional success as her dad, Tim, brother Paul and sister Caroline - 'she's our organiser' - knew what Jody had to go through to beat the pain barrier and resume riding again.

The Mullins connection has stayed strong with Grangee in this year’s Dublin Racing Festival and Adamantly Chosen at Punchestown.

She was also on board for Mullins last night at Leopardstown in the Breast Cancer Ireland Lady Riders Handicap.

'The man's a genius. His second string is often better than the first string of other trainers. It's a great place to be involved in and

I'm very lucky.'

Rachael Blackmore is a regular work rider for Mullins and is held in high regard by Townend, 'What she has done is unbelievable, male or female,' said Townend. 'I think for younger kids watching her and how much the media are getting behind her, it definitely will have a massive impact.

'She's unreal. She never changes. She came into Willie's the week after riding the Grand National winner, the same woman who'd walked in the week before.'

While Blackmore has made the jump to take on the hardened pros of the weigh room, Townend is content to stay in the amateur ranks, for the moment at least, and see out her seven-pound claim - she is one shy of the 20-winner mark. 'There's no plan to change at the moment. After the year I've had, it went fairly well. We'll see what happens. I don't have anything in my head.'

There are decent opportunities at all the major racing festivals for a top amateur rider as Nina Carberry and Katie Walsh illustrated for many years, prior to their retirements at Punchestown in 2018.

Should Townend continue to progress it would be fitting for her to carry on the flame as she was always a huge admirer of the stylish Carberry, even taking Nina as her Confirmation name.

Riding more on the Flat is also an option. 'I'll see how things go and see what Willie thinks. He was fairly keen for me to go on the Flat after I won on Great White Shark.'

After the success of 2020-21, what would be a good 2021-22? 'It's maybe a bit too much to ask for a year like that again,' she said.

'I'd love to just keep riding winners as without them you wouldn't be long forgotten in this game. It's about keeping your name out there.'

With a name that represents decency, diligence and ability in the saddle, Jody Townend is already a neck ahead of the posse.

Her late mother, Jo, by her shoulder for every ride, would be rightly proud of the road that her daughter has taken.

"We wouldn't get too wound up about things" "I'd love to just keep riding winners" Caption: Family silverware: Jody Townend with brother Paul and their awards Caption: Full throttle: Jody steers Adamantly Chosen to victory at Punchestown INPHO
Emperor Of The Sun causes big upset

Tommy Lyons

Emperor Of The Sun caused quite an upset in winning the Listed Saval Bóg Lovemoss Stakes for Donna O’Brien and jockey Gavan Ryan.

Twillight Payment set out to make all but the winner, whose only previous success came in a maiden at the 2019 Galway Festival when trained by Aidan O’Brien, led inside the final half mile, went clear to the final two furlongs and stayed on nicely to beat Search For A Song, who made a most satisfactory return despite being beaten three and a half lengths.

The market made its opinion of Bleneraker Perry quite clear prior to the start of the Irish Stallion Farms EBF Median Auction Maiden and Ger Lyons’ colt duly justified the support. From a high of 6/1 to 10-10 favourite at the off he was never far off the pace but had to pull out all the stops to get by deep-set favourite Notre Belle Bete inside the final furlong.

James Dullea is best known for his successes in the National Hunt sphere, but he recorded what could be a significant success on the Flat at Leopardstown when Indian Lade won the first division of the Glenraith Handicap. Having her first run since joining the yard, she was ridden quite prominently by Seamie Heffernan and stuck her head out with great determination to secure her first win. This was Dullea’s third runner on the Flat and is likely to open up more opportunities for the Bandon trainer.

In the second division, Gary Carroll gave the Gowan Cry well-trained Harbourside a fine ride to get off the mark on his 15th outing in thejuvenile maiden which opened the card. Kevin Manning made the most of Celtic Times’ experience to deny well-backed newcomer Moony Beams by a neck.

Soleni Llywet, who made a winning debut for Andy Slater, senior and junior when winning a Limerick maiden late last month, followed up in more emphatic fashion in the Irish Stallion Farms EBF Fillies & Mares Handicap. The breast cancer Ireland Lady Rider’s Handicap closed the card and Nikita Race and trainer Amanda Mooney teamed up to land the spoils with No Say Ever, who was having his first run since November.

In Kilbeggan, John Ryan added to Thursday’s Clonmel double by taking the opening maiden hurdle with Presenting Bonnie, ridden by Donny Mullins. The winner was completing a family treble as her half-brother, Perdis, won his maiden hurdle on May 4 at Ballinrobe, while half-sister Bonnie won her maiden on Thursday night in Clonmel. The winning rider doubled up when Berkshire Royal made all in the Mullingar Novices Hurdle.
then I said before that we got from women who wear shawls in everyday life and people use fire logs and their fire lighters and having a holiday home in Ireland as a pose even having a holiday home or anywhere else having one in Ireland was considered a part of it this might not this might be less this might be less divide at the moment but having are like you think that you have a satellite dish having Sky near the package that was seen as pretty partial years piped TV right younger and I have a tape matches away from friends of the old so yet another one using a car garage for an actual car tyre stop that ball you doing putting in a car and Hamas Carrigart napkins said cultural and you have a new schoolbag Are pencil case every year eating pizza with a knife and fork Corsi people in general and on a first date the next I totally agree with ice dispenser in your fridge having ice and cold water on your fridge like that is part of a dinner being served Balls the centre of the table and he has a bit of an American but also very parties in Ireland until last ones having a ride-on Lawn mower which that that qualifies me be impartial stabs mad for it and decorative soap containers so having something decorative to produce open to this Yes we do Oh Yeah Yeah it into a special one from Dun sauce Yeah or cut and when I'm with you on that I'm not so sure about the ride on Curlin who push these things really got people though no money there are asset rich and cash poor that's a real sign that Albert Ellis and Elliott comedian she can a proud Longford woman president former president of the USI one of the Irish Examiner's 100 women changing Ireland today and Niamh O'Neill the activist presenter and school teacher you know of course the whole school thank you for joining me on the final furlong this week that are up for today's hard shoulder my thanks to everybody who got in touch with us during the week my thanks as well to the production team for their work best of Newstalk while tax numbers may be mentioned during the programme the tax will be raised and he will still be charged for texts show me the science Professor Luke O'Neill and Newstalk original podcast series focusing on different issues from the serious to the village Hall explained through science catch up on the podcast series of Newstalk Newstalk of football right up along to the ceiling show up football John does just a moment we are of course a talk by the return of Gaelic football action in the Allianz football League some bangers the matches were going into a Paddy Andrews and any more that's part of their brilliant Podcast you can get a handy built-in Podcast Network you can subscribe to that are the colours that ran the old to be sports app or where and where you get your podcasts these days as well as that when I tell a little bit about what's coming up on Friday racing up here is a special for Racing age of breast Cancer Ireland there is a big race meeting on in their % every year for me obviously this year we haven't been able to go and raise money for a very very worthwhile cause but we are supporting this evening on Friday night racing with Kate Harrington and Ursula Jacob talk about their journey to the top sport as ever if you are involved the conversation would love to hear me 5.1 6 that the text number of got their two cents or course you just 3 S and off the ball now it is time for us to turn our attention to football cleaning done does good evening Yes good talk here before against the football you've been living with your vaccination for the last while is is normal life for turning but it's getting better gradually I was very lucky I got the vaccine earlier one that one of the horrors which which will leave my mind and it didn't alter my my lifestyle by it very much but it seems to be improving and now I'm in birmingham saw the vaccination has been a huge success S here and it looks like it's turning things around Yeah everyone is beginning to think about returning to normality anyway Yes Yeah Yeah I'm in birmingham get a couple of things to do in Dublin a few people to see in Dublin so the sooner the better he Yeah fingers crossed that day the over able to jump across the sea back and back and forth is as much as ever Yeah great Yeah em business our last night's game where for a while in the first half it looked like Liverpool's Champions League hopes are over and then all of a sudden a good performance and it looks like it was deafening in their own hands and the 3 remaining games they have while you know you wouldn't give them a 9 point just yet all of a sudden they they can feel confident about qualifying for the Champions League next year which is a really really massive thing for them wedded to a wheelchair and cylinder season they had to be intrusive and in O2 to qualify for Europe would be a huge success for Liverpool because things looks so so so really really poor for them.
Emperor reigns in Levmoss

Leopardstown Friday \ Ryan McElligott

The Donnacha O’Brien-trained Emperor Of The Sun looks set for a tilt at the Ascot Gold Cup

Emperor Of The Sun thrust himself into the reckoning for the Ascot Gold Cup with a commanding success over some of best stayers in the country in the Listed Savel Beg Levmoss Stakes.

This mile-and-three-quarters event provided Donnacha O’Brien with his first stakes race success as a rider back in 2015 and the young trainer can now look forward to tackling the best in the staying division after this four-year-old posted a career high under Gavin Ryan. Emperor Of The Sun had plenty to do on ratings in a race which featured the dual St Leger winner Search For A Song and the Melbourne Cup hero Twilight Payment and was sent off a relatively unconsidered 18/1 chance.

However, his comeback third in the Vintage Crop Stakes was quite encouraging and this was even better. As he looked to add to his only previous win which came at Galway in August 2019, Emperor Of The Sun stole through on the inner to lead inside the last half mile and then maintained an impressive gallop all the way to the line. He was well clear of a toiling field early in the straight and kept going well to defeat Search For A Song by three and a half lengths with Twilight Payment another two lengths back in third.

Last year’s Epsom Derby third and favourite Amhran Na Bhfiann had to settle for fourth after losing his place nearing the end of the backstraight.

“That was good. The further he goes the better he seems to get. He just has the one gear and he keeps grinding and after that...
we'd have to have a look at the Ascot Gold Cup," said O'Brien. "Looking at that you'd think that he could be even better over the two and a half miles of the Gold Cup."

The card concluded with a victory for apprentice Nikita Kane who teamed up with No Say Ever (7/1) in the Breast Cancer Ireland Lady Riders Handicap over a mile and a half.

After winning a Gowran maiden last autumn this five-year-old finished his season with two really good runs in premier handicaps and he returned in fine heart to defeat In From The Cold by just under three lengths. The winner is trained by Amanda Mooney.
Emperor Of The Sun and Gavin Ryan come clear in the Saval Beg Levmos Stakes.

Healy Racing

20/1

Emperor Of The Sun's price for the Gold Cup with Paddy Power
(in from 50s)
Fiona Lambert’s world fell apart when her cancer returned in 2019. Here the 42-year-old mum explains why she’s now making a splash with her fundraising sea dips for charity.

FOR 36 days Fiona Lambert will throw herself into the wilds of the open sea, raising funds and more importantly, morale for those facing cancer.

The 42-year-old mum of three was diagnosed with breast cancer in 2017. Two years later, her cancer returned, and this time, it was incurable.

Refusing to lose hope to the disease, the Dubliner, who works in social services, has decided to make a splash and raise life-saving funds for those impacted by the Big C by leaving the elements and doing 36 Days of Sea Swims.

Project to a place where I can’t talk about it now, whereas a couple of years ago, I couldn’t even say the word ‘cancer’, reveals the Dubliner who is paying it forward to the wonderful team on the day oncology ward at St Vincent’s Hospital, and Breast Cancer Ireland.

"I want it now to be a difference — not for 36 days, regardless of the weather I am throwing myself into the Irish Sea."

Teal blue and gold lamé, Fiona wants to uplift those around her with her story of survival.

"On my second diagnosis in 2019, I was searching for a happy story, a positive story. "I wanted somebody to tell me that I could do treatment for years."

There are people out there who are in treatment for 12 years. People like good lives."

"I didn’t want people who are suffering with this necessarily to think that it’s easy. I just want people to know that there’s a possibility of survival, you can live really well with this treatment.

"There are days that are hard — really, really hard. I just turn on a Friday and Saturday, Sunday, Monday and Tuesday is really tough."

"My husband (Darran) cooks come in,

NOW I WANT TO ENJOY MY LIFE’
and I'll just be sitting there crying. You know, it's not easy. But then there are all those good days in-between and I am living a very full life."

In January 2017, Fiona was diagnosed with breast cancer which left her unable to walk, swim or do anything for a long time. After several months of treatment, she was told she could return to the gym and do some gentle exercise. She has since been given the all-clear and is looking forward to a more active lifestyle.

"It's not easy but there are all those good days between chemo and I'm living a fulfilled life."

"I was doing an exercise programme called the 'Move On Programme' with Dr Neel McCaffrey - it's for anyone recovering from surgery or living with a long-term illness."

"I went to the doctors three times and they told me that I probably pulled something in the gym."

"I thought it was the worst year of my life until 2017 but I was told the scan was negative too, that they actually got it all in surgery."

A sense of normality returned and she and Neel repaired her red-hot £100,000 sports bra, which was now functioning perfectly.

"The best thing I ever did was to go to the gym and do some gentle exercise."

"I look forward to it, and then I'm brought back down to earth. Sometimes when I'm on the ward, or I get some scan results - I get a scan every three months - even the consultant says, "You just have to learn to live day by day as opposed to planning ahead. And that's tough."

When asked what 'fulfilled' means to her, there was nothing more soothing than the call of the sea.

"Swimming is an escape for me and everyone has got to hang on. It really is overruling. My cancer group from work surprised me the other day and came to watch me swim and to have my family. I have somebody different with me everyday."

"I was on a bad spell of chemo and then they found a spot in my lung."

"I was admitted for 10 days because we had to do all sorts of tests and at that stage I was told that it was not curable, but it's treatable."

"It's been a long time since then. It's a huge change for your mind to try and absorb and it did really impact my mental health so I really have to mind my health. But you just have to take it from day to day."

"I do think of holidays I want to go on. I'd love to go to Florida with the children and there's so many more memories."

To donate visit www.justgiving.com/£100,000 days of no worries
Charity run Meet three women ready to lace up for Breast Cancer Ireland's 100k in 30 Days challenge

The 100k in 30 Days challenge makes you realise how many people are behind you every step of the way*

PRETTY IN PINK: Breast cancer warriors Madeleine McCoole, Lisa McElwaine and Fiona Morgan-Coleman

When Lisa McElwaine found a small but distinct lump in her breast one November morning, it was the heart-stopping moment every woman dreads.

"It's every girl's worst nightmare finding that lump in the shower," she says. "It felt like an almond - it was hard and didn't move.

"The lump was beside my nipple and never changed from the day I found it in November 2019. But it wasn't until I spotted a tiny bit of blood in my bra from my nipple in early January 2020 that I did anything about it." On what should have been a day of celebration, just weeks later, the 47 year-old from Rathfarnham in Dublin was instead left grappling with the news that she had breast cancer.

"I was diagnosed with stage 2, grade 3 breast cancer on my husband Clyde's birthday," Lisa says. "It was the hardest news ever to be told. I was speechless and numb.

"I had so many questions, yet I couldn't swallow, never mind speak.

"All I was thinking was how are we going to tell our three children, Seán (21), Conor (18) and Ella (13). We were beyond devastated."

Determined, Lisa underwent a lumpectomy, six rounds of chemotherapy and a gruelling 20 rounds of radiation in a bid to defy the disease that will affect one in nine Irish women in their lifetime.

Even on the toughest days, however, the breast cancer warrior put her best face forward.

"During treatment my motto was, 'Look good, feel good'," she says. "I made the most of all my good days and made a huge effort to feel like me. I'd style my wig in rollers and put on make-up and get dressed up even for coffee and a stroll.

"On my worst days, I would listen to my body and take the time for myself.

"My bed was my safe place. I would rest, shut the world out, watch Netflix, play simple games on my phone like adult colouring - anything that didn't take much concentration as my body and mind were exhausted.

"And I simply waited for the good days to return."

Breast Cancer Ireland ambassador Lisa is currently awaiting a double mastectomy and reconstruction to give herself the best possible chance of a cancer-free future.

She also recently underwent a full hysterectomy after discovering she carries the BRCA2 gene, putting her at an increased risk of developing breast and ovarian cancer.

But she can't wait to lace up for the charity's upcoming 100k in 30 Days challenge for the second time - and urged others to follow in her footsteps.

"The 100k in 30 Days challenge makes you realise how many people are behind you every step of the way on both your toughest days and your best days," explains Lisa, who works in accounts.

"I had an army of Pink Girls behind me last June and the craic was 90. I have no doubt I will have an even bigger pink army at my side this year.

"I am taking part because I realise the importance of the work behind the scenes in research, trials and support from Breast Cancer Ireland."

"Early detection is key for survival. It is so important to act sooner rather than later when you feel something is not right."

Register to walk, run or cycle at 100kin30days.ie and go to breastcancerireland.com for more information on breast cancer and breast cancer research

Fiona Morgan-Coleman: 'Putting on make-up and dressing up got me through my worst moments'
When I found a lump scratching my chest in bed one night, I never thought for a second there was anything wrong.

My GP referred me for a mammogram which came back clear. Unfortunately, my biopsy didn’t - it showed I had a 7cm tumour in my breast. I had to have a mastectomy, as well as an axillary clearance as it had spread to my lymph nodes, followed by eight sessions of chemo and 35 sessions of radiation.

During my treatment, I set up an Instagram account (@fionamorgancoleman) to occupy my days.

Putting on make-up and dressing up got me through my worst moments. The feedback was amazing and my following grew and became my army of support.

Thankfully, the pandemic didn’t affect my treatment too much. There’s always the worry when most of your appointments are over the phone. If you need to see someone face to face though, they can work around that.

I’m bursting with excitement over the 100k in 30 Days challenge. I’m planning to walk and attempt to jog it.

Having my husband David and our two boys Callum (6) and Pearse (4) by my side all the way will be the best part.”

Madeleine McCool: ‘I’ve learned that no matter how bad things are, there are always moments to enjoy’

Leadership coach Madeleine McCool (45), lives in Carrigaline, Co Cork, with husband Adrian and sons, Alec (7) and Aaron (5), and was diagnosed with breast cancer in 2018.

“I randomly felt a lump in my right breast in the shower this time three years ago. At first, it wasn’t very noticeable, so I put off going to the doctor for a couple of weeks.

In that short space of time, it became a lot more noticeable, so I mentioned it to my doctor when I was at an appointment with my son.

Two weeks later, I was referred for a mammogram, ultrasound and biopsy. Afterwards, the consultant said, ‘Obviously we won’t know anything until we get the results, but I am concerned’.

That was the day, results or not, that I really knew I had cancer. My treatment was lumpectomy surgery, chemotherapy and radiotherapy. Since then, I have also been on hormone treatment to put me into a medically-induced menopause as oestrogen was helping my cancer grow.

During my treatment, I created a blog called Beauty and the Cancer Beast (beautyandthecancerbeast.ie). Sharing my story and helping other women who contacted me through the blog really helped me through my own treatment journey.

“I’ve been buzzing since becoming an ambassador for 100k in 30 Days. Before my diagnosis, I took up running by doing a couch to 5km. After my treatment, I started from scratch and slowly built back up to 5km. Running has become a really important part of my self-care.

‘Beating cancer has taught me that you can’t control what life throws at you, but you can control how you deal with it. I’ve learned that no matter how bad things are, if you look for them, there are always moments to enjoy and be grateful for.”

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Santorinini Sun sparkle for Siobhan Rutledge at Navan

RACING
Top Meath apprentice on 50/1 winner

CONALL COLLIER

Top Meath apprentice Siobhan Rutledge was seen to terrific effect at Navan on Saturday when she won a three-furlong handicap on Santorinini Sun for local trainer Finbarr Hand.

The victory reduced Rutledge’s claim from seven to five pounds and is a significant milestone in the career of the young Meath woman who rode her first winner at the Meath track in September 2019.

Saturday’s success was achieved on a 50/1 outsider that is trained almost a stone’s throw from the track at Proudstown by Finbarr Hand for his wife.

The race, a 45-65 handicap, wouldn’t exactly feature some of racing’s elite, but nevertheless 15 hopefuls exited the stalls for the one-mile and five-furlong contest with Rutledge always prominent with her lowly rated partner.

The well-travelled Irish-bred six-year-old filly had won first time out back in 2017 at Sandown for UK trainer Mick Channon, but was back in Ireland the following year on a journey that eventually brought her to Navan as a €3,000 purchase about a month after Rutledge had ridden her first winner back in 2019.

Some 14 runs later for Hand on the flat and over hurdles the filly headed for career start number 36 with the talented Rutledge on board for the first time and duly delivered the victory.

“It wasn’t really a surprise because she works brilliantly all the time,” stated the trainer.

“She’s been so disappointing that we were actually going to give up on her, but it was a change of tactics as well, out in front.

“Probably taking the tongue strap and everything off made the difference and to put Siobhan up, she’s really good value for her claim,” he added.

NAAS SUNDAY

Meath Jockey Declan McDonogh added another winner to his tally for the season at Naas on Sunday.

The Moyvalley man had to wait until the final race on the card when he scored on the Joseph O’Brien-trained Snappratera in the Owentsdown Stud Stakes over seven furlongs.

That win completed a double for the trainer while for McDonogh there was a visit to the stewards where he was handed a two-day ban for use of the whip in the closing stages of the race.

It was McDonogh’s fifth winner in May as the former champion jockey maintains a good strike-rate.

LEOPARDSTOWN FRIDAY

Although their newcomer Moony Beams was just touched off in the opener at Leopardstown on Friday, Ger Lyons and Colin Keane were in the winners’ enclosure when they landed the one-mile median auction maiden with the well-fancied Ebeenezer Perry.

The 11/10 favourite got the better of the 103-rated Notre Belle Bete by half-a-length on just his second start.

The Gavin Cromwell-trained Harbinger (11/1) registered that important first win at the 12th attempt in a 50/70 handicap.

The four-year-old had finished fifth on four occasions in 11 previous outings, but Gary Carroll got the win on Friday after a disappointing run at Killarney on Tuesday.

Owned by the Strawberry Seven Syndicate, the 11/1 chance led in the final strides to beat Jim Bolger’s Bagman Sista by a neck.

Dunboyne trainer Amanda Mooney and Offaly apprentice Nikita Kane teamed up to win the Breast Cancer Ireland Lady Riders Handicap with No Say Ever.

The 7/1 chance skipped clear over a furlong in the finish and had two and three-parts of a length to spare over the Mick Mulvany-trained In From The Cold at the line.

DUNDALK WEDNESDAY

It was like Kilmessan, Kiltale and Trim all working together to make it into the winners’ enclosure at Dundalk.
Trainer Kevin Smith, owner Peter Durkin and champion jockey Colin Keane proved an unbeatable combination as International Lady made it two wins in a row when landing a 45-65 handicap by half a length.

The combination clicked for the first time last month at Cork with the three-year-old filly that was purchased last October at Tattersalls UK for $1,500.

Twelve months prior to that International Lady was purchased for €68,000 at the October 2019 Goffs Orby Sale, but was unplaced subsequently in four starts in the UK for Richard Fahey and made the journey back to Ireland.

Clonmel owner Peter Cullen was certainly over the moon with the five-year-old filly Quiet Desire which won on the 13th outing.

It was a third winner of the campaign for trainer Pat Martin who was delighted with the success for the winner.

Quiet Desire had been placed on three previous outings at Dundalk, the most recent was last month and can expect a hike in the handicap.

For top apprentice Dylan Browne McMonagle it was 10th winner of the season.

“I’m so pleased for Peter, he is so enthusiastic and I can’t wait to see how excited he is, he has all his family around him tonight, it’s a big deal for him and it’s a big deal for us all,” commented the winning trainer.

KILLARNEY TUESDAY

Champion jockey Colin Keane was in fine form at Killarney where he recorded a treble.

Keane landed the opener for trainer Dermot Weld when Probe took a maiden event for an easy win.

Owned and bred by Juddmonte, the three-year-old was at the head of affairs before the halfway mark and eased clear a furlong out to beat the Joseph O’Brien-trained 2/1 shot Dracoonid by seven lengths.

The Trim man made it two when he completed a double on the John Murphy-trained Fall For A Kiss.

The Ger Lyons-trained Chiri Calina made all the running in the concluding mile and six that closed Killarney’s card to bring up the treble for the champion jockey.

ROSCOMMON TUESDAY

There was a Meath treble at Roscommon on Tuesday of last week when Moynalty jockey Declan McDonogh hit a rich vein of form.

The Moynalty man was on the mark for trainer Kieran Cotter with Lord Dudley in a seven-furlong handicap and he followed that with a winner for Joseph O’Brien on board Max Mayhem.

McDonogh was on board Vultan which surged clear in the final furlong to win the mile and a half handicap at the expense of hat-trick-seeking All Class which was reappearing again only seven days after winning at Gowran Park.

NEXT UP

**Wednesday** - Cork (first race 1.35pm).
**Thursday** - Tipperary (1.30pm).
**Friday** - Downpatrick (1.55pm); Wexford (4.30pm).
**Saturday** - Curragh (1.45pm).
**Sunday** - Curragh (1.30pm).
The Amanda Mooney-trained No Say Ever and Nikita Kane win the Breast Cancer Ireland Lady Riders Handicap at Leopardstown from the Michael Mulvany-trained In From The Cold and Melanie Horsman. PHOTO: PATRICK NOLDAN/RACING POST
**TERRYGLASS & KILBARRON**

### SYmpathy
We extend our deepest sympathy to Graeme O'Sullivan and family, Ballinderry, on the recent death of her mother Maura Dooley, Borna, May she rest in peace.

### 100KM IN 30 DAYS
Ballinderry Community Sportsfield Committee have signed up to the 100km in 30 days challenge. This is a fundraiser for Breast Cancer and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop down menu. The 100km is to be completed during the month of June. This event is open to all ages. Let's get our community walking to raise much needed funds for Breast Cancer Ireland.

### COMMUNITY MARKET
Lakehore Community Market will be in Terryglass this Saturday, May 22nd from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sausages, tea, coffee, crafts and more.

### BALLINDERRY COMMUNITY CENTRE
Ballinderry Sportsfield Committee want to open its facilities to all our community and develop into a multi-purpose community centre. We intend to deliver health and wellbeing information and programmes directly to all ages within our community. The intention is that the facility will become a hub for the community where all can avail of health information and more, thus empowering all participants to enjoy healthier lifestyles. The centre will provide a range of activities for our local community. With this in mind, we would like to hear suggestions and ideas from anyone in order that we can put a programme together. Suggestions can be emailed to ballinderry.sportsfield2021@gmail.com. All suggestions are welcome.

### COMMUNITY EMPLOYMENT VACANCIES
Shannonde Improvement Association Ltd Community Employment Scheme have ongoing vacancies in the following areas - Ballinderry, Terryglass, Carrigaholt. Please contact John Deegan, Secretary, 067 22075, 0876567093 with any queries.

### CHurch News

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**terryglass & kilbarron**

**Mass** With the easing of restrictions, Mass has resumed in our churches in Kilbarron on Saturdays at 8am and in Terryglass on Saturdays at 9.30am. Up to 50 people can attend Mass, weddings and funeral services. Robas for Eucharistic Ministers and readers will be available in both churches next weekend.

Booking of Masses: Masses for month’s mind and anniversaries can be booked by phone, text or email to terryglasskilbarron@gmail.com. Robas for Eucharistic Ministers and Readers are available in both churches.

**KILBARRON TERRYGLASS HISTORICAL SOCIETY**

Kilbarron Terryglass Historical Society’s May Zoom talk is on Thursday, 27th at 8.30 pm (a few minutes after the start time).

It is a topic the Society has been working on for a long time and is presented to us so we are delighted to host Dr Aengus O’Finnaghen, who will talk on his involvement in collecting field names in Ireland and the Westmeath Field Names Project 2018-21.

Recording the field names is an amazing story and most people will know the name of the fields around them, but have we ever wondered why they are called that? Join us on the 27th to learn about the recording of field names and the history they hold.

For the link to register for the talk email kilbarronterryglasshistoricalsociety@gmail.com. Dr Aengus O’Finnaghen is a lecturer in the University of Limerick.

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**Burgess**

**Mass Times**

Public Masses have resumed. Mass times are as follows: Youghalbarra on Thursday mornings at 9.30am and on Saturday evening at 7.30pm. Ballywilliam on Tuesday and Friday at 9.15am, and on Sunday morning at 11.15 am. Guidelines for social distancing and face coverings will be observed as previously. During the pandemic there is no Sunday Obligation. Anyone not comfortable attending can listen to the radio or watch on YouTube. Mass from Portroe is available on radio 108 FM and on www.youtube.com/ portroeburgessyoughalparishes.

**Sacristans**

A warm welcome is extended to Marian and Dillon Denny in their new role as sacristans in Youghalbarra church. The parish thanks them for their generosity in this important ministry.

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**Silvermines**

**Sympathy**

We extend sympathy to the family, relatives and friends of Mary Ann Delahunty, who died last week and to the family and friends of Mr. Hogan, Stream Ballindouga, who died recently. May they rest in peace.

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**Birthday Wishes**

Congratulations and very best wishes to Mr. Moloney who celebrated his 75th birthday on Saturday last. We wish him many more years of good health and happiness here in Silvermines and thank...
him for all his care, help and kindness to all parishioners.

ICA
Ballinaclough ICA wish to thank all who supported the very generous drive for the Alzheimer Society. The amount collected was €700.

DAY CARE CLOTHES COLLECTION
Naomh Day Care Centre on Ashe Road is appealing to the public to support its clothes collection fundraiser. They need: Men’s clean clothing, women’s clean clothing, children’s clean clothing, pants, shoes, handbags, belts. They don’t need dirty or worn clothing, single shoes, duvets or pillows, carpets/rugs, uniforms, curtains/sheer linen.
Please deliver to Day Care Centre (067) 331777, Mondays, 9am - 1pm, up to Monday, June 14th, excluding the June Bank Holiday.

TEMPLEDOCK

EASING OF RESTRICTIONS
We are delighted that some of the Level 5 restrictions are eased and that this weekend saw a return to Masses in our churches. Mass will continue in Templederry on Wednesday evenings at 7pm and Saturday evenings at 7pm. These two Masses will continue to be live-streamed. Numbers at Masses will be restricted due to public health advice.
The outside loudspeaker will also be deployed at all Masses in Templederry.
Mass will continue in Currenney on Sunday mornings at 9.30am and in Kilkeen on Sunday mornings at 10am. We ask all persons to follow the guidance of the stewards. A big thank you to all those who helped to prepare the churches for the return to public worship and all who have been so patient over the last four months, which at times has been very difficult and trying for so many.

TEMPLEDOCK NS ANNUAL CLOTHES COLLECTION
The annual clothes collection appeal takes place with collection on Wednesday, May 26th. The money raised will go towards offsetting extra costs incurred in putting bags into the trailer as it will be unattended. Bags must be dropped off by 9am on Wednesday, May 26th, as they will be collected that day. Drop-offs can be made throughout the day on Monday, May 24th and Tuesday, May 25th. Many thanks for all support.

TEMPLEDOCK GAA LOTTO
Last week s draw was held again virtually and there was no winner of the jackpot. This week’s draw will be held virtually also and the jackpot will be €5,000.

THURLES

ST BRIDGID’S CHURCH
Friday of this week is the closing date for the submission of photographs or articles relating to the opening of St Joseph’s and St Bridgid’s church, Bohernamoy, 50 years ago for inclusion in a book to be published later this year commemorating the event. Parish Priest, Fr Jim Purcell, has appealed to parishioners with such material to leave it at the parish office in Cathedral Street by Friday of this week. It is planned to have appropriate celebrations to mark the event later in the year.

WELL DONE
Congratulations to Joe Bracken, Rossanmore, who was named by the National GAA Writers Association as GAA PRO of the Year. Joe stood down this year after completing a five-year term as Tipperary GAA PRO, a position he filled with distinction having earlier served as Bord na nOg PRO for a number of years. The award is a fitting recognition of his outstanding service to the county during those years.

FULL RE-OPENING
Great to see near normality returning with the full re-opening of retail outlets and business in the town as the Covid restrictions are eased further. In June the hotels and restaurants will be re-opening for outdoor dining and the re-opening of pubs should follow also. People are encouraged to shop locally to support the town’s businesses and secure local jobs.

SYMPATHY
The death occurred last week of John Doyle, Solycurreen and Ancoarne formerly. A staunch GAA fan, John was pre-deceased by his wife Anne and is mourned by his son John, daughters Marie and Josephine, his grandchildren and sister Liz Rockett, to whom, and to his many relatives and friends, sincere sympathy is extended. Following Requiem Mass in the cathedral interment was in St Patrick’s Cemetery.
The death also occurred last week of Ned Bourke, Clareen, who for many years was a television installer and repair man in town before setting up his own business. In Tipp town. Sincere sympathy to his wife, Nora, sons David, Declan, Eamonn and Adrian, daughter Caroline, his grandchildren, brothers Johnny and Larry, and a wide circle of relatives and friends. Following Requiem Mass in Holy Cross Abbey, Interment was in the adjoining cemetery.

URSULINE SISTERS’ 250TH ANNIVERSARY
The Ursuline Sisters in town, along with those all over the country, marked the 250th anniversary of the coming of the Order to Ireland with a prayer service by Zoom involving prayer from all the country’s Ursuline schools. In town, a prayer service was relayed to all the classrooms during which the Order was also thanked for its immense contribution to education in our town down the years. The sisters are congratulated on this magnificent achievement and hopefully will continue to be an integral part of the educational fabric of the town for many years to come.

VOICE OF SEMPLE
Liam O'Donoghue, Poulidrun, the ‘voice of Semple Stadium’, has retired after 40 years service providing the public address facilities at the venue. Vice-president and former chairman of Sarfields GAA club, Liam has given a lifetime of service to the GAA and is the author of a number of books including the history of Thurlies Sarfields and the life story of legendary Tom Semple. His well-informed and eloquent delivery of pealing out information at all the major games in the stadium was greatly appreciated and he is thanked for his service.

SPORTS
Local sports people were to the forefront at the weekend. Padraic Crehan was a member of the Tipperary football squad which lost to Limarick in the National League. Padraic and Ronan Maher lined out for Tipperary against Cork in the hurling league and Karen Kennelly played for the county camogie team against Cork. Well done to all for keeping the Thurles flag flying in these days of restricted sport.

Borrisokane GAA
Lotto: Monday night’s Lotto was held behind closed doors where the jackpot was worth €3,500. If not won next Monday night’s jackpot will be worth €3,950. Our Lotto tickets are available in local shops and on ClubForce.com. Alternatively, follow us on Facebook/Twitter where you can follow the links. You may also download the Clubforce app. Thank you for your continued support and hope you are all keeping well during these times!

Summer Camp: After last year’s great success Borrisokane Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will return this August 17th to 19th. Three days of GAA sports, including hurling, football and fun targeting each age group from our U7s to U12s. So pencil in the dates above and work around your ‘Staycation’. More information will follow in the coming weeks.

Covid assistance: Please contact Margaret Mary O’Dwyer, 085-218-6021, for any assistance you may need or require during these times. Also, if you know anyone that would like assistance please let the club know and one of our Covid team will gladly help you/them out.

Water Notice: Please contact any club member if you need water or assistance due to the current water situation within the Borrishoole community.

Racing
Local trainer Denis Hogan was in the winners enclosure at the Dundalk meeting last Wednesday where Rocky Dreams at 2/1 was the winner of the Hollywoodbets Horse Racing Race.

Cloughjordan
Racing
Local trainer Denis Hogan was in the winners enclosure at the Dundalk meeting last Wednesday where Rocky Dreams at 2/1 was the winner of the Hollywoodbets Horse Racing Race.

Rugby
Munster were beaten 24-20 by Connacht in the Rainbow Cup tie at Thomond Park last Friday evening. Ben Healy played at out-half for Munster and he kicked a penalty and conversion.

Scrap Metal Collection
Kieran MacDonagh’s Carrickcarnage and juvenile club are holding a scrap metal collection from May 9th to 22nd. The scrap metal can be left at the yard of James Last in Cloughjordan and at Androzziene Stone and Facing in Ardross. Scrap items that will be accepted include old farm machinery, washing machines, cookers, cooper tins, piping, galvanised steel, bicycles, slides, old cars and batteries from cars.

Donate Online
In these times of Government lockdown and restrictions on attendance at public Masses many people who are unable to attend church services are interested in contributing to the support of their parish or their priests. It is now possible to make a contribution by credit or debit card directly to your own parish using the diocesan website - www.mallcredicedio.ie. The contribution as received by the diocesan website will be fully paid to your own parish. Simply go to the diocesan website and click on the red ‘Donate to your Parish’ button on the top of the page. You will be invited to select your parish and the parish fund you wish to contribute to. Sincere thanks to all the parishioners who have contributed during the Covid-19 Pandemic. Your support is greatly appreciated.

Hurling
Tipperary and Cork played out an exciting draw, 0-22 to 2-16, in the National Hurling League B1 played in Thurles last Saturday. Kieran MacDonagh’s Niall O’Meara lined out at wing forward for Tipperary. Next Saturday Tipperary will play unbeaten Galway in the next round of the League in Thurles. This game will be televised live by TG4.

MacDonagh Museum
The Thomas MacDonagh Museum reopened last Friday to welcome visitors. It will be open for the weekends for the moment, 2-4pm on Saturday and Sunday during June and July. We look forward to making exhibitions available once again and introducing new activities for all ages. The final free online event, as part of the Cloughjordan Honours Thomas MacDonagh celebrations, will take place...
on Thursday, June 3rd, when Ger Haferman will deliver an illustrated talk on the Modroney Ambush which took place on June 3rd, 1921.

HURLEY REPAIRS

Our local Tipperary hurley maker, Cian Darcy has set up a hurley repair business. Cian can be contacted at 083-4838023 and by email at ciandarcy2018@gmail.com.

NATIONAL FAMINE REMEMBRANCE

The ceremony to mark the National Famine Remembrance Day took place at Glasnevin Cemetery last Sunday. The keynote address at the ceremony was given by the President Michael D Higgins and wreaths were laid in remembrance of all those who suffered or perished during the famine. Over one million are estimated to have died from hunger during the famine. In our own locality we remember those who perished including Bridget Quirke a widow living in Bantis, and her six children, who died for want of food in January 1848 and also five-year-old Patrick Hayden from Killeen, who starved to death in June 1849.

LOCAL LOTTO

The jackpot for the next draw in the Killane MacDonough’s Lotto is €2,600. Thanks to all subscribers for your continued support.

IRELAND’S OWN

The April edition of the Ireland’s Own magazine featured an interesting article on the provision of electricity to the Cloughjordan community, which commenced in 1912. Cloughjordan was the first small town in Ireland to get supplied with electricity. The electricity supply was provided by local businessman William Patten from a generator at his premises at Templemore Road. In 1936 the business was taken over by Martin Gleeson and it wasn’t until 1950 that the service was taken over by the ESB. The author of the article in Ireland’s Own is Caroline Hurley, who resides in Cloughjordan Eco Village.

CLOGHJORDAN FC

Split the Pot: Congratulations to our last two Split the Pot winners, Anne Graze and Michael Brennan Jr. They won €234 and €220 respectively. Our next draw will take place on Tuesday, May 25th, at Golan Kebabs. Tickets cost €2 each and the prize is 50% of all fortnightly sales. Tickets available in local shops and from club members.

Return to Training: Cloughjordan Eco-Park was buzzing with activity last Saturday, as all of our underage teams returned to training. Our U10-U14 squads are all preparing for a return to matches on June 12th, and our youngest players will be hoping for a blitz or two before the end of June. We also had 20 girls attend training, so we are very optimistic of producing a team for later in the year. Training continues next Saturday at 10.30am. We welcome new players all the time, from U6 to U9. If anyone wants to join one of our older teams, just get in touch. You can text Eoin at 086-277-0003 or email eoin@086-277-0003 with any new player queries.

Junior Teams: Our junior teams made their return to training last Tuesday, and will be busy preparing to finish out the remaining 2020/21 season. We will likely have one eye on the ‘new’ season, which will start in July. It is very hard to consider the next month as anything other than preparation for the new season, seeing as teams have already been selected for the January games.

LORRHA

JAPANESE KNOTWEED CONTROL

The invasive species Japanese Knotweed is a major threat to the biodiversity of the county’s hedgerows, spreads very easily and is very difficult to control. Tipperary County Council are asking the public that that they contact their local authority if they see this plant in your area, not to cut it or try to manage it. They are also advising the public not to dig up or move this plant, which may contain material which could contribute to its spread. Instead, you should report the location to the council on 0766-500000 or by email to customerservices@tipperarycoco.ie. Information regarding the control and management of the invasive plant species can be found on www.invasive.ie.

Ragwort, Thistles, Dock, Common Barberry, Male Wild Hops Plant and Wild Out are scheduled as noxious weeds and it is an offence not to control and prevent their spread. Tipperary County Council are asking the public to co-operate with them in the eradication of these invasive plants from your land.

REMEMBER

Anyone who would like to donate to the Cloughjordan Hopsice fundraiser, which is spearheaded by Banagher College teacher Breid Haswell, who herself is undergoing current cancer treatment, have until this Wednesday May 19th to do so by going to the Banagher College website where there is a link to the donate page, or you can purchase a ticket from the TY students or teachers for just €5. Every little helps a lot.

LORRHA DEVELOPMENT

Lorrha Development/Tidy Towns extend sympathy to Pauline McInerney and family on the death of her mother Maura Dooley, May they repose in peace.

WELL DONE

Congratulations to Emer and Brian and the Tipperary hurlers on sharing the spoils with Cork on Saturday evening last in Semple Stadium. We extend the best of luck to the lads once again when they play Galway in round three on Saturday coming on home ground.

HARD LUCK

Commercials to Clodagh McInerney and the Tipperary team who went under to Cork in the first round of the National League on Saturday last.

RAGS GOLFING SOCIETY

The members of the RAGS golfing society wish to extend sympathy to the Dooley and O’Meara families on the death last week of Maura Dooley, Milford, Borrisokane, mother of Olive O’Meara, May she rest in peace.

CHURCH NEWS

Everyone is encouraged to wear face masks in the church during Masss, Holy Communion will be taken to you as you remain seated. There will be a facility in both churches to make contributions to the church collection. The numbers at funeral and wedding services is capped at 50 for the moment.

As the churches are now re-opened, anyone wishing to book anniversary Masses please contact the church sacristan, Agnes Sheehan in Lorrha, and Mary Cleary in Rathcabbin.

Mass times are now on Monday mornings at 10.30am in Lorrha Church except bank holidays.

Lorrha, 6.30pm on Saturday evenings.
Rathcabbin 11.30am on Sundays.
Borrisokane: 7pm, Saturday, Milberry: 8pm, Saturday; Terryglass: 9.30am, Sunday; Borrisokane 10.30am, Sunday.

COMMUNITY MARKET

Lakeshore Community Market will be in Terryglass this Saturday, May 22nd, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, fruits, flowers, a wide variety of breads, cheeses, chocolates, cakes, baked goods, honey, jams, sauces, tea, coffee, crafts and more.

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LUCKY LORRHA

DAILY MASS TIMES RETURN:

With Covid restrictions eased daily, Mass returns. In Saint Patrick’s, Lorrha, Mass will be celebrated on Mondays, Tuesdays and Thursdays at 9.30am. Vigil
Mass in Puckane on Saturday evening at 7pm. Morning Mass in Carrig will be on Wednesdays, Fridays and Sundays at 10am.

WIN MONEY
Kildangan GAA Lotto is now live on Facebook every Monday night at 9pm. Details of how to enter are as follows. Just buy €2 per ticket or €5 for three tickets, available at Kennedy’s shop, Puckane.

and Tony’s Tipp Top Shop, Ballincollig. Why not enter online at kildangan-gaas.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €9,900. Winners to everyone for their support and stay safe.

WELL DONE
To Kildangan personnel involved with Tipperary senior hurlers in last Saturday night’s second round All-Ireland League encounter against Cork at Semple Stadium. They return to action again this Saturday when Tipperary take on Galway in the third round. So it’s two draws out of two games so far. Best of luck to everyone.

TEEN
Play at Puckane Tennis Club resumed last Monday, May 16th. Please check with the officials for booking and other information.

PORTUMNA

SENIORS ALERT
The Senior Alert Scheme (SAS) provides funding for a personal monitored alarm, which is connected to a control centre to enable people aged 65 and over of limited means to live independently and safely in their own homes. Portumna & District Lions Club are the local organisation who facilitate this scheme in Portumna and surrounding areas.

For further information contact Ann Heagney, 01768900-89, or log into www.policealertprogrammes/seniorsalertscheme.com.

PHOTO PROJECT
Just a reminder that the closing date for your photo submission is fast approaching. Please get your submission for the Shorelines Arts Festival photo project called Only for This by May 30th.

You are invited to reflect on the last 12-14 months when Covid-19 touched everyone’s life in some way. Many of the submissions received to date reflect on nature, hobbies, people and pets that have sustained people through this pandemic period.

Submit your picture of your Only for This place, book, space, moment, memory or experience to images@shorelinesartsfestival.com by May 30th.

From a selection of the submissions, a group of local students, writers, and Shorelines literary guests will be commissioned to respond with a piece of writing.

An outdoor/window exhibition of the selected photographs and responses will be presented at our Shorelines Arts Festival, September 17th – 19th. Further information on www.shorelinesartsfestival.com and on our social media page.

PORTUMNA CAN BE HEAVEN
11 Eleven is a new coffee dock that caters for all taste buds. Brewing a quality coffee located in the majestic setting is Portumna Forest Park. Cathal Flynn and Jason Flynn own the business and have converted an old trailer into a bright, clean, functioning coffee source. Portumna forest is an ideal setting for friends, families, teams or groups to meet with ample parking and space available and now with a chance to grab a banana coffee and treat to enjoy. You can follow 11 Eleven coffee on Facebook, Instagram and LinkedIn to keep up to date with all things going on.

BRAZILIAN MARTIAL ARTS
Transition Year students at Portumna Community School experienced the Brazilian martial art Capoeira this week. Alessandra Azevedo and Wesley Correia, both from Brazil, taught this workshop. Students learned the fundamental movements of Capoeira and also performed Maculele, a traditional dance with sticks.

Thank you to Ms Lawren for organising this enjoyable workshop.

COMMUNITY MARKET
Lakeshore Community Market will be in Terryglass this Saturday, May 22nd, from 10am to 12 noon.

Mary O’Connell, Marian Nevin, Mary Sheils and Betty O’Brien attending the launch of the Coffee Dock at the Abbey Court Hotel, Nenagh, on Friday last.

PHOTOGRAPH: BRIDGET DELANEY
Transition Year students from Portumna Community School performing Maculele.

Enjoying summer weather at Drumnere recently were (from left) Geraldine Cronin, Olive Powell, Tadhg and Nora Flynn and Helen O'Sullivan.

PHOTOGRAPHER: BRIDGET DELANEY
Children from Youghalarra NS planted sunflowers at the start of March and cared for them for the last few weeks.

Kayley Moylan of Hogan’s Pass, Nanagh, who recently graduated from WIT with a BA (Hons) in Psychology and is pictured here with her proud parents Edwina Knight and Michael Moylan.
Bluebells blanket in Castelough Woods.

The Beautiful lough at Barrack Bay looking towards Ryan’s Point, captured by Andrew Wallace.
Impressive gardeners and pupils at Youghalarra NS planted sunflowers at the start of March and cared for them for the last few weeks.

Junior infants in Carrig School enjoy the outdoors this week.
GAA ROUND UP

BALLINA

Tipperary GAA Draw Congratulations to our chairman Dairmaid McKeogh who won 1st Prize (Car or €15,000) in the Tipperary GAA draw. His father Jerry was the promoter and got €500. Well done to both. Remember this draw costs €50 for the year & 50% stays with the club and the rest goes to the county Board for prizes and running the County in general. The 2021/2022 will be launching in the coming months.

Restrictions Lifting: Juvenile & Adult training has resumed and it’s great to welcome everyone back but pods still apply. Games are expected in early June. Please remember to complete your return to play before each & every session that you and your children are attending. A help video on return to play is available on our website http://Ballina.TipperaryGAA.com under the notice board section.

Inter-County: Well done to Tipperary Senior hurlers & Junior B hurlers who stuck to their task to the end to get a draw against Cork on Saturday last 15th May. Hard luck to Steven O’Brien and the Tipperary Senior Footballers as they lost narrowly to Limerick on the same day. Best wishes to both teams again on Saturday 22nd May in Thurles. Tipp Senior Footballers (Mickie O’Connell @ 4:30pm Div 3 South Round 2 on GAA5C) and Senior Hurlers (Galway @ 13:00pm Div 1A Round 3 on TG4).

It was noticeable that the stadiums were empty and this could apply for a while to come at club & county level. As a result, it is vital that membership is paid (see Membership).

Membership: We are also appealing to people to pay their membership via www.foireann. If you used for exam last year for you or your family to play train or attend games, then you can use the same details to log in again in 2021. Considering current restrictions, we have extended the closing date for membership to this month. There may be limited attendance at club games and we will consider membership a vital factor in who is allocated tickets. Please contact club registrar Padraig Sheehy on 086-3111791 for help or cash payments or visit our website for a help video on registration http://ballina.tipperary.gaa.ie under notice board. Healthy Club/Defibrillator: As part of the healthy club project, the club grounds are now a smoke free zone. Our club is also discouraging the use of single use plastic. Players are asked to use their own water bottle at all trainings and games - when we do get back to playing and training. This is a health & environment issue.

We have joined the GAA’s community heart programme to purchase a defibrillator for the club. You can donate via the link: https://www.gaeilge.com/ballina-tipperary2021bclid-1waAR7WcxQxAGf2J2yJF6tjTU2YxXOGicVszhevmeaHf7l0xKxqimGzaz75s36

Club Clean-Up/Policies: We hope to have another club clean-up over the June Public Holiday weekend. Some vital policy’s should be read at http://www.ballina.tipperary.gaa.ie/Pages/Units/CommunityHealth.aspx

References: With the return to play around the corner, games will hopefully start coming thick and fast. The club has two referees in Sean O’Malley and Brendan Ryan. We would hope that more people would put their name forward to help with refereeing. If you are interested please contact Gerard McKeogh. There can’t be games without referees.

Club Website/Social Media: Our club website www.ballina.tipperary.gaa.ie continues to be very active with regular updates. Visit http://www.ballina.tipperary.gaa.ie/Pages/Club/Results.aspx and look at some old results.

If you have any old photos or news reports around this, please forward them to secretary.ballina.tipperary@gaa.ie

BORRISokane

Lotto: Monday night’s lotto was held behind closed doors where the jackpot was worth €9,400. If not won next Monday night’s jackpot will be worth €9,000. Our lotto tickets are available in local shops and on Clubforce.com. Alternatively follow us on Facebook/Twitter where you can follow the links. You may also download the Clubforce app. Thank you for your continued support & hope you are all keeping well during these times!

Summer Camp: After last year’s great success Borrisokane Juvenile Club are delighted to announce that our Gaeilge Summer Camp will return this August 17th to 19th. Three days of GAA social including hurling, football & fun, targeting each age group from our U7s to U15s. So pencil in the dates above and work around your ‘Staycation’. More information will follow in the coming weeks.

Covid Assistance: Please contact Margaret Mary O’Dwyer, 085 716 6081, for any assistance you may need or require during these times. Also if you know anyone that would like assistance please let the club know and one of our Covid team will gladly help you/them out!

Water Notice: Please contact any club member if you need water or assistance due to the current water situation within the Borrisokane community.

BURGESS

North Tipperary Online Bingo: Our Zoom Bingo continues every Sunday night at 8pm. To play you can purchase a bingo book www.pallasmarketing.ie/product/north-tipperary-bingo or by clicking the link on any of our social media posts. Book are €10 or 2 books for €15. We will be starting a brand new envelope game this Sunday night and our snowball jackpot is for €450 in 46 numbers.

Builagh CLG Lotto: There was no winner of our lotto draw on Monday, May 10th. Monday June 17th, lotto was for a jackpot of €9,500. For updated Information on lotto winners, check out any of the clubs social media pages each week. Tickets are €2 each or 3 for €5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club lotto seller.

The lotto AGM will take place on May 19th in the juvenile stand in Kilcooleen at 8:30pm. Please contact lotto chairman Pat Stanley for any further information. We
would love to see some new faces coming onto the lotto team for the year ahead.

**Best of Burgess:** This week our current Junior Manager Kevin Cooney took to the stage for episode 7 of The Best of Burgess. A great interview which showed Kevin’s passion for the game and the club. Thanks to Kevin for taking part and to Paul Carroll for hosting the show each week. Tune into our social media channels this Friday night for episode 8 and remember you can catch up on all the episodes to date on our Facebook and Instagram pages.

**Vacant Positions:** We are recruiting some great club people to join our Covid19 Officers along with an Irish Language and Culture Officer and a Healthy Club Officer. If you or anyone you know is interested in any of these roles or to find out more information about the roles themselves please contact club secretary Gemma Flynn on the club phone 087-2590336.

**Congratulations:** Well done to Burgess-Duhaara players Jenny Grace and Emily Morrissey on making the Tipperary County Intermediate Camogie team for 2021. Double congrats are in order for Jenny Grace who was also named as the captain for the year ahead. Best of luck to all the girls and the team in 2021.

**Tipperary Draw:** Well done to our county board draw co-ordinator Liam Gillespie who picked up the €200 co-ordinators prize at Friday night’s county board draw.

**Ireland’s Fittest Family:** Ireland’s Fittest Family on RTÉ are now looking for families to take part in the next season of the show. If you or your family have what it takes to be named Irela and’s Fittest Family then check out the Burgess GAA Facebook and Instagram pages for more information.

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**KILADANGAN**

**No Dogs Allowed in GAA Grounds:** In the interests of Health and Safety, all dogs (except for Guide Dogs) are prohibited from entering the club grounds after several cases of dog fouling within the club grounds in recent times. It is a serious matter, especially with the Health & Safety implications to both children and adults. This is in line with GAA Insurance regulations. We would appreciate your support in this matter.

**Lotto:** Kiladangan Lotto draw took place last Monday which was broadcast live on Facebook. There was no winner of the €5,000 jackpot 20/24, 25, 28 or the Second Chance €500 Draw (3, 7, 8, 30). The 25 lucky dip winners were as follows: Paddy & Marie Coen (Johnstown), Karen Coen (Johnstown), Olivia Hackett (online), Sarah O’Gugley (Knock), Many thanks to the large number of people that have signed up. We would urge people to sign up for the lotto online at kiladangan.com/products. There are currently a number of options available online on how long you can sign up for. You can also enter the lotto in the shops and restaurants in the parish. The lotto will be streamed live on the Kiladangan Facebook page every Monday at 9pm.

**Kiladangan Membership:** There has been a new membership category added to the club website. For €300, you will be purchasing non-playing membership, membership to the Tipperary Draw as well as a year’s entry to the lotto which includes 3 entries per week.

**The remaining rates are as follows:**
- Adult Playing (with Gym) €130, Adult Playing (with Gym & Lotto) €200,
- Student (with Gym) €100, Student (with Gym & Lotto) €150,
- Non-Playing €50, Non-Playing & Lotto €100, Non-Playing, Lotto & Tipp Lotto €200.

**Inter-county:** Barry Hogan, Alan Flynn and Willie Connors all started in Tipperary’s draw against Cork in the National Hurling League last Saturday, Paul Flynn scored a point after making an appearance off the bench in the second half. James Quigley was named on the match day squad with Billy Seymour on the extended panel. They will be in action again this coming Saturday against Galway at 1.30pm and will be broadcast live on RTÉ.

**Sympathy:** The club wish to express sympathy to Paul Dooley and family on the passing of Paul’s mother Maura Dooley (Borrisokane). May she rest in peace.

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**KILRUANE MACDONAGHS**

**AGM:** A very successful Annual General Meeting was held on Zoom last week. Chairman Joe Whelan presided and proceedings were completed without any technical glitches. History was made when Carmel Daly became the first lady elected as one of our joint Presidents. Carmel filled the vacancy caused by the death of Tom McLoughney. The promotion of Carmel facilitated the appointment of club stalwart Jim Casey as one of our joint Vice-Presidents.

**The following were elected:**
- Presidents: Fr Pat Greed, Fr Erda Burke, Len Gaynor & Carmel Daly; Vice Presidents: Martin O’Meara, Joe McCarthy, Des Gaynor & Jim Casey; Chairman: Joe Whelan; Vice-Chairman: Dave Carroll; Secretary: Martina Clery; Assistant Secretary: PRO: Gilbert Williams; Treasurer: John Mulcahy; Registrar: Carmel Daly; Children’s Officer: Yvonne O’Loneyn; North & County Board Delegate: Gilbert Williams; Health & Wellbeing Officer: Rolfin Costello; Injury Claims Officer: Kay Cahalan.

**School Liaison Officers:** Brian England, Barney Naughton, John O’Meara & Gilbert Williams.

**Return to Play:** All teams are now back in training. Thanks to all our coaches and Covid Supervisors who ensured that activities are running smoothly. A special word of thanks to John O’Meara who provided invaluable assistance to all teams with the registration of players, coaches and selectors.

**Scrap Metal Collections:** The Juvenile and Camogie clubs have teamed up once again in a joint fundraising effort. A Scrap Metal Collection is being organised before and after the game on May 23rd. Items can be left at Ardcroney Store & Paving E45 (DS65) or Michael Cahill’s James Last’s yard, Cloughjordan.

**The following items will be accepted:**
- Old farm machinery, household appliances, white goods (washing machines, cookers, dryers etc.), copper tanks, piping, galvanised steel, bicycles, slides, old cars, general unwanted scrap metal (domestic and industrial) and all types of lead batteries.

**We cannot accept refrigerators, freezers or bulbs of any type.**

All inquiries to Kieran Kevin 086/6771666, Brian Gaynor 087/2536565, Joe Cahill 086/2536564 or John Jones 087/8595650. Collection can also be arranged.

**Membership:** Membership fees for 2021 are due now. The Juvenile Club will facilitate the payment of membership on specified evenings which will be notified to parents. Managers of adult teams will arrange the collection of membership from players on their respective panels. Non-playing adults can renew membership with any member of the committee.

**Club Package:** The Club Package is growing in popularity each year. For just €20 you will have a full year’s subscription, entry to the Tipperary Draw as well as your membership. In effect, supporters who subscribe to this package will have free membership — a saving of €30. Thanks to all who have already availed of the package.

**Lotto:** The Jackpot now stands at a very attractive €2,700. Tickets are available from the usual outlets or you can join on Clubforce.com. Thanks for your continued support.

**Sympathy:** The club extends sympathy to Viv Dooley, Principal, St Michael’s NS, Cloughjordan on the death of his mother Maureen Dooley (née Burne), Milford, Borrisokane.

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**KNOCKSHEGOWNA**

**Junior Hurling:** Ger Brennan has been appointed manager. We wish Ger the very
best of luck in the season ahead. Training continues on Tuesday and Thursday nights for all players.

**Cul Camp:** The Knocksh Ngoại Cúl Camp will commence the week starting August 2nd and bookings can be made online, see Cúl Camp website.

**Walking:** The GAA are running a six-week walking initiative called Keep Walking. Keep Well. People of all ages are welcome to participate, if interested call to the GAA hall on Wednesday and Friday nights at 8.30pm where social distancing rules will apply.

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**NENAGH ÉIRE ÓG**

**Hurling Wall Fundraising:** The fundraising for the new hurling wall and astro turf pitch will continue over the coming weeks as we try to meet our target for this phase of the project. We sincerely thank all of those who have donated to date and thanks also to our members who have worked hard over the past number of weeks arranging these donations.

With the contracts signed earlier in the week for this phase of the development and the work due to commence in the coming weeks, we ask that you continue to make your donations, all donations are greatly appreciated.

Further information on this phase of the project/fundraising can be had from Liam Heffernan, Mary Jo O'Reilly or Anne Kennedy.

**Lotto:** Our Lotto jackpot last Monday night, May 17th, was €5,100. We thank all for your continued support of our Lotto, those who wish to join can do so through the link on the club website - www.nenaghireog.com.

**Membership:** The deadline for the payment of membership is now 31st May. With both adults and juveniles back training since last week, we ask that all players please pay their membership immediately. Players will not be covered under the Player Injury scheme unless they have their membership paid. The link to pay is on the club website and all information on how to register for Fóireann can also be found here. Membership can also be paid at training to mentors.

**Allianz League:** Well done to Barry Heffernan and Jake Morris who both started for Tipp in the draw league game against Cork last weekend. Both were on the scoresheet with Barry scoring two points and Jake scoring a point. Tipp now meet Galway in Semple Stadium next weekend.

**Shop Local:** As businesses begin to open up after the long lay off it is now more important than ever to support our local businesses. We have been very fortunate over the years to get great support from our local businesses and so we ask people to continue to shop local and support local.

**Tipperary Draw:** Congratulations to Philip Ryan who won €200 in last week’s Tipperary Draw. Our draw promoters will be collecting any outstanding monies for this year’s draw over the next few weeks. The next draw will be held on Friday, June 4th.

**Return To Play:** We were thrilled to welcome back to training all adults and juvenile groups last week. The joyous sound of children having fun and enjoying training was that absent from MacDonagh park for too long this season was happily restored last week.

A reminder that everyone must complete their profile registration on Fóireann and fill in their Covid health questionnaire on the day of training - please go to www.foireann.ie to do this. Parents will need to do this for underage family members. We ask that you abide by HSE guidelines on mask wearing and follow your Covid Officer’s advice at all times to ensure a safe training environment for all.

Training slots - days and times have been issued on the various WhatsApp groups, welcome back and enjoy.

The Juvenile Club hopes to link in with some of the new senior hurling team in the coming weeks and leverage their experience from when they were juvenile hurlers and how they developed their skills and passion for our game.

**NÉO Nursery:** Our NÉO Nursery (Under 5’s) will be starting in the next few weeks. Any boy born in 2016 or 2017 that would like to take part are welcome. It will take place on Saturday mornings at 10:00. More information in the next few weeks.

**Under 9:** Under 9 boys back training on Saturday mornings 10am-11am. Boys born in 2010 or 2011 are more than welcome to come along.

**Under 11:** Under 11 boys training recommenced this week with over 30 boys at training on both Tuesday and Saturday. Training continues on Tuesday evening from 6 to 7 and Saturday morning from 10 to 11. New players are always welcome.

**Under 13:** The Under 13 boys returned to training this week. Any boy born in 2010 or 2011 are welcome to come along. Training for hurling takes place Tuesday and Friday at 6.00 and training for football takes place every Wednesday at 5.30.

**Under 15:** The Under 15 boys resumed training Tuesday, Wednesday and Friday, very important that they have good attendance going forward.

**Under 15-17:** The Under 15 boys resumed this week and great to have the boys back on the field. Hurling training will continue every Tuesday, Thursday and Saturday with football due to start shortly.

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**PORTROE**

**Juvenile AGM:** The Juvenile AGM was held last Sunday in the stand of Portroe GAA grounds. Club Chairman, Acting Secretary Shane McElligot, Treasurer Mike Sheedy and Pro-Secretary from Children’s Officer Pauline Costello, Register Paul O’Callaghan. The following positions are still vacant within the Juvenile Club: Vice Chairman and Assistant Secretary. If you are interested in any of these roles or for any contact Shane McElligot. Thanks to all that attended the AGM and the club is looking forward to a busy and successful 2021.

**Lotto:** Portroe GAA/Portroe Camogie/Penish Hill Lotto continues every Tuesday night. The Lotto is available to play online through the Clubforce App and tickets will also be available from any of the Lotto co-ordinators. Thank you all for your continued support.

**Fóireann:** The GAA’s new club registration system Fóireann is now live. Membership monies are, for now, still paid to any committee member.

1. Go to www.foireann.ie. If you have previously used the Returnplay system from last year, your existing username and password will work. If you have not used Returnplay, you can register a new profile.

2. You will then be sent an email by Fóireann to the email address you used to register your account. Click the link in the email to verify your account.

3. This link will bring you back to Fóireann where you fill in the remaining details to your account.

Follow the link below for an instructional video on how to sign up. More details at https://youtu.be/Y2mC7qY771s

This must be completed by all players by
31st May for insurance purposes.

For family set up once the Fairean account is active each family member who will be a member of Portroe in 2021 will need to be added under the family tab within the Fairean profile. Membership will continue to be paid directly to the club in the usual way for 2021. The Covid return to play will also need to be completed in Fairean for all family members in the profile created.

LORRHA

Best of luck: To Patrick Maher, Brian Hogan and Clocagh McIntyre who are representing Tipperary this weekend.

Lotto: The lotto jackpot is now €5,000 with a match 3 pot of €100. You can play online at clubforce.com or lotto envelopes can be dropped off at the clubhouse, at Mulrooney’s, Kehy’s or at the Scoll shop. If you need lotto envelopes, contact Hubert Duggan (087) 2859995 or Kevin Molloy (087) 6738986.

SHANNON ROVERS

Little Reds Mascot: Congratulations to Sean Costello, Lisquillibeen, Coolbawn who produced the winning design of a Little Red Mascot to promote the club’s new Little Reds Nursery and Academy which commenced two weeks ago. Sean, aged 8, is son to Dermot and Claire Costello and he beat off strong competition against entries from students in Kyle Park, Killarney and Terreglass National Schools. Well done Sean.

Tipperary Club Draw: Sadly we had no winners in the 7th Tipperary Club Draw. The next one will be held on Friday night, June 4th, in Lar na Pairce and live on Tipp FM.

Carnegie: Tipperary senior and intermediate camogie sides had a disappointing start to their respective Littlewoods Ireland Carnegie League campaigns. Aine Sattery lined out in goal with Tipperary senior camogie side but they lost to Cork at Pairc Ui Chaoimh on Saturday. The intermediate side lost to Cork in the opening game of Division 2 played at The Ragg and Sabrina Larkin was part of that squad.

Better luck next Saturday as Tipperary are home to Waterford in Division 1 while the intermediate side travel west to play Galway for round 2 of Division 2.

Welcome Back: To our adult hurlers who returned to training last week.

The under 17 Juvenile Football Fixtures: The Under 17 football campaign commences Monday, June 7th, they away to Portroe. Monday, June 14th, they are due to play host to Aherlow/Latten Cullen before completing the group stage with a third round game at home to Emily. All games have a 7pm throw in.

Under 15 Football: The opening game is Thursday, June 10th, away to Portroe. Round two at home to Clerihan before we travel to Ballyroeheen for round three. Throw in times 7pm.

100 Km Walk: Ballinderry Community Sportsfield Committee have signed up to the 100km in 30 days challenge. This is a fundraiser for Breast Cancer and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.http://100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop down menu. The 100km is to be completed during the month of June. This event is open to all.

Nenagh Eire Og juveniles back in action at their first training session in MacDonagh Park last week.
Leitrim Schools

LOUGH ALLEN COLLEGE
BRONZE AWARD

Thanks to Ms Creaven for organising a motivational talk with Mary Yuse from Gaisce for students in Transition Year who are completing their Bronze award.

FUNDRAISER

Throughout the month of April, students in 3rd year completed over 100km each by walking, running and cycling to raise money for North West STOP. It was a fun and worthwhile experience. We raised an outstanding €1,800. Thank you to everyone who supported this worthy cause and well done to Miss Dolan and all the 3rd year students. On Friday, April 30th, representatives from North West STOP came to the school and celebrated their success.

DRUMSHANBO VOCATIONAL SCHOOL

PLC - PRE THIRD LEVEL IT COURSE

Drumshanbo Vocational School are currently accepting applications for the PLC, which will start this September 2021. This is a great opportunity to develop and enhance IT and research skills necessary for college. Statistics have shown graduates of PLC are more likely to succeed in a chosen third level course by delivering third level places. We hope to resume Erasmus placements, whereby learners would get an opportunity to get funded work experience abroad for two weeks.

The entire PLC course utilises continuous assessment, which means the stress of final exams isn’t a factor. All course content is available online through ‘Moodle’, past students have been able to successfully complete the programme and work part-time.

There are also progression opportunities for various courses in Universities and IT colleges, which successful graduates can use PLC qualifications to gain entry to instead of Leaving Certificate points.

The number of learners on the course limited to twenty and in the event of the course being oversubscribed, suitable candidates will be offered places based on the date of initial application.

To apply, check out feecourses, course code 3066, and apply online: https://www.feecourses.ie/coursefinder/feccourseid-3066

SECOND YEAR SIMON COMMUNITY HAMPERS

Just before Christmas, Ms O’Connor’s 2nd year English class were studying their class novel, ‘Stone Cold’ by Robert Swindells. This novel focuses on the life of a homeless person in London.

Through a few pre-reading activities, for instance looking at the work of ‘Focus Ireland’, writing a letter to Ireland’s Housing Minister and acting upon an email they had received from the ‘Simon Community’, this amazing group of students began collecting items, like children’s toys, confectionaries and groceries.

The class made up over 30 Christmas hampers that were given to families within the Leitrim, Sligo and Roscommon areas. To say we are proud is an understatement.

ST VINCENT DE PAUL AND BREAST CANCER IRELAND

Drumshanbo Vocational School are very proud of our 4th year and LCA students. At Christmas they raised a total of €520 for ‘St. Vincent de Paul’ and ‘Breast Cancer Ireland’.

Our 5th year group, SA, organised a Jersey Day. Ms Mccawley’s LCVP class, 5S, organised a Christmas Jumper Day for all staff and students and our LCA (year 3) group sold Enterprise Crafts (4th December).

The LCA group also had a Hotel Catering and Tourism Day. We would like to thank their teachers Ms McCawley, Ms Traynor and Ms Shanley for helping with these successful events.

HEALTHFEST

Drumshanbo Vocational School’s Leaving Coats, Leaving Cert Applied (year 3) and Ms Traynor’s 3rd year Business Studies group attended ‘Healthfest’, a virtual event that took place on January 27. This event was aimed at teenagers and featured experts in the areas of physical activity, nutrition and mental wellbeing. The students learned many ways to maintain a healthy mental and physical way of life. We would like to thank Ms. Traynor for organising this informative event.

EUROPEAN PARLIAMENT AMBASSADOR SCHOOLS PROGRAMME

On February 11, Drumshanbo Vocational School participated in the ‘European Parliament Ambassador Schools Programme’. A challenge was set for the 4th year LCVP group and some 2nd year Business Studies students. Students were asked to translate a recipe into a modern European language or Irish, they then had to bake a cake as part of the programme.
The students exceeded expectations with their creativity. Taking on the challenge with great positivity and hard work. We would like to thank all the students involved in this exciting event and their teacher, Ms Traynor, for all her organising.

BREAST CANCER IRELAND

On February 22, Ms Traynor organised a virtual presentation on ‘Breast Cancer Ireland’ for staff and students within Drumshanbo Vocational School. This programme is available to schools throughout Ireland, delivered by qualified Breast Cancer Ireland representatives. It was very informative and educated both the staff and students on the signs and symptoms of breast cancer.

WORLD BOOK DAY

For ‘World Book Day’, on the 4th March, the English Department in Drumshanbo Vocational School organised lots of fun activities for all Junior Cycle students within the school.

These activities included reading, dressing up as a character from your book, baking a book/poem, writing a poem about the joy of reading, reciting a piece of text from the book to name but a few of the activities.

It was great to see this inspiring day celebrated within the school, as it is a day that promotes reading for pleasure, allowing the youth to transport themselves into another enjoyable world.

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” — Dr Seuss.
Mr Hegarty - English teacher dressed up for World Book Day

Students caught reading during 'World Book Day'
Second Year students began collecting items like children’s toys and groceries for the Simon Community. They made up over 30 Christmas hampers that were given to families within the Leitrim, Sligo, and Roscommon areas.

Drumshanbo VGS participated in the ‘European Parliament Ambassador Schools Programme’. Students were asked to translate a recipe into a modern European language or Irish, they then had to bake a cake as part of the programme.
5th year and LCA students. At Christmas they raised a total of €920 for ‘St. Vincent de Paul’ and ‘Breast Cancer Ireland’.
Mags’ Great Limerick Run a week after third chemo session

DONAL O’REGAN

EVERYBODY who completed the Great Limerick Run receives a medal but Marguerite Sloane deserves a 24-carat one.

The Oola lady took on the 5k challenge just a week after her third chemotherapy session following a diagnosis for breast cancer. Marguerite shared her story to give hope to others going through exactly what she is.

“There might be people who have just been diagnosed and they don’t know what is ahead of them. They might see somebody out doing a little walk like I did and it might give them some bit of encouragement. There is light at the end of the tunnel,” said Marguerite.

She found the lump two weeks after her 50th birthday last year.

“In November, I got an appointment in the Regional in Limerick and was told there and then that it was breast cancer,” said Marguerite.

Thankfully it was caught very early.

“I had surgery on January 13. I had a lumpectomy and lymph nodes removed and I started the chemo then on March 9. It’s very hard with Covid - you can’t bring anyone in with you. I had to do the chemo and I had the surgery on my own.

“I had four sessions of chemo and my last session was on Tuesday, May 11, thanks be to God. It was the hardest of them all and I have been bed bound since. I have to do 25 radiation sessions after that,” said Marguerite.

She has completed and volunteered at the Great Limerick Run in previous years and wasn’t going to let cancer stop her involvement this year. Marguerite did the 5k with the support of partner Paul and daughter Mikiela.

“When I went to sign up this year, I saw the 5k and I was delighted with the 5k. I
Samcro could have a nice summer campaign according to Jack Kennedy

The famous red and white colours of the Slanestown Syndicate were once again in the winner’s enclosure as the five-year-old Edison Kent took the opening maiden hurdle at Killarney on Monday Ridden by Robbie Power, the Jessica Harrington-trained 9/1 chance made most of the running as he scored by an easy four and three-parts of a length from the Peter Fahey-trained Lucky Tenner. Samcro bounced back to winning ways with a narrow success in the Grade 3 An Ríocht Chase for Denise Foster and local hero Jack Kennedy. Without a win since his Marsh Chase success at last year’s Cheltenham Festival, the nine-year-old put that right when getting up late on to beat Clohas Emery. Kennedy said of his 6/1 winner, “The ground is nearly yielding on the chase course and I think better ground could suit him better again. I think he could have a nice summer campaign on good ground. He beat a good horse today and it is great to see him back. The Galway Plate could be an option but we will take it from here and see how we get on.”

ROS.COMMON TREBLE FOR DECLAN MCDONOGH

 Declan McDonogh notched up a treble at Roscommon on Tuesday afternoon. His first winner was the Kieran Cotter-trained Lord Dudley which built on the promise of a couple of earlier runs to win the seven-furlong handicap at odds of 9/2 favourite McDonogh then rode a couple of winners of Joseph O’Brien who enjoyed doubles here and at Killarney later in the day.

He won the 10-furlong median auction race on the Hayley O’Connor owned and bred Max Mayhem which was hugely impressive at odds of 4/6 favourite and rounded off a fine afternoon with a two and a half-length victory on the Newtown Anner Stud Farrowed 3/1 chance Vultan in the 12-furlong handicap.

Colin Keane and Dermot Weld combined to win the opening eight-furlong maiden at Killarney on Tuesday with strong 4/4 favourite Probe. Owned and bred by Juddmonte, the three-year-old was at the head of affairs before the halfway mark and eased clear a furlong out to beat the Joseph O’Brien-trained 2/1 shot Dragonid by seven lengths. Keane landed a treble at the meeting and was back in the winners’ enclosure after the well-supported 16/5 chance Fall For A Kiss won the second division of the eight-furlong handicap.

Trained by John Murphy, the five-year-old raced from the widest stall of all and got up late on to win from the Ciaron Murphy-trained All The mollies. The champion jockey wrapped up the session with an all-the-way success on the Ger Lyons-trained Charlie in the concluding maiden. The 4/1 chance came home two and a quarter lengths clear of the Joe Murphy-trained Away To Sea. He might have hopes for more, but Keane had to settle for just one winner at Dundalk on Wednesday. The champion jockey looked to have a strong book of rides heading to the meetings but the only one to click was the Kevin Smith-trained International Lady in the eight-furlong handicap.

Peter Durnin-owned three-year-old added to her recent Cork success when getting the better of the James Barrett-trained Devonshire Dreamer by half a length at odds of 3/1 favourite. Navan-based Pat Martin kept up his good recent form when taking the 12-furlong handicap with the Peter Cullen-owned Quiet Desire With Dylan Browne McMonagle in the saddle, the 13/2 chance beat 85/40 favourite Gelaya Queen by three parts of a length and Martin said, “I’m so pleased for Peter who is from Closee. He is so enthusiastic and I can’t wait to see how excited he is. He has all his family around him tonight. It’s a big deal for him and it’s a big deal for us all.”

PUNTERS POET GIVES KILMESSAN TRAINER MATTHEW SMITH A CLONMEL WINNER

Punters Post won the opening division of the two and a half-mile handicap hurdle at Clonmel on Thursday for Kilmessan trainer Matthew Smith and Keith Donoghue. The 9/2 chance came from well off the pace to beat the Katty Brown-trained Allora Yest by half a length in the colours of the Poetic Ten Syndicate. Smith said, “It is nice to finally get that and fair play to his owners who have put a lot of time and money into him. They are from around the Tulamore area and have been very patient.”

Although their newcoener Moony Baums was just touched off in the opener at Leopardstown on Friday, Ger Lyons and Colin Keane were back in the winners’ enclosure after the very next race. They landed eight-furlong Median Auction maiden with the well-fancied Eamon Kerr Perry, the 11/10 favourite getting the better of the 103-rated Notre Belle Bet by half a length on just his second start. Gavin Cromwell gave Gary Carroll his first winner of the weekend when saddling Harbansky to take the second division of the eight-furlong handicap. Owned by the Strawberry Seven Syndicate, the 11/2 chance led in the final strides to beat Jim Bolger’s Beagmack Sasta by a neck. Dunboyne trainer Amanda Mooney and County Offaly apprentice Nikita Kane teamed up to win the Breed CTS Ireland Ladies Hurdle with No Say Ever. The 7/1 chance skipped clear over a furlong from the finish and had two and three-parts of a length to spare over the Meath Mulyarn trained From The Cold at the line.

Tom McCourt and Dermagh O’Keefe won the two-mile handicap hurdle at Kilbeggan on Friday with the Pat Jordan-owned Delar Value. The 7/1 shot held a narrow advantage when left clear from the final hurdle to win by two and a half lengths from the Shane Broderick-trained General Movielore. Denise Foster and Bryan Cooper took the opening division of the maiden hurdle with the Imperial Racing Syndicate-owned Imperial Sach’s, but it was a close call. The 11/8 favourite led on the line to beat the Andy Satterley-trained Voice Of Hope by a neck.

A little closer to home, Siobhan Rutledge was seen to terrific effect as she won the second division of the 13-furlong handicap on Santorini Sun for local trainer Finbar Hand at Navan on Saturday. She raced clear of the field.
alongside fellow outsider Carried on the 50/1 chance and kept on best to win by four and a half lengths from last rival. No other runner was even seen with a chance and the 5/4 favourite Swelltime finished a never-dangerous third. Hanif said: “It wasn’t really a surprise because she works brilliantly all the time. She’s been so disappointing that we were actually going to give up on her. It was a change of tactics as well, out in front, but probably taking the tongue-strap and everything off made the difference.”

**JOSEPH O’BRIEN DOUBLE AT NAAS LAST SUNDAY**

Joseph O’Brien rounded off the week just as he started it with a double at Naas on Sunday and Declan McDonogh rode one of his winners. Dylan Browne McMonagle maintained his fine strike-rate when taking the five-furlong conditions’ race on 11/4 chance Andreas Vessalius and the Moyvality jockey completed the brace on the John Farrell-owned and bred Snaprateresa in the Listed Owenstown Stud Stakes. The well-backed 5/2 favourite got the better of the Willie McCreeery-trained Lustown Baba by half a length. Ado McGuinness won the Group 3 Geoffs Lacken Stakes with the Gary Devin-owned A Case Of You which was ridden by Ronan Whelan. The 7/2 chance got the better of the Jack Davison-trained Mooneista by a neck but she was disqualified and placed third after interfering with the Ger Lyons-trained Power Under Me which finished third but was promoted a place.

Matthew Smith and Keith Donoghue were back in the winners’ enclosure as the Grand Cru Edition Syndicate-owned Wat Da Doin took the opening mares’ maiden hurdle at Wexford on Sunday. The strong 5/2 chance was clear before the second last hurdle and won by all of 15 lengths from the Peter Fahey-trained Butterflysphere at the line. Dermot McLaughlin and conditional rider Paddy O’Hanlon took the three-mile handicap hurdle on the Fidelma Tooze-owned Thunderosa. The 11/1 chance went clear before the final hurdle to beat the Edward Harty-trained Whatallibber by three and a half lengths. Tom Gibney helped jockey Darragh O’Reeife complete a double at the meeting as Ah Littleluck won the handicap chase in the colours of Kevin Haigney. The 11/1 chance was clear between the final two fences and beat the Seamus Spillane-trained Wrong direction by 19 lengths.

**UPCOMING FIXTURES**

Cork – Wednesday, May 19 (First Race 1.35pm)
Tipperary – Thursday, May 20 (First Race 1.30pm)
Downpatrick – Friday, May 21 (First Race 1.55pm)
Wexford – Friday, May 21 (First Race 4.30pm)
Curragh – Saturday, May 22 (First Race 1.45pm)
Curragh – Sunday, May 23 (First Race 1.30pm).

The John Farrell-owned and bred Snaprateresa wins the Listed Owenstown Stud Stakes for Joseph O’Brien and Declan McDonogh at Naas on Sunday. Photo: Patrick McCann/Racing Post.
A fourth winner for apprentice Nikita Kane as the Amanda Mooney-trained No Say Ever lands the Breast Cancer Ireland Lady Riders Handicap at Leopardstown on Friday. Photo: Patrick McCann/Racing Post.

Siobhan Rutledge excelled on the Finbarr Hand-trained Santorini Sun to win at Navan on Saturday. Photo: Patrick McCann/Racing Post.

Local trainer Finbarr Hand greets Siobhan Rutledge and Santorini Sun after their success at Navan on Saturday. Photo: Patrick McCann/Racing Post.
Georgie Crawford's family life with husband Jamie, breast cancer diagnosis, radio work and podcast

Georgie Crawford is one of Ireland’s most popular broadcasters.

The Dublin native is no stranger to the airwaves, having previously worked on popular radio stations such as Spin1038 and 98FM.

Georgie is also the host of hit podcast The Good Glow, which sees the star have in depth conversations with celebrities about health and well being “in order to drive awareness of self care”.

As well as her broadcasting work, Georgie is a health and wellness speaker and raises awareness for Breast Cancer Ireland, having battled the disease before.

She is also married to husband Jamie and together they share a daughter named Pia, who was born in 2017. Here is everything you need to know about Georgie.

Who is Georgie Crawford?

Georgie is a radio presenter and podcaster. She previously worked for 98FM and was the Entertainment Editor for Spin1038. She now hosts hit podcast The Good Glow, which focuses not only on health and wellness but how to navigate life’s challenges and overcome adversity.

How old is she?

Georgie is 36 years old.

Where is she from?

Georgie is from south Dublin.

Who is Georgie married to?

Georgie is married to Jamie Crawford, who she met while working for Spin1038. The pair got married in 2015.

Breast cancer diagnosis

Georgie was only 32 years old when she was diagnosed with breast cancer in 2017. She found a lump when she was wrapping up maternity leave seven months after giving birth and was devastated to learn she had the disease.

She underwent two surgeries, five months of chemotherapy and four weeks of radiotherapy and is thankfully now healthy. Georgie is a passionate advocate of early detection, previously telling VIP Magazine: “Breast Cancer in the under 50s is becoming more and more common so if you go into them with a lump they are going to send you to the Breast Clinic to get it checked. But it’s the people around you who may try to reassure you, ‘No you’re too young, you’re fine.’

“But if that little voice in the back of your head is telling you that something isn’t right, as scary as it is to face it, you will never regret it because early detection saves lives. It’s just really important to address things and face them head on. I found the lump on the Thursday morning, the following Tuesday I was told I had breast cancer.”

Does Georgie have any children?

Georgie and Jamie are parents to Mia, who was born in 2017.

The couple recently revealed that they are hoping to welcome a second child via surrogacy, after hearing Rosanna Davison’s story of becoming a mum to her daughter Sophia. This is because Georgie currently takes a drug called tamoxifen as part of her cancer treatment.

“I was more upset about that than chemotherapy because I felt chemotherapy would be a moment in time but tamoxifen just felt very long. And I also knew that you can’t have a baby when you’re on tamoxifen. They don’t encourage you to conceive,” she explained on an episode of The Good Glow.

“[Rosanna] gave so many women hope, and I started to really consider surrogacy and thought maybe this will be an option for us too.

“A couple of weeks ago, we signed a few documents and we’re in the process of getting our embryos to Ukraine. So it’s really exciting. It’s really real now.

“I suppose before it was a dream and now we feel like we’re in the process of it.”
Jamie’s MS Diagnosis

Georgie’s husband Jamie was sadly diagnosed with MS in 2012, when he was just 32 years old.

Revealing the news on his Instagram account last summer, Jamie, who is CEO of Lovin Dublin, wrote: ‘I felt a bit embarrassed and ashamed because I thought it made me look weak. I didn’t want MS to limit my career progression.

‘I felt if I spoke about it then people might think I was not able to cope with the pressure that comes with the role [of CEO].’

‘I’ve decided to speak my truth because I’ve always said I would do it when I am ready. I’m 40 this week. I have a beautiful wife, a beautiful daughter, a beautiful family, a beautiful life and I am very happy.

“I am stronger and fitter physically than I have ever been. I’m stronger mentally than I’ve ever been and I don’t worry anymore about how I am perceived.”

Georgie paid tribute to her husband on her Instagram at the time, writing: “I’m so incredibly proud of my gorgeous husband @jamiecrawford11 who has today revealed his MS diagnosis. Jamie was diagnosed 8 years ago in 2012. He made the decision to only tell family and close friends and I wholeheartedly respected his decision.

“He always said he would tell his story one day when he was ready and now the time has come. Today is #WorldMSDay, Jamie is 40 next week and he’s never been fitter or healthier.

“I cannot tell you how much I love him. He’s the best husband and dad and Pia absolutely adores him.”
EVERYBODY who completed the Great Limerick Run receives a medal but Marguerite Sloane deserves a 24 carat one.
The Oola lady took on the 5k challenge just a week after her third chemotherapy session following a diagnosis for breast cancer. Marguerite shared her story to give hope to others going through exactly what she is.

“There might be people who have just been diagnosed and they don't know what is ahead of them. They might see somebody out doing a little walk like I did and it might give them some bit of encouragement. There is light at the end of the tunnel,” said Marguerite.

She found the lump two weeks after her 50th birthday last year.

“In November, I got an appointment in the Regional in Limerick and was told there and then that it was breast cancer,” said Marguerite.

Thankfully it was caught very early.

"I had surgery on January 13. I had a lumpectomy and lymph nodes removed and I started the chemo then on March 9. It's very hard with Covid – you can't bring anyone in with you. I had to do the chemo and I had the surgery on my own.

"I had four sessions of chemo and my last session was on Tuesday, May 11, thanks be to God. It was the hardest of them all and I have been bed bound since. I have to do 25 radiation sessions after that,” said Marguerite.

She has completed and volunteered at the Great Limerick Run in previous years and wasn’t going to let cancer stop her involvement this year. Marguerite did the 5k with the support of partner Paul and daughter Mikaela.

“When I went to sign up this year, I saw the 5k and I was delighted with the 5k. I said, ‘Sure, that would be grand to walk and take my time doing it because it's not a race’. It took me quite a while to do it. I stopped for coffee and breaks because I'm just not able,” said Marguerite.

But complete the 5k she did, as well as raising money for Breast Cancer Ireland.

Caption:
Inspirational lady: Marguerite Sloane, Oola.
experience the range right across from the personal stories of the individuals who will struggle all the way through along with their with their sexuality and gender himself leg honestly just listening to James I cannot wait to listen to this podcast series the Lions like you just bow to such a range of people but a real group of people in society that you would wouldn't get the spotlight very often you out I mean older groups of LGBT people whose stories are just you know there are all was harrowing James you know people who were rejected NAMA's from society and I literally had to hide who they were for 4 decades and from speaking to them James stage did they seem happy now that the younger LGBTI community won't have to experience the pain of rejection to the extent that they did all absolutely and I think that there is such a full EU could be you could be forgiven if you were here you could be forgiven for feeling a little bit better that your life experience impacted by something that can be done but there isn't even a trace of that they're all so the order so positive and so happy and I just love to see that young LGBT people in this country they are our world and enjoy E absolute they need these freedoms that we have but there is I mean to kill him and all of them of the brilliant he said I think they are right if this year of complacency and they see the troubling legislation coming out of us around transgender inclusion the troubling find ET or arrange to be he re gone they see that they recognise that they lived through the day this is what we need to make sure that we aren't getting complacent year and that the young LGBT people who are enjoying a very lucky and free to enjoy all the freedoms they have now and we're guessing that this has happened before it could happen again we are so I thought the the they are so happy that things have moved on but is that freedom now for young graduates people but they are wary of where things could go and very keen that the need to ensure that people stay at Actively engaged in the world and are always pushing things forward for other marginalised groups as well a fabulous stories to tell James I can see why you were the winner of the Co Louth partnership such of an idea and tell everyone where they can head along and listen to series James you can listen to it for free on the girl alleged that it thought it deal with Apple podcast and be in pot high and I believe that as these things often take time with the very sarcastic attitude appear on any of our help but warned that your you you you think you and your pocket on overtime but if Apple and Spotify and that's fantastic posed James OK again of the invisible threads podcast thank you so much for your time on this Saturday's assault on 98FM and if you've been affected by any of the topics we chatted about today you can contact the LGBT helpline and 18 99.9 5.9 18 90 99.3 9 on the way we have music from birdie and Eric prize will be checking out what's on in Dublin big breakfast with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog run of 4 wheel the 100 K this is a family­friendly event with amazing prizes to be won it register now at 100 km 30 days.ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a Fitbit Charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. Daily breakfasts 98FM third now S and who said you to relive the tree before dinner also achieved with no remember we agreed starting this month were cutting back on treats again especially before dinner 9 hand them over and come help me set the table let's give treats a break one daily win can restart your kids on the way to a healthier life find more ways to start make a site that I brought to you by Safefood the HSE and healthy Ireland if you have a mortgage for years for a first time buyer why pay more for mortgage protection you ask to VHI now offer cover for as little as 7 EUR 58 per month it's easy to set up a switch over the phone call as an 18 98 double 4 double 4 double 4 or search VHI mortgage protection 7 EUR 50 per month is based on a 30 year old non­smoker for a 20 year term and mortgage protection of 237000 euro including 10 % customer discount and a one % chance that the terms and conditions apply the VHI Healthcare Act trading
Me early EU EU someone very unlikely if you please that is right that the sun is shining in many parts of the city for this afternoon my continuous 12 because we think we deserve it after the week rain we had years and years star-struck on the licensing and Sam Smith to big breakfasts with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 K in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog a run of 4 wheel the 100 K this is a family friendly event with amazing prizes to be won it register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that one ordered K so get moving and wake up to win from 7 am the baby for the first 98FM this is Dublin the city that never switches off the music being made the games being played and people working now what hang on a young man from the spare room teaching in the front room it's an online all the time City where speed counts but gigabit fibre broadband to get Super fast reliable broadband straight to the heart of Europe called for more call one 800 500 303 go in-store visit aired but let's make possible a full terms and conditions does anybody for that the FAI were QuoteDevil ie can save you money on your car insurance at insurance insurance quote devil dot ie offer special rising car insurance for first time drivers young drivers and difficult to ensure cases QuoteDevil Ltd is regulated by the Central Bank of Ireland one of lights jugglers job kids dog and Joe well this will be music to your ears Deliveroo and click and collect their now available at Aldi we get the same amazing how the quality and freshness range in value and just take time to spend on job my own kids dog and if you must the banjo cloudy every day amazing terms apply see Audi ie for details order Deliveroo does availability is subject to location minimum spend required and service fee applies it's been a long hair but that lasted two years the massive easy Living Interiors Somerset we've reopened with new styles in all stores and see things that are of this gay orgies sofas chairs tables beds and homewares designs there's time we can't wait to show you round and the findings to be banned the In the best easy living summer sale easy living in Waterford Madam may I thank you at AIB where the first Irish bank to pledge to operate as carbon neutral by 2030 so we're doing less of the things that damaging drain the environment and more of the things that don't by partnering with FoodCloud were so far are support has helped redistribute over 15 million meals avoiding 20000 tonnes of greenhouse gas emissions caused by food waste find out more by searching AIB's Sustainability AIB we pledged to do more information source for FoodCloud and Irish banks PLC is regulated by the Central Bank of Ireland to Ireland's recovery from the pandemic is continuing thanks to the huge efforts of everyone working together we have been able to keep the virus under control and re-opening from May has gone according to plan Ireland vaccination programme is having a real impact on people's lives and as our vaccination programme rolls out how we plan for summer we still need to control the spread of the virus so it's really important that we continue to follow public health guidance work from home meet outdoors shop safely by wearing a mask even vaccinated keep a safe distance from others and avoid crowds let's keep working together and keep moving forward and find out all of the details A girl of .ie /killed 19 supported by the Government of Ireland
Big breakfast with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog a run of 4 wheel the 100 K this is a family-friendly event with amazing prizes to be won it register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. Daily breakfasts 98FM The these 98
MAN GOES IN AT THE DEEP END FOR CHARITY

Brave cancer survivor could’ve asked for George Clooney for a swim but she asked for me

EXCLUSIVE

BIG-HEARTED PJ Gallagher

has made a cancer war-

ner dream come true by stripping

off to his smails to

bravia a sea swim.

The comedian made a splash

with Fiona Lambert, who has

stage four cancer, after read-

ing about her charity two dips

in the Sunday World Magazine

last weekend.

Chatting exclusively to Mirror

- the news of the promise

that she could take a dip

with one of the TV’s

fugitives.

Brought to you by the 12-year-old’s

resolution, PJ was determined to

make the dream come true in 2012. He

knew, though, that two years later Fiona’s cancer remained.

Determined, though, to make the dream

come true, PJ invited Fiona to join him

in the sea on Monday.

Determined to help, PJ took

him to the sea on Monday

while raising money for the cancer charity.

When we got in the water, it was

calm, but once we were out, we

realized it was cold. Fiona was

shivering, but she was

glad to be there.

She had a lot of

hope and

satisfaction

when

she

joined

us.

The water was

cold,

but

Fiona

was

determined.

She had a lot of hope

and was glad to be

there.

She

had

a lot

of

hope

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there.
Katy Perry ANC California girl S 98 of them stand to do Brendan and wouldn't you think Brian Murphy would take a bit of time off after his mammoth challenge that he had last week I get a run 4 marathons rest over the weekend I'll be back in action on Monday and that's exactly what's happened the big rides O'Brien back from 3 tomorrow your chance to win 200 euro on 98FM's quiz had sure you are checking out tomorrow and got Jeremy Kennedy on the way and Ariana Grande Dame next big breakfast with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog run of 4 wheel the 100 K this is a family-friendly event with amazing prizes to be won for register now at 100 km 30 days.ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a Fitbit Charge foot or so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 am they're big breakfasts 98 at quality matters when it comes to feeding your unique quality you can trust me pet nutrition the lethal range is formulated using the use of animal nutrition research and new packaging and % recyclable the you 100 % that our planet and your best game nutrition elite screens available with special offers in participating retailers while stocks last terms and conditions apply really great with every time you want my champagne before 12 noon and get a same-day delivery with a 395 kilometre range 100 % electric Reynolds filling in tech is designed to go wherever life takes you feel that freedom again with the weather was a weekly tech from 89 euro a week with 0 % Finance 3 years servicing for young tractor and no fuel costs for a 24 hour test drive delivered to your door book rental .ie today Renault zoe number one of electric cars in Europe offer is made under a hire purchase agreement deposit required subject to lending criteria terms and conditions apply see renault.ie summit get out in these dozens of Sky VIP experience is to be won across the country Like Teen of the driving a shot at the drive-in movie star back of the pub and the gates of the Zoo are now open let the animals that look at these sectors in the treatment you deserve Sky VIP visitor might fly out to get involved they seem drastic that consented and balances gaa.ie slashed the happy terms closing date terraces Sky VIP section by Sky app UN global Road safety week takes place from the 17th to 23rd of May the UN is calling for a 30 kilometres per hour speed limit to be the norm in urban areas worldwide if someone is hit by a car travelling at 30 kilometres per hour 9 in 10 will survive if hit at 60 kilometres per hour only one in 10 must have Life by slowing down together we can make our roads safer support UN global Road safety week this week slowdown and learn 30 and message from the Road safety Authority and he stick in me you never let me know when
the craic stroke Kind-hearted comedian PJ Gallagher takes the plunge to make cancer warrior's wish come true

Funnyman goes in at the deep end for charity PJ shows off his tatoos during his charity dip with Fiona By Denise Smith and Daragh Keany

Big-hearted PJ Gallagher has made a cancer warrior's dream come true by stripping off to his smalls to brave a sea swim.

The comedian made a splash with Fiona Lambert, who has stage four cancer, after reading about her charity sea dips in the Sunday World Magazine last weekend.

Chatting exclusively to the Sunday World the mum-of-three revealed that if she could take a dip with one celebrity it would be the RTÉ funnyman.

Touched by the 42-year-old's revelation, PJ was determined to row in beside Fiona, who was diagnosed with breast cancer in 2017.

Harrowingly, just two years later Fiona's cancer returned, and this time, it was incurable.

Speaking to the Sunday World, PJ said: "I was over in my mam's and I had bought the Sunday World. I was just sitting there when someone text me to check out page 14 of the mag. So I did. I'd had a really s**tty week but I got a massive lift from reading Fiona's story and her mentioning that she would like me to go for a swim with her. She could have asked for George Clooney but she asked for me. What an honour."

Determined to track the Dubliner down, the star asked for social media's help in tracing the brave mum.

"This is Ireland. It's tiny. So it didn't take long to track her down on social media and arrange a swim on Monday. Joining forces at Dollymount Beach, the duo launched themselves into the Irish Sea, braving freezing temperatures for charity.

"I honestly got more out of it than Fiona did. She's incredible. She was on day 26. I was only on day one.

"I hate sea swimming so much. I'm not at all into it. I volunteer for the lifeboats so I am in the water a lot but I am always in full wetsuits and life jackets.

"But it was Baltic on Monday evening when we went. Fiona said it was particularly cold that night to be fair. But she could have just been saying that to me to make me feel better.

"It was very easy and comfortable. She had a few mates there with her as well. We spent about five minutes in there and had a laugh afterwards. I genuinely found it to be hugely uplifting."

So is he hooked now? "I won't be seen dead in a Dry Robe if that's what you are asking? But I will definitely go in again."

For Fiona, who completed her 30-day swim challenge on Friday it was a dream come true to have PJ paddling by her side.

"He left me a voicemail last Sunday and he just said, 'Hi Fiona, it's PJ, I believe we are going for a swim.' You know his voice, it's just so distinctive, I couldn't believe it. I am definitely going to keep the voicemail."

It wasn't all laughs though as the beloved comedian had to be coaxed into the water.

"He is so genuine and down to earth, he did say 'I am just letting you know I am going to be a baby in the water.' It was funny getting because he said, 'I don't know how people think this is good for your mental health, it's cold and I am freezing, it's miserable.' It was all good fun and in the end he really enjoyed it."

Having raised a staggering €19,000 over the course of her fundraising drive, Fiona said PJ also dug dip for Breast Cancer Ireland and the day oncology ward in Beaumont Hospital.

"He donated €500, I couldn't believe it, he is so generous.

Speaking of the huge reaction from her interview, she said: 'I really didn't think anything would come from the article, I was a bit nervous about it coming out because it is a little surreal reading that stuff about yourself but I have gotten great feedback from the piece in the magazine. I really wanted a realistic, positive message to go out and for people to know that you can still live well with this diagnosis and that's what I got. My phone just blew up on Sunday."
"Last week was really difficult but PJ definitely gave me the boost and the morale to keep going. I can't believe how much money we have raised."

To donate check out ie.gofundme.com/f/30-days-of-sea-swims

Now download the free app for all the latest Sunday World News, Crime, Irish Showbiz and Sport. Available on Apple and Android devices
Strong Brave mum Fiona explains why she's making a splash with her fundraising sea dips for charity

'In the past I couldn't even say the word cancer... now I want to enjoy my life'

Fiona Lambert who has terminal cancer and is doing 30 Sea Swims for charity pictured at Bull Island in Clontarf, Dublin.

For 30 days Fiona Lambert will throw herself into the wilds of the open sea, raising funds, and more importantly, a middle finger to cancer.

The 42-year-old mum of three was diagnosed with breast cancer in 2017. Two years later, her cancer returned, and this time, it was incurable.

Refusing to bow down to the disease, the Dubliner, who works in the civil service, has decided to make a splash and raise life-saving funds for those impacted by the Big C by braving the elements and doing 30 Days of Sea Swims.

"I've got to a place where I can talk about it now, whereas a couple of years ago, I couldn't even say the word cancer," reveals the Dubliner who is paying it forward to the wonderful team on the day oncology ward in Beaumont Hospital, and Breast Cancer Ireland.

"What I want now is to make a difference - so for 30 days, regardless of the weather I am throwing myself into the Irish Sea."

Tenacious and fun-loving, Fiona wants to uplift those around her with her story of survival.

"On my second diagnosis in 2019, I was searching for a happy story, a positive story.

"I would ask the nurses in the ward, 'How long is your longest patient here?' I wanted somebody to tell me that I could do treatment for years.

"There are people out there who are on treatment for 12 years, people living good lives.

"I don't want people who are suffering with this, necessarily to think that it's easy. I just want people to know that there's a positive story, and you can live really well with treatment.

"There are days that are hard - really, really hard. I get chemo on a Friday, and Saturday, Sunday, Monday and Tuesday is really tough.

"My husband [Darren] could come in, and I'll just be sitting there crying. You know, it's not easy. But then there are all those good days in-between and I am living a very fulfilled life."

In January 2017, Fiona was diagnosed with breast cancer which left her reeling with shock. "I found a lump and I think I waited for about six months before I went to get it checked because I just never thought it could be something. I was only 38.

"Of course that wasn't the case, I underwent intensive treatments, chemotherapy and radiotherapy and I also had a mastectomy, my right breast was removed.

"I thought it was the worst year of my life up until 2019 but I was told the chemo was preventative, that they actually got it all in surgery."

A semblance of normality returned and life resumed with Fiona celebrating a new decade with hopes of health and happiness.

But that wasn't to be. "The earliest I can remember the pain in my neck was the night of my 40th birthday party.

"I was doing an exercise programme called the 'Move On Programme' with Dr Noel McCaffrey - it's for anyone recovering from cancer or living with a long-term illness.

"I went to the doctors three times and they told me that I probably pulled something in the gym.

"One evening I was actually watching a movie with the kids and my niece and nephew and we were dancing around the living room and something pulled in my neck and I couldn't move properly. I knew something wasn't right so I booked my own scan in the Swift Clinic and I thought they would tell I had pulled a muscle, but I was told to go straight back to my team in Beaumont."

Devastatingly, Fiona's cancer had returned and spread to her liver and spine. "It had gone into my cervical spine, the portion of your spine that runs through your neck so that is why my neck was so painful."
Strong Brave mum Fiona explains why she's making a splash with her fundraising sea dips for charity

"In the past I couldn't even say the word cancer... now I want to enjoy my life"

Fiona Lambert who has terminal cancer and is doing 30 Sea Swims for charity pictured at Bull Island in Clontarf, Dublin.

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"I've got to a place where I can talk about it now, whereas a couple of years ago, I couldn't even say the word cancer," reveals the Dubliner who is paying it forward to the wonderful team on the day on oncology ward in Beaumount Hospital, and Breast Cancer Ireland.

"What I want now is to make a difference - so for 30 days, regardless of the weather I am throwing myself into the Irish Sea."

Tenacious and fun-loving, Fiona wants to uplift those around her with her story of survival.

"On my second diagnosis in 2019, I was searching for a happy story, a positive story."

"I would ask the nurses in the ward, 'How long is your longest patient here?' I wanted somebody to tell me that I could do treatment for years."

"There are people out there who are on treatment for 12 years, people living good lives."

"I don't want people who are suffering with this, necessarily to think that it's easy. I just want people to know that there's a positive story, and you can live really well with treatment."

"There are days that are hard - really, really hard. I get chemo on a Friday, and Saturday, Sunday, Monday and Tuesday is really tough."

"My husband [Darren] could come in, and I'll just be sitting there crying. You know, it's not easy. But then there are all those good days in-between and I am living a very fulfilled life."

In January 2017, Fiona was diagnosed with breast cancer which left her reeling with shock. "I found a lump and I think I waited for about six months before I went to get it checked because I just never thought it could be something. I was only 38.

"Of course that wasn't the case, I underwent intensive treatments, chemotherapy and radiotherapy and I also had a mastectomy, my right breast was removed.

"I thought it was the worst year of my life up until 2019 but I was told the chemo was preventative, that they actually got it all in surgery."

A semblance of normality returned and life resumed with Fiona celebrating a new decade with hopes of health and happiness.

But that wasn't to be. "The earliest I can remember the pain in my neck was the night of my 40th birthday party."

"I was doing an exercise programme called the 'Move On Programme' with Dr Noel McCaffrey - it's for anyone recovering from cancer or living with a long-term illness."

"I went to the doctors three times and they told me that I probably pulled something in the gym."

"One evening I was actually watching a movie with the kids and my niece and nephew and we were dancing around the living room and something pulled in my neck and I couldn't move properly. I knew something wasn't right so I booked my own scan in the Swift Clinic and I thought they would tell I had pulled a muscle, but I was told to go straight back to my team in Beaumont."

Devastatingly, Fiona's cancer had returned and spread to her liver and spine. "It had gone into my cervical spine, the portion of your spine that runs through your neck so that is why my neck was so painful.

"They put me in my neck brace because they were afraid the bone would collapse in my neck and then they found small spots in my liver."
programme is having a real impact on people's lives and as our vaccination programme rolls out how we plan for summer we still need to control the spread of the virus so it's really important that we continue to follow public health guidance work from home meet outdoors shop safely by wearing a mask even vaccinated keep a safe distance from others and avoid crowds let's keep working together and keep moving forward and find out all of the details A girl of .ie /killed 19 supported by the Government of Ireland 98 big breakfast with 3 in the best of things really well with Mary these times starring Kate Winslet on 98 me since Me again the saviour tears I'm 9 there with the big breakfast with Kieran O'Connor 7 25 am well this week here 98 FM's big breakfast we're teaming up with 100 k in 30 days of annual event in aid of breast Cancer Ireland they want you to get involved when you toddle a walk or jog or run of freedom wheel 100 club family friendly event and some amazing prizes to be won Yeah you can register right now as well 100 k in 30 days.ie and all the money is going to breast Cancer Ireland every day we're giving you the chance to win a Fitbit Charge for seeking counter steps while you picture 40 kg target we wanted to get moving
you normally deal my friends and I don't understand there's so much you are paying the UCD the UCD them to be a really early age me a dress for my wedding dress which airs or grand piano my beautiful four-course meal you are you really do the TV you love and George Ezra Budapest 98 offends big breakfast 10 minutes good morning Ciaran O'Connor here S and you know all this week 98 offends a Big Breakfast for teaming up with 100 k in 30 days they're launching their 130 day event it's all in aid of breast Cancer Ireland whether you are a Walker runner jogger we get involved with all the family and some amazing prizes to be won as well you can read just right now 100 k in 30 days the top ie this is all to raise money for breast Cancer Ireland and all this week we're giving you the 5th with the Fitbit Charge for right now with your name on it so you can count your steps along that way while you're walking running or jogging 100 Kenny asked the question a few minutes ago the Spire to the Giant's Causeway had to drive up the m1 let's say it is more or less then 100 OK good answers come in Here's Chris Morrin Kieron by Frank from here to the Giant's Causeway a chlog I want to do is to soar it is much more for so I will feel if you want to do this one of the show Chris thank you Chris Yes I'm not Running or jogging with deal not one not 250 lorries are correct anyway it's more then 100 kilometres 261 kilometres to be precise no more fit this is up for grabs once again tomorrow here on 98FM's big questions that need to tell you what I've done it's been done in never to make the same mistake it makes me so the Irish banks this is my last
That is John Legend and all of me on today FM and Fionn got in touch me there's away 7 401 of whom arrived I had literally just registered 400 k in 30 days when Nile was turned on the radio can wait to get going for such a good cause and one that is very close to our family the best of luck that the owner I already 12000 people have signed up if you want to do two disco 200 k in 30 days dot ie it's all in aid of breast Cancer Ireland now it is time to do this
After His Wife's Breast Cancer Diagnosis, This Louth Man Started A Virtual Event That Went Around The World

Over the past 14 months, we've had to get a bit more creative with how we raise money for good causes. This time last year Mairead spoke to Niall O'Carroll about a virtual event he had started, and it was so successful he's back for a second year.

Niall started the 100K in 30 Days challenge to raise money for Breast Cancer Ireland after his wife Cara was diagnosed with breast cancer in 2019.
That it is great that he came to power the 0.0 plus good sense in ride it's I would be getting a plane for absolute truth while she got home and I was doing a Q&A yesterday on my Instagram Brian Marr on Instagram just after the run just to see if anybody had any questions about how I got on well with took part Daddy he added I do get a lot of messages from people saying I I could just everyday how can even start running 5 k euro any tips on how to do this I never like hearing people say that they can't do something Yeah Yeah Yeah Yeah he had he added as for the phrase of the day of course you can I couldn't run one kilometre back when I started running back when I was about 23 24 I was quite the lazy chap I tried to run along the prom in Bray and I couldn't do it the year after that I did the marathon the Dublin marathon for the first time then I did 5 marathons in 5 days that I did a 100 and 30 mile run I'm just building your way up that's how you do you start small and you build your way or a manner if you get out then you run for 500 metres sent Murray run 600 metres and somewhat itself for that is how you do if you have any questions just do anything here on 98FM's Instagrammers word you can let me know and talking about that problem as they grapple with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog run of form we will need one hug Ordered K this is a family friendly event with amazing prizes to be on the register now at 100 km 30 days.ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a Fitbit Charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. for the 98FM for a very special court experience this summer where it has to be the Montenotte Hotel the so much to discover from luxury bedrooms two delightful dining stylish guardians cocktails on the terrace nightly movie is Rejuvenating treatments and much more for your welcome be like now their visit to Montenotte hotel.com got a great afternoon with the start campaign a little treat for you and we start those healthy Daily means find out more at makers died.ie when you find the right homes you what nothing to get in your way that's my late life offer mortgage protection in minutes not weeks are fast straightforward mortgage protection application process is the best way to keep your mortgage moving no paperwork or medical just a few simple questions and are covered in an instant starting to euro 33 per week for mortgage protection that streets ahead of his later life.ie Uncut 18 99 zero 700 insurance provided by the two key life SA Laya healthcare Limited trading as my life and Laya healthcare is regulated by the Central Bank of Ireland
Deal as the coach in me personally and I think you should be sure and Niamh think it could be defend the big red Tesco now more than ever every little helps me go curled a dozen on the fixed next big breakfasts with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog a run of 4 wheel the 100 K this is a family friendly event with amazing prizes to be won for register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. the big breakfast 98FM looks like in 0 % PCP Finance offer makes it even easier to enjoy that 100 % confident feeling you get from driving new Volkswagen that zero % on the Polo grounds the new take on an even the all electric ID 3 plus many more for a zero % PCP Finance offer they give you 100 % confidence search of looks likely to run to Finance provided by way of hire purchase agreement Volkswagen Financial Services Ireland and subject to lending criteria terms and conditions apply visit Volkswagen ie for further information the summer let's get out these dozens of Sky VIP experience is to be run across the country like a team of for driving a great shot at the drive-in movies are back as the popcorn and the gates of the zoo I'm now open let the animals These are the 3 contenders God I'd visit my kayak to get involved 18 plastic happy contented and balances gaa.ie such happy terms closing date is Thursday Sky VIP section by Sky app you isn't it time to go exploring two breakaway and feel something new to conquer the Slieve League cliffs that lay at the edge of the square to lose track of time at the National Gallery of Ireland to witness the hidden histories of pert risky the ordinary on a cruise down the Shannon they can discoverireland ie owes EUR million mega draw is back and it's a really big action Mass on Friday June 4th the EuroMillions jackpot will be guaranteed 113 million euro it's just too thick to miss play responsibly instore in a lottery .ie the National Lottery it could be you Ireland's recovery from the pandemic is continuing thanks to the huge efforts of everyone working together we have been able to keep the virus under
family-friendly event with amazing prizes to be won it register now a 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so he can count your steps along the way to that 100 k so get a move
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Today FM @ 24-May-2021 13:29 - ()

Highlights: 100k in 30 days, Breast Cancer Ireland, fundraising, Co. Louth, Niall Carroll
be done I a.m. sure he will Mean me dancing in the Moonlight best radio station ever 98 big breakfast here with Ciara O'Connor and you know all week were teaming up with 100 k in 30 days they are launching their 130 day event it's all in aid of breast Cancer Ireland such a great cause and we want you to walk jog or run a wheel the 100 km I u can bring all the family as well all ages welcome to this amazing event and we've got some great prizes this week if you want to get involved in the event by away 100 k in 30 days . ie that we go on every single cent is going to breast Cancer Ireland I would like to give you a 5th a bit hard for you can count your steps and counter kilometres while you try to rack up 100 km if you would like to win this Fitbit Charge for your WhatsApp and WhatsApp voice now the number is Oh 8.7 98 98 98 let's have a little game of more or less is the following distance more or less than 100 kilometres if you had to walk or run the wheel from Stephen's Green to view the Dunleary harbour more or less then 100 OK Oh 8.7 98 98 98 WhatsApp voice though in right now more or less time your name is well-timed travel Oh 7 7 98 98 98 that Fitbit Charge for could be years in the next you are remember the Coronas will get a big throw back their pay this is Barry done I'll be here this morning from 10 o'clock with the sound of the city that means students get through the day it is through work even get through this you're wrong it's worth 5000 euro it's a complete mystery it is 98 FM's of the question I will try to help you win that money I thought we played some great old school soon on 98FM's throwbacks I do's 98FM last year the National Lottery players raised over 254 million euro to support good causes all across Ireland being the National Lottery for a very special experience this summer where it has to be a monster not see herself there's so much to discover from luxury bedrooms two delightful dining stylish guardians cocktails on the terrace 90 movie is Rejuvenating treatments and much more for your welcome like no other day visit the Montenotte he held Yeah just gone welcome to a new era of 5 fun at 3 get amazing performance with the new iPhone 12 and paid nothing up front that's all you can eat data and 99 % nationwide coverage on Ireland's fastest mobile network switch in-store or three.ie. 3 make it count 24 month minimum term and direct debit required hoopla analysis speed tests intelligence David Q3 Q4 2020 CSP says that net /awards /3 99 % nationwide population coverage on 3G and 4G networks the Irish Sun is packed every day with breaking news crime and entertainment updates plus get the best sports coverage across racing soccer and GAA from a top-class sports journalists and that's not all we also reviewed daily TV listings amazing real life stories and the biggest exclusives stay up to date they got your copy of the Irish Sun today
98 FM @ 25-May-2021 09:42 - (breast)

the 0 new high on a diet I 20 Ireland's fastest-growing small family car this is the most pressing the O'Donoghue to be wary of being overtaken see what they mean by taking a test drive in the striking the ball you a.m. I 20 daring supermini bed shaking up the competition see the ball high and I arranged for yourself but Michael Barrable Motors Airside Swords visit MB Motors .ie they took the challenge inside the Joyce wildly and value we have to compromise on any of those things the quality food is very good everything bearing the went up the one-stop-shop we got here instead of 324 EUR I mean you don't get married the last of these that Home Sweet Home of swapping Sane shopping took place from the first of February to the 8th of March 2021 participants received a gratuity prices compared between SuperValu now the same price as calculated on a pro-rata basis for further information see adams.ie slashed TV 98FM big breakfast we can now join a brilliant entertainment with shows movies and with the one at the end of the last 3 just really got anywhere you feel you The Coronas another virus get loose and 90 a big breakfast a quarter to hear a laugh and all this week on the big breakfast we're teaming up with 100 k in 30 days launching their 130 event it's all in aid of breast Cancer Ireland such a worthy cause and we want you to get involved whether you're on a jog or run or Wheeler a walk that bring all the family with you you can register right now as well 100 k in 30 days .ie with all the money go to breast Cancer Ireland itself 100 k in 30 days not a time to celebrate all week we're giving you the 5th 5th charge for each and every day so you can count your steps along the way about 110 let's continue their game of more or less then 100 OK if you had to walk for run for a stroll from
98 FM @ 25-May-2021 10:21 - (breast)

My dad 98FM the sound of the city a work John Barry live in Dundrum Town Centre this morning Robert Grace real and fake Fine otherwise something that's got two have you feeling less than Fine this morning and 98FM was always proud to say that the police say that we are the biggest cancer station in the city I keep saying this 2002 is going to be a magnificent for gigs there's gonna be gigs every single day of the week every single week of the month every single month of the year next year just had a little while longer Here's another one for you might have heard about this if you're a fan while use Thursday third March next year they will be playing at the Academy and we're gonna play the next big breakfasts with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days for their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog a run of 4 wheels the 100 K this is a family-friendly event with amazing prizes to be won it register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. and 98FM he lied be clearly here at Keelings like to work in harmony with nature which includes looking after a little fence beams and Keelings greatly while the project aims to help reverse the declining population of bees and other family pollinators and we love you to join us but there are lots of simple ways to leave while a part of your day like taking a break from buying a piece of last visit to Keelings great Re Wilding that ie for more really easy realising ideas Let's Get growing feeling's love grass you've been planning and thinking and wishing dreaming mentioning coping hankering his craving after all what is the time to actually get it done right advance many offers Ireland's lowest rates on personal loans of 24 1000 euro See how much you can get to let and I a tiny dot ie lending criteria t since his surprise new applications in brokering the 29 March 2021 source Citi be seen donning a van Gaal DAC trading as a band money is regulated by the Central Bank of Ireland first up ago led original from Newstalk get all the news you need to start your day with first up the podcast that brings you stories analysis and interviews with a top news makers first of available each weekday morning from 7 a.m. on a call-out for the crisis I cast for free on the go ahead Apple I think your morning graze with SuperValu one 9 champion get your weekly shop delivered to your door anywhere across Dublin inspiration you can ignite in a multitude of ways I will travel to new places and experiencing new technologies when we feel more connected to the world around us the time to inspire your future to drive and Audi discover the range of offers available on the two one to Audi A6 Q to and fully electric e-tron online or at your local Audi dealer for the future is that such a high I'm not of the terrace the his cafe and Woodward school Yes cafe and Woodward school like most business owners I do lots of things at once that's why they are upgraded air gigabit fibre broadband now I can offer click and collect run a social media video call and more it's transformed my business what I could do for euros for more about their gigabit fibre broadband visit aired at ie for cash business a call one 802.4 7 Ethnic Parfum subject to availability offer applies to businesses with up to 9 employees are planning a week in the Costa del garden a romantic getaway in the kids' tree house a glamping weekend another washing line that Calum make your outdoor space the holiday hotspot of your dreams but fun-filled Calor gas powered barbecue days and with bite LPG and renewable gas the environment gets a break to become by Calor gas patio cylinder today see Calor Gas .ie/retailers the local stock 88 baby you're doing to yourself you should have told me that she would think of that and how you a.m. I your baby the HSE will tell you an awful couple met your current
worth was building and that's the version of me that I want my little girl to know and see every day Yeah it's it's kind of an inverse tough-love like It's a tough-love on yourself to be had but to put learning in that is you're gonna come back so much more energised and teach haye a lesson the say this is what you need do you need to look at the unit to put pull out a good stuff but just that fairly settled but the good stuff for us and it calls it comes back to something that they do what we said well this is a force priority and it's not just to survive but to thrive and I think that is really really critical because I think a lot of people call a mental health perspective from negative perspective I think it's to get better it's not be anxious but not the survival of their arrival in the world I think when you put your wellness but as a proud I think that's what happens in your great example of that that's so interesting they say that because when I worked in radio as an entertainment Editor but all I wanted to be was the breakfast news anger and read the news in the morning and never got the jab which kept going for the job within our sister radio station and I was like how come I'm not getting this job I mean here 24 7 look me media my porridge at my desk I must eat my lunch at my desk and working overtime to give me the job and I went off then for a year and a half with my maternity leave my illness and a week before I was going back in October 2018 the job came up again and they rang me and said do you wanna go for it and I thought if I do get it before when I is you know living in their helm gonna get it now I have been there for a year and a half and they got the job and I is like maybe they feel sorry for me or something my after getting this job and then I went in the job I went back into the workplace and I realised that bad year that year of investing in myself I was putting out a different energy into the world and beat it was because of that growth that I got that job so before for the 10 years when I invested north in myself I wasn't getting anywhere but when for one year I worked on myself and and you know I've filled up my tank got the job so I think for me it's a lot of successes around happiness and even if you can do something for yourself for 10 15 minutes a day you got then be put in a different vibe and I think you really need to do to give yourself invest in yourself Yeah I think that's absolutely so critical and it's like the energy you put out there for me I always have energy being the currency firm like to give your look after your energy good things will commit your life what it's like to put it more tangible terms if you're happier if you're more positive if your solution or intent of the problem are contained in the workplace people are gone avoid the drop could be nicer to you and I was only really about Machu effects like this principle for it from the boy but actually it is it's a bit better Yeah and Maureen Yeah and it's like it's a crazy thing a positive energy is like that the cells like that's what happened during a problem unless you do less and got more Yeah I think my brain weeks go on for I believe an underdog us Yeah Yeah I know a person too she knows exactly what she's doing she knows what she wants to be back again for now it looks as it prioritises that the important things in life it's so crazy and so like it's a paradox it really is it's been my that's been my experience as well so there's another phrase they use is very personal view I love you to have this is about a cut digging deep and I love your perspective on this digging deep and we knew we went we went on from Iran of the Alps like last year this before a covert and because we had little documentary we call the digging deep so digging deep I was I Wizz Air and breast Cancer Ireland ambassador and they asked me to take part in their annual fundraiser which is a dancing competition and I went and you get me all these amazing people but there's a lot of cancer survivors that take part we all stick together you know because we get each other and who will how I'll never forget it so we're watching rehearsals one day and a couple were dancing to that Bradley Cooper and Lady Gaga song which is so emotional and I was chatting to a cancer survivor and we heard talk about friends he knows some you lose some for
The streets or staying 98FM the biggest council estates in the city Barry Duggan more dates for 2020 to the islet coming to Dublin 3 arena 4th and 5th of June of next year tickets go on sale this Friday a big crack with Rebecca and Brendan Mansfield that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days for their launching the 100 in 30 days event in aid of breast Cancer Ireland toddler walk jog run for unwieldy 100 K this is a family-friendly event with amazing prizes to be won it register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 am they're big crack 98FM from all be about more than satisfied and muggy about Sky you see in our game we play and create the heat break records smashed ceilings and Slattery expectations recess wheels while girls on the trail blazers and it led because income of the Irish style substance and I S dad is here to stay as Ireland has sponsored of the national anthem of the leaks have DCA says almost a Brennan's neat I do look good playlist Alwear launch what he did put ON's enjoy well modern class exam might think to see how what started some of the old Beatles song the ECCE no modern lunch classics like a good old cheese toastie made with fresh bread and bread the classic kids are in bed with Brennans bread take days Brent take me a timely is more than just a decision to get a life insurance it could season to live life with less worry did not think twice about the financial security of your children to give your courage your peace of mind the 89 life it's a good decision for life for a crunch , 89 two double 4 double 4 two terms and conditions apply VHI Healthcare's trading as VHI healthcare is regulated by the Central Bank of Ireland and is tied to the Life Assurance Plc for the hit I Like and insurance great I am doing the best I can give a true and we like those him he clearly means find out more and make this night a .ie at Tesco every little helps goes way beyond helping with your shopping because a little help in is donating 200000 meals everyone to community groups and supporting almost 45000 jobs nationwide I was working in a more sustainable it's raising over 6 million for children's health Foundation Temple Street and help makes a big difference Tesco every little helps the EuroMillions mega draw is back and it's really big massive on Friday June 4th the EuroMillions jackpot will be guaranteed 113 million euro it's just too big to miss play responsibly in-store in-app or a lottery Donnelly the National Lottery it could be you There there's very bad performance just O'Mara used to frame the Paisleys father is key it is not done about I feel proud of me but my harmonica playing when they were staying the same man then I wouldn't mind knowing that the gladly take you down we know he is a real person and you treat them as rabbits Yeah you do
Affair with beloved husband to get your finger across a drug that gets affected this year getting home and the past year has seen a bit of a baby boom with covered too much Netflix and chill I tell my mates I have had kids of the past couple of months Congrats guys However Nick Cannon is taken it to a whole another level utterly what you do with what he's done on allowed then in the next 10 minutes and we've got music from JC Stewart and Grace not over yet next breakfasts with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog run for unwieldy 100 K this is a family-friendly event with amazing prizes to be won it register now at 100 km 30 days.ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to what in from 7am the first 98FM don't then they get ahead if you get ahead of the day with a sachet of Revive Active Super supplement Revive Active is a carefully balanced blend of 26 active ingredients
Tell granny and a little bit of love and 98FM Spin ride home so hot right now you know he is hut Ryanair because Calvin Harris's got miners next song will be June 4th he has done previously with Julie Bailey's and previously with a rag and bone man Hi Emma and the rest so you know things go well for Tom Grennan looking for D hear that tune we got Sam Smith previously and Calvin Harris song with diamonds on the wane Agnes she wasn't on the Cavan song she's next really big breakfasts with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog a run of 4 wheel the 100 K this is a family friendly event with amazing prizes to be won it register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. name for the 98FM this is Dublin the city that never switches of this music be made the games being played and people working now what hang on a young man from the spare room teaching in the front room it's an online all the time City where speed counts but gigabit fibre broadband to get Super fast reliable broadband straight to the heart of your heart for more call one 800 500 303 go in-store visit aired but let's make possible a full terms and conditions does anybody for that deal the fibre looks like a zero % PCP Finance offer makes it even easier to enjoy that 100 % confident feeling you get from driving new Volkswagen CC v that zero % on the T-Cross the teen rock they need take one and even the seven-seater 81 space for a zero % PCP Finance offer that gives 100 % confidence a certain swagger into wanting Finance provided by way of a hire purchase agreement Volkswagen Financial Services Ireland and the to lending criteria terms and conditions apply visit Volkswagen ie for further information quite as more Super Milk matter so much to so many Irish people well in Ireland whatever we're doing we all like to get the most out of it is just the way we are and we know we can rely and at a worse Super milk is fortified with vitamin D see your body can absorb the cuts limit needs to help keep on telling the it helps support your immune system to get the most out of your Mail you can get the most out of everything ever more Super Luke was super and milk can be Ireland's recovery from the pandemic is continuing thanks to the huge efforts of everyone working together we Have been able to keep the virus under control and re-opening from May has gone according to plan Ireland vaccination programme is having a real impact on people's lives and as our vaccination programme rolls out how we plan for summer we still need to control the spread of the virus so it's really important that we continue to follow public health guidance work from home meet outdoors shop safely by wearing a mask even vaccinated keep a safe distance from others and avoid crowds Let's keep working together and keep moving forward and find out all of the details A girl of .ie /killed 19 supported by the Government of Ireland fundraisings 6 million euro for children's health Foundation Temple Street 98
98 FM @ 25-May-2021 21:54 - (breast)

That it's right there that's the bar and that I was once in a tribute act for could imagine Take that Dublin's 98FM together which has been so long since seen alive show or gig but actually reconsidered joining said Tribute band U2 Westlife to hear were pretty cool like that on no pay if the next few minutes I've got another ball of great music career but Rabin of this hour we're gonna keep the old school one more time with this deep on Dublin's 98FM it has come strongly in my years but that was still alive Yeah I hate the and Chris and for that I'm saying do you think she'll you might think that this can really make me and my money is shed two per Bless the great love of the think Dublin's 98FM and the sound of the series car with him was missed D with one nights and remember them how you like I'm with you all the way through until midnight tonight keep in you company is always like to get in touch it awaits 77 98 98 98 when you do that I'm gonna line-up Harry Styles majestic Bonhams and Gavin James Keith Urban and pink next on Dublin's 98FM breakfast with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 K in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog a run of 4 wheel the 100 K this is a family friendly event with amazing prizes to be on the register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 am the baby for the first 98 as part David clearly here at Keelings like to work in harmony with nature which includes looking after little favours the bees at Keelings great rewinding project aims to help reverse the declining population of bees and other family pollinators and we love you to join us there are lots of ways to be wild regard why now plans window boxes and hanging baskets with colourful flowers bees especially loved the purple and blue ones visit Keelings greatly while adding that the former are really easy ideas clearly just love to grow some energy
February to the 8th of March 21 participants received the duty prices compare between SuperValu Aldi saving price is calculated on a pro-rata basis for further information see Aldi.ie /TV the EuroMillions mega draw is back and it's really big action massive on Friday June 4th the EuroMillions jackpot will be guaranteed 130 million euro it's just too big to miss play responsibly instore or dinner for a lottery Donnelly the National Lottery it could be you higher education is for everyone at every stage of life all you need to do is find your path Dublin Learning City.ie is here to show you the path to higher education set out the range of options and supports available to you today visit Dublin Learning City daft.ie today your place is here 98 big breakfast we can now stream movies for everyone from the latest blockbusters to classic Jol Corian Ray and David Guetta card better idea of the big breakfast 19 minutes past 7 a very precise child this week here on 98FM's big breakfast for teaming up with 100 k in 30 days before launching their 130 day event of all in aid of breast cancer are such amazing buzz and you can get involved by walking and jogging running or wheeling the 100 k and all the family can get involved as well that's the most important you can register right now 100 k in 30 days the top ie and others said all funds raised going to breast cancer Ireland and to celebrate I've got a Fitbit up for grabs the 5th they charge for free you can count your steps encounter kilometres as well let's have a little game of more or less I like it we've been doing all we have the distance from Dublin Castle to Slane Castle is more or less then
98 FM @ 26-May-2021 07:46 - (breast)

Any case soon 98 FM the big breakfast with Kieran O'Connor I don't want to kiss you wanna give it being most places are the rivet studies at approx 7 46 of Wednesday morning I wanna give you things in the stance of aid Fitbit Charge 3 that night right Yeah I'm pretty good at thinking of all sects all this week and Angela and big breakfast we've teamed up with 100 k in 30 days launching their 130 event all in aid of breast Cancer Ireland we wanted to walk jog or run or wheel the 100 kilometres and the family can get involved as well you can register right now 100 k in 30 days of ie with all money going to breast Cancer Ireland to celebrate I have a Fitbit Charge for count steps didn't enter kilometres and I wanted to know was the distance between Dublin Castle to Slane Castle more or less then 100 kilometres that's tough job there was a tough ones like the blue do you came up with this I came up the soil was been very easy money using Beary's fails to make a little bit tougher Yeah Slane is closed but Fahy is far as I got closer and put the furnaces well here's a breeder I think it's less technically of course he has left the gig at Slane and Europe taking a very scenic route back you can't walk in a straight line then further thanks to their bank very very true like it's the longest in the world and it depends if you're gonna stop along the way you D touring to get some by chip by ships Or maybe you need to know A relieved blatter the man we've all been there a lot of the public where this weird thing to do yet read congratulations it is less then 100 k Dublin Castle to Slane Castle Street be charged for us up for grabs tomorrow morning Year 98FM breakfast I love this sunny it feels so good idea of the EU and the unions to move away
Money what he might have a word with her Labour with your bike week to meet you I'll be right down to my house that is Nick Cave and myself that is taking shape at school it's a game they won one but that was never actually passed out with the guy is a bad Apple tablet they do buy it can buy it all in their late of whom came that they have a plan we in the cropping up and began a 3 that they are real with the group we have all the way up but but but but but but but but that's that now might not match reality of the delicacy e.g. 18 beating in the into a deal that he signed the play's the thing that really sets Dublin's 98FM the centre of the city that's not just assume that is a two and a half good about football and are working from home but the profoundest afternoon a cash sum sorry Mr. Jackson who want to check it out online channel the place nothing but nineties and noughties students talk powered by go out if you're a hero school we have created 98FM's Rob by the streaming out under 90 FM happening for paying a correct fare with Rebecca and Brendan and 90 love that bear this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 In 30 days event in aid of breast Cancer Ireland title walk jog a run of 4 wheel the 100 K this is a family-friendly event with amazing prizes to be won it register now at 100 km 30 days . Je all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7am the first 98FM and devil dot ie can save you money on your car insurance Insurance insurance the devil dot ie also special rising car insurance for the first time drivers young drivers and difficult to ensure cases Limited is regulated by the Central Bank of Ireland our grandfather founded Staffords Funer harms 1953 generations later the people we've met our lives we've helped celebrate continue to be our inspiration that's why Stafford now some of the most comfortable facilities in Ireland and provide more choice and control is inspired by her grandfather Tom Stafford we are proud to serve our community with the high standards of care staffers trust our family to take care after last year's you're probably 93 % sure you need a kitchen and bathroom refresh 87 % sure you want a garden revamped and crucially 99 % sure you've been welcoming guests again soon good thing the tallest sale has 40 % of almost all tiles and 20 % off bathrooms&Wood flooring that's incredible savings on the latest collections including porcelain now Sir and cars of sweet so you will be 100 % happy with your home shop in-store or online at TileStyle Dufly terms and conditions apply online shopping is the best you
Sherry FitzGerald O’Meara raising funds in aid of Breast Cancer Ireland

Athlone based auctioneering firm, Sherry Fitzgerald O’Meara are challenging you to run, walk or wheel 100km in the 30 Days of June for Breast Cancer Ireland.

This event is open to all participants from ages 4 to 84, young and old, any ability, anywhere in the world - you are all invited to take part in Ireland’s largest virtual event.

You can register for the event on www.100kin30days.ie or visit the Sherry FitzGerald O’Meara Facebook page to donate to our JustGiving fundraising page.

Why not get your company involved? There is a fantastic employee engagement programme for companies who wish to get their staff involved.

Employees have been working from home with very little team interaction, this is your chance to get friendly team competition between your co-workers.

Can the accounts department contribute more to the cause than sales personnel, will the secretaries reach 100km before management? Ensure you participate in the 100km in 30 days challenge, keeping your team together while staying apart!

Breast Cancer is diagnosed every 29 seconds around the world. By registering for the event or donating you are helping to raise much needed funds for Breast Cancer Ireland, so why not join the #pinkarmy today and play your part in raising funds for live saving research.
Join Sherry FitzGerald O’Meara for 100k in 30 Days

SPONSORS Sherry FitzGerald are challenging you to Run, Walk or Wheel 100k in the 30 Days of June for Breast Cancer Ireland. This event is open to everyone from 4 to 84, young and old, any ability, anywhere in the world, you are all invited to take part in Ireland’s largest virtual event. You can register for the event on 100kin30days.ie or check out the Sherry FitzGerald O’Meara Facebook page to donate on the JustGiving fundraising page.

Why not get your company involved? There is a fantastic Employee Engagement Programme for companies who want to get their staff involved.

We all know what it’s been like, working from home with very little team interaction, this is your chance to get friendly team competition between your co-workers. Can accounts do more kilometres than sales? Will the secretaries get to 100k before management? The 100k in 30 days, helping to raise much needed funds for Breast Cancer Ireland, so why not join the pinkarmy today and play your part in raising funds for live-saving research.

Helena Kenny and Claire Mulvihill.
98 FM @ 27-May-2021 08:30 - (breast)

David Guetta and Russia without you 98 offends big breakfast it is exactly 8 Dublin traffic is a little busy on the N7 heading in down passing the Newlands Cross flyover that's following an earlier collision which has since been cleared for the and down stairs delays on the N8 Road approaching the Davitt Road junction in Inchicore and inbound traffic is now slow on the N3 from the minor Ballycoolin exit past junction 3 Clonsilla and it's also busy both ways through Kinsealy on the Malahide Road and also delays as well both ways on Coolock Lane passing the Astro Park as well as traffic once again 3 and a half an hour this is 98 FM's big breakfast with now streaming in a Friends reunion as a now you can go watch it on now now on now it's just gone 8 30 through the latest good morning senior ministers finalise plans for a further easing of restrictions this evening the Cabinet sub-committee uncovered will meet to discuss in our dining live events and international travel convoy taxis will drive to the Dail in protest over a lack of support during the pandemic for representative bodies will support the protest which leave Cunningham Weld at half past 10 this morning Irish people down plan on going wild with their holiday spending this year according to a new survey KBC Bank Ireland says half of those surveyed are planning a staycation this year one in 5 said they can't afford it what one in 8 don't want to because the code that women are to be allowed to become members of Portmarnock golf club it after a vote to end its 127 year-old men only policy was passed 83 % were in favour while 17 % were against and the long-awaited Friends reunion can officially be streamed in Ireland the one of special sees the star's back together on set as they take a trip down memory lane it can be streamed on name here is a fillip with the sport Lysander Manchester United are still without a trophy under Ole Gunnar Solskjaer after they lost 11 10 of the IRA last night in a penalty shoot out in the Europa League final in Gdansk finished one-all after 90 minutes and extra time United goalkeeper David haye missed the all-important kick after all of United's outfield players scored Meanwhile United for Marcus Rashford says he's been racially abuse on social media since the game post on Twitter An hour after the match to say he had received at least 70 slurs rail Madrid and Inter Milan are both on the lookout for new managers the in eighteen's vans left his role as player manager and in his second spell in charge but Italian champions Inter Milan need a new boss after Antonio Conte decided to step away after becoming the oldest man to win a major golf Title last weekend US PGA championship winner Phil Mickelson will be back in action later at Charles Schwab challenge in Texas Granados the only Irish player in the field and will tee off just before 7 o’ clock Irish time 98FM weather with that Yes I enjoy your new found freedom in me on the daft yet Sandero a night smiled morning in Dublin with plenty of sunny spells Top temperatures of 17 degrees right now in its 12th year up-to-date on 98 thank you 33 good morning this is here and here sitting in on 98FM's big breakfast would you like to win the 5th be charged for Weld 100 k in 30 days they are launching their event all in aid of breast Cancer Ireland and to celebrate I have a Fitbit Charge for I like to give that to you in about 5 minutes’ time also plays that really nice song from Bruno Mars and Anderson packed called leave the door open the first of Tom offer better half a me and 90 have now is the man a whole lot of them do you them at least 6 years
Day event all in aid of breast Cancer Ireland you can get involved you can thought your where you walk run or jog wheel whatever 100 k and all the family can get involved as well as some amazing prizes to be won and you can register right now for the event at 100 k in 30 days dark I E all the money is gone to breast Cancer Ireland felt such an amazing very such an amazing cause and celebrate the amazing event that's going on I have a Fitbit Charge for for you so you can count your steps on your way to 100 k we've been having a little game all week of more or less all need to do to tell you whether this distance is more or less then 100 Colombo use WhatsApp voice not by the way Oh 8.7 98 98 98 the distance from the Papal Cross to Cross town in County Kerry is that more or less than 100 km away 7 7 98 98 98 that Fitbit Charge for a couple years and a few and I would also like to get a music from Cigala next right Bryan Ma back with you today from 3 give me the chance to win 200 euro I'm the big quiz and a gym bag today as well with the latest entertainment on allowed down and of course thank you is in the mix at 6 little help makes a big difference for 98 per job Mister Brennan's neat yet can't beat the York O'Shea's date is the 12th the yoga it can be quite sure she got the go-ahead sushi out what we do best with a Belgian usually the best bits she all that have to be ahead of you it doesn't like to read and be good bread I always found out afterwards that NAMA's coverage is better with Brennans bread next 10 days Brenda take bending your property you need a letting agent who doesn't just do the paperwork Sherry Fitzgerald lettings look after it Oh from gathering references to taking care of repairs and maintenance from getting the right tenants to checking in with though it's letting service that lets you live find out more at Sherry Fitz lettings.ie Sherry FitzGerald it's not just about property it's about people a third S and who said you to relive the tree before dinner also achieved with no remember we agreed starting this month were cutting back country together as specially before dinner 9 hand them over income help me set the table let's give treats a break one daily win can restart your kids on the way to a healthier life find more ways to start make a start date ie brought to you by Safefood the HSE and had Tesco we've got value with barbecues in mind fire up the Grill with airport the approved Tesco's fire pit quarter Pounder beef burgers 454 grams ultimate burgers two pack for any 3 for 10 euro enjoyed tasty average than Tesco are perfectly ripe Mango Tesco ready to eat medium avocados 49 cent each and treat yourself with Cadbury snacks take 6 past
98 FM @ 27-May-2021 08:50 - (breast)

McVeigh lullaby 98 a big crack there is that 10 minutes and 9 good morning it's clear O'Connor and all this week here on 98FM's breakfast we're teaming up with 100 k in 30 days launching their 130 day events are in aid of breast Cancer Ireland you can get involved for a walk and we are now running a job you are all the family you can register as well right now 100 k and 30 days .ie every single cent going to breast cancer Ireland and celebrate this amazing event we have the 5th the charge for for you so you can count all your steps and make sure you hit that one became 30 there's 100 k in 30 days $ e were ago with a flannel a little game of more for less I wanted to know was the papal Cross here in Dublin city in the Phoenix Park to Cross town in County Kerry more for less then 100 kilometres room let's have a look pay this rate will be working harder badly on both Daphne over 100 K Papal Cross to process in Kerry said it would work great work and regulations the Fitbit Charge for us all years we've more up for grabs tomorrow once again here on 98FM Motherway suggested OEM personal view on the way after a savage garden throwback Dublin's 98FM and she is
Sherry FitzGerald O’Meara raising funds in aid of Breast Cancer Ireland

Athlone based auctioneering firm, Sherry FitzGerald O’Meara are challenging you to run, walk or wheel 100km in the 30 Days of June for Breast Cancer Ireland.

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98 FM @ 27-May-2021 10:22 - (breast)

one 100 K in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland toddler walk jog a run of 4 wheel the 100 K this is a family-friendly event with amazing prizes to be won for register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so he can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. Daily breakfasts 98FM don't then the day get ahead you get ahead of the day with a sachet of Revive Active Super supplement Revive Active is a carefully balanced blend of 26 active ingredients including vitamin C D and E 12 Hey mean cookie 10 and large I mean all the support your immune system hard to help and give you the energy you need to make the most of your day I wake up to Revive Active available from pharmacies health food stores and Revive Active .com looks like in 0 % PCP Finance offer makes it even easier to enjoy that 100 % confident feeling you get from driving a new Volkswagen this 0 % on the Polo the Gulf the new take on an even the all electric ID 3 just any more for a zero % PCP Finance offer that gives 100 % confidence search of looks like into wanting Finance provided by way of a hire purchase agreement Volkswagen and just over as Ireland and subject to lending criteria terms and conditions apply as a dog lichen dot ie for further information link your morning great with SuperValu one 9 Chopin Tues to click and collect our the store at the time I at last it's here that these Living Interiors family we've reopened with new styles in all stores and feeling better of this gay orgies sofas chairs tables beds and homewares designs there's time we can't wait to show you round and the findings to be banned in the best easy living summer sale easy living in Sandyford and late of Navan and M1 Retail is we no longer days and getting the garden some already that's why we've got great value on everything from plants to patio sets along with tasty deals on barbecues to because it's more than a garden it's making the most of summer now for less but these were all out make Study for the law society if one of the King's Inns exams then schools that use the place for you I'm Val Corbett head of law school Daily classes streamed live and supported by the most up-to-date learning materials providing you with the best but from succeed forces including new workshop programme commenced 31st may and knowledge you need results you want law school that day if you are aged 45 to 49 you will be offered your free cover 19 vaccine next you can register now on HSE.ie when it's time for your vaccine we'll send you a text with your appointment time and location will be invited to get a vaccine as a HSE vaccination centre if he can't register online you can call us on 18 15 24 18 15 to register or find out more about your cover 19 vaccine Cotter HSE.ie from the HSE after last year you're probably 93 % sure you need a kitchen and bathroom refresh 87 % sure you want a garden revamped and crucially 99 % sure you've been welcoming guests again soon good thing the TileStyle sale has 40 % of almost all tiles and 20 % off bathrooms&Wood flooring that's incredible savings on the latest collections including porcelain now Sir and cars of sweet so you will be 100 % happy with your shop in-store or online at TileStyle dot ie terms and conditions and o' Hare is still he needs
WATCH: Twelve charities benefit from money raised by Great Limerick Run

Twelve charities have shared in more than €92,000 raised by this year's Great Limerick Run. This year's May Bank Holiday event took place virtually, but more than 5200 people still took part from all 32 counties and 20 countries worldwide.

Aíne Sheehan picked up a cheque on behalf of Focus Ireland.

The full list of groups to benefit are:
ADAPT Domestic Abuse Services
Breast Cancer Ireland
Clionas Foundation
Focus Ireland
Limerick Animal Welfare
Limerick Suicide Watch
Milford Hospice
Pieta
Saint Vincent De Paul
Samaritans
Saoirse
Redemptorist Food Appeal

Mayor of the City and County of Limerick Cllr Michael Collins said: “The Great Limerick Run is such an important date for those who want to keep fit and for charities – both go hand in hand. This year was no different with over €92,000 raised for 12 charities. These funds will be of great help to the groups.”

“Well done to the thousands of runners who completed this year’s run and for all their supporters in raising much needed funds. Well done also must go to John Cleary and his team. The Great Limerick Run has become a wonderful event in our calendar, and takes a huge amount of effort every year. This year, was a little different as it was a virtual run, but John still managed to keep the enthusiasm and camaraderie which are the hallmarks of the event, so high.”

“Let’s hope a run through the streets of Limerick can happen in person next year.”
And 98FM the sound of the city Lord cello on Barry John James Arthur Cigala lasting lover were looking forward to about restrictions easing the by Bill over the coming weeks as more and more people get vaccinated in Vegas there is now a lap dancing club offering vaccinations with every lap dance it's called hustlers club in Vegas Unfortunately you're maybe Fortunately enough allow travel over there at the moment for its active adviser actually better off just just to stay where you are if you're on the road this afternoon it's getting very very busy M50 Northbound close Ballymun Tullamore for that a couple of minutes will also go on Jason Derulo and that proper big crack the Earth with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog run of 4 wheel the 100 K this is a family-friendly event with amazing prizes to be won register now at 100 km 30 days.ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. 98FM it's almost the weekend when you're hungry for real food look no further than a freshly prepared by Super value range why not try are tasty spatchcock chicken for only 8 euro Or chunky beer batter chips for only 3 euro appeared in store and ready to eat in minutes super value we believe that real food
Yeah listen to the fix and Dublin's 98FM in man there with Mabel and 24 k gold in tick tock it's time for this there so far every night this week we have had a winner at the Music Mash Up and all our winners have walked away with a voucher for Just Eat think amazing I'll be gone in a weekend would be lovely just to get yourself an old take away from JustEat all have to do to be in a chance to win that year is listen to your music Marshall figure what 3 songs we've taken the matter up in into the Music Mash Up and you can tell me what they are you could win yourself that JustEat factor here is tonight's Music Mash Up your partner just as we get into the weekend if you think you can guess the Music Mash Up is not all have to do right now is text the word music with your name always 7 7 98 98 98 the word music your name always 7 7 98 98 98 if you think you can guess tonight music matters other lesser one more time the of 3 absolute opportune there ISA it is a whopper tunes on the radio I'm just cringing and myself right now but anyway if you think you are not is a matter is music your name always 77 98 98 98 is where you can send a message and feel them feel nice size is more time me is where you send that message with plane in the next few minutes big breakfast with Rebecca and Brendan 98 that this week on 98FM's big breakfast we're teaming up with 100 k in 30 days their launching the 100 in 30 days event in aid of breast Cancer Ireland title walk jog run for unwieldy 100 K this is a family-friendly event with amazing prizes to be won it register now at 100 km 30 days .ie all funds raised will go to breast Cancer Ireland every morning will be giving you the chance to win a 5th they charge for so you can count your steps along the way to that 100 k so get moving and wake up to win from 7 a.m. for 98FM's some energy suppliers are just take take take Firstly take your fancy with one time this can't take for granted once your contract is up before taking to the cleaners with massive bills don't take that take the power back energy lifestyle when you get your smart meter simply choose from a range of sustainable energy plans to suit you and take control with an app that shows you exactly how your energy is you take the power back visit pay energy .ie this year we can't shake buckets for special Olympics but like our athletes we can't stop now so show your support and only budget plan for our virtual collection day all their lives special Olympics athletes of being told what they can to do but the only thing they can't do this stuff so
Return to Play: Juvenile and Adult training has resumed and it’s great to welcome everyone back, but pods will apply. Games are expected in early June. Please remember to complete your return to play before each & every session, that you and your children are attending. A help video on return to play is available on our website http://BallinaTipperaryGAA.ie under the notice board section.

Inter-County: Well done to the Tipperary Senior Hurfers & Michael Breen who recorded their first win of the League over Galway on Saturday.

Wall: done to the Tipperary Senior Footballers & Steven O’Brien on their first win of the of the League over Wicklow also on Saturday.

Membership: We are also appealing to people to pay their membership via www.fairenme.If you used Fairenme last year for you or your family to play, train or attend games, then you can use the same details to log in again in 2021. Considering current restrictions, we have extended the closing date for membership to 31st May. There may be limited attendance at club (inter county) games, and we will consider membership a vital factor in who is allocated tickets.

Contact registrar Padie Sheery 0863111781 for help with cash payments or visit our website for a help video on registration https://www.ballinatipperarygaa.ie under notice board.

HealthyClub/Defibrillator: As part of the Healthy Club project, the club grounds are now a smoke free zone. Our club is also discouraging the use of single use plastic. Players are asked to use their own water bottle at all trainings and games - when we do get back to playing and training. This is a health & environment issue.

We have joined the GAA’s community heart program to purchase a defibrillator for the club. You can donate via the link: https://www.saveelie.com/communityhearthprogram.com

References: The club has two referees in Sean O’Maclain and Brendan Ryan. We would hope that more people would put their name forward to help with refereeing. If you are interested contact Gerard McKeogh. There can’t be games without referees.

Website/Social Media: www.ballina.gaa.ie

tipperarygaa.ie continues to be very active with regular updates. If you have any old photos or news reports around this, please forward them to secretarya@ballina.tipperary@gaa.ie.

Sympathy: The club would like to offer its sympathy to the family of Ger Gavin (Nenagh Eire Og). Ger was a great Nenagh Eire Og, but very good to all clubs in the area. May he rest in peace.

BIRRUGHEAS

Lotto: Next Monday’s jackpot will be worth €9,600. Tickets are available in local shops and on Clubforce.com. Alternatively, follow us on Facebook/Twitter where you can follow the links. Thank you for your continued support.

Summer Camp: After last year’s great success, Borrissokane Juvenile Club are delighted to announce that our GAA Games Summer Camp will return this summer from Tuesday 17th to Thursday 19th August. Three days of GA Sports, including hurling, football, and fun, targeting each age group from U7’s to U15’s. So, pencil in the dates above. More information will follow in the coming weeks.

BUrugheas

North Tipperary Bingo: continues every Sunday at 8.00 p.m. To play you can purchase a bingo book www.pellesmarketing.ie/product/north-tipp-bingo or by clicking the link on any of our social media posts. Books are €5 or 2 books for €8.50. Our snowball jackpot total is €5,000 in 47 numbers next week and we are down to the last 2 envelopes with our top prizes all still remaining.

Lotto: There was no winner of our lotto draw on Monday 17th May. Monday May’s lotto was for a jackpot of €5,700. For updated information on lotto winners, check out any of the club’s social media pages each week. Tickets are €2 each or 3 for €5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club lotto seller.

Best of Burgess: This week saw All Ireland winner Jim Barry take to the stage. A great interview which showed Jim’s achievements over the years with the club and county and gave a great insight to the time Jim has spent hurling with the club and county, supporting and even sponsoring the club. Thanks to Jim for taking part and to Paul Carroll for hosting the show each week. Tune into our social media channels this Friday night for episode 8 and remember you can catch up on all the episodes to date on our Facebook and Instagram pages.

Sympathies: The club would like to extend our deepest sympathies to the family and friends and all at Nenagh Eire Og on the passing of Ger Gavin. Nenagh Eire Og Life President. Ger was a fantastic GAA man and supported all of the clubs in North Tipperary and always gave fantastic support to Burgess over the years. May his gentle soul rest in peace.

Best Wishes: We would like to send our best wishes to Lorhae and Tipperary hurler Patrick ‘Bonner’ Maher on his road to recovery following his injury last week. We wish him a speedy recovery and look forward to seeing him back on the hurling field as soon as he can.

Social Membership: Supporters are reminded that social membership needs to be paid by May 31st. You can pay online by logging into your profile on www.dramiee or by using your return to play account from last year. Alternatively, you can contact club registrar Patrick Gibson Social members will receive a 10% discount at Gd Standard Physiotherapy in Kilcolman along with being eligible to apply for match tickets which may come in very useful at the end of the year when crowds will hopefully be returning to games.

Garda Vetting: Coaches and mentors are reminded that your Garda Vetting must be up to date in order to fulfil your role working with teams of any level. To update your vetting log into www.gaa.ie and complete your vetting form. For more information contact the club children’s officer Una Dunne. Children’s officer.burgess.tipperary@gaa.ie.

Drom & Inch

Hurling: Our senior, intermediate and junior hurlers all had a welcome return to the field in recent weeks. Our seniors will take on JK Bradens in the quarter final of the Cahill Cup in The Rag in Wednesday 16th June at 9pm in their first confirmed fixture.

Golf Classic: The Drom & Inch GAA Golf Classic is booked for the weekend of 23/24 July. Details of registration will be announced shortly.

Kiladangan

Lotto: Kiladangan Lotto draw took place on Monday 17th May and there was no winner of the €5,600 jackpot or the Second Chance €500 Draw.

We would urge people to sign up for the lotto online at Kiladangan.gaa.ie. There are a number of options available online on how long you can sign up for. You can also enter the lotto in the shops and restaurants in the parish. The lotto will be streamed live on the Kiladangan Facebook page every Monday at 9pm.

Membership: There has been a new
**Tipperary**

After the terrible news of Patrick Maher's Achilles tendon injury, we would like to wish our most decorated player all the best with his recovery. It's a cruel blow for Bonner to be side-lined so soon after he recovered from his 2019 cruciate injury, but the way he bounced back from that one shows there's no better man to do it again.

Wishing to Brian Hogan on the concussion he suffered last week, which kept him out of the Galway game.

Welcome to Clodagh McIntyre and the Tipperary senior camogie team on their win over Waterford.

**AGM**

Our Annual General Meeting will take place on Monday 21st June. All members will receive nomination papers via email to be returned by June 7th. For those with no access to email, contact Secretary Maurice Ginnivan 0872426905 for nomination papers.

**Lotto**

The jackpot is at €5,250 with a match 3 pot of €100. You can play online at clubforce.com while lotto envelopes can be dropped off at the clubhouse, Gortmore, Galway, or the Social club Lorrha. If you need lotto envelopes, contact Hubert Duggan (0872183995) or Kevin Molloy (0876738986).

**Euro-Millions**

The €6,365 we won from the Euro-Millions in 2020 will be added to the 2021 winnings (fingers crossed), with the campaign to be launched at the AGM.

**Juvenile**

Thanks to Peter Fox of Total Health Pharmacy Birr for his kind donation of a First Aid Kit and Bibs to the Juvenile Club.

**MoneYgall**

**Cul Camp**

We are delighted to announce that our Cul Camp returns this Summer and will run from July 13th to 23rd. All bookings must be made online during certain window periods - keep an eye on our social media pages in the coming weeks for details of the booking windows and links to the website. All participants must be school-going, up to the age of 13.

An Post will deliver kits to your home address so please make sure you enter correct details. If kits are the wrong size and a return is required there will be an additional cost so please use the sizing chart on the Cul Camp website (the size is similar to O'Neill's sizes). There is a standard charge of €7.80 for delivery for each booking - i.e., 3 sets of kits from one household is one booking. Please contact Damian Shanahan, Sinead Carleton, or Tom Byrne with any queries.

**Volunteers**

Our group of volunteers continues to meet in the GAA grounds, every Thursday morning between 10.30am and 12 noon. The group carry out general upkeep work around the grounds to assist the continuous great work being done by our groundsman. If you have time to spare on any Thursday, either as a once-off or on a more regular basis, all help is very welcome.

**Registration**

For 2021 is now available through the famlyamee website, our club website, and our Facebook page. Rates for this year are as follows: Adult Player - €70; Player & Partner - €90; Adult Non-Player - €50; Adult Non-Player & Partner - €70; Junior Player - €30; Junior - €20.

**Lotto**

Our jackpot now stands at €4,700. Our weekly draw results can be viewed on Facebook every Tuesday night. Tickets can be purchased online through our club website at www.moneygall.gaa.ie/club-lotto at any time. We are very grateful for your ongoing support.

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**Nenagh Eire Og**

**Ger Gavin RIP**

All in Nenagh Eire Og were shocked and saddened to hear of the sudden passing of former Chairman and Life President: Ger Gavin last Friday.

Ger was devoted to Nenagh Eire Og and worked tirelessly for the Club over the years. Ger held many roles with Nenagh Eire Og, he was Chairman from 1986-1996 and again in 2004-2005, in between he was vice chairman on three separate occasions, and in addition, he also served as Treasurer in 1995.

It was during his first term as Chairman that Ger’s qualities as an administrator came to the fore when Nenagh Eire Og enjoyed one of their most successful periods, both on and off the field. On the field the club won North and County hurling and football titles in minor and u21. But crucially the titles also came at senior level with two North senior titles and of course a County senior title in 1995. Off the field Ger and his Committee set about the task to upgrade MacDonald Park and in these years the Complex and Stand that we have today were developed. These achievements were recognised in 1989 when Ger was the recipient of Munster Chairman of the Year, an award he richly deserved.

Following his departure as Chairman in 2005, Ger did not rest on his laurels but continued to be involved in all aspects of Nenagh Eire Og. He has been central to all fundraising in the club since then and for years has been one of the biggest club promoters of the County Board Draw and the Club Lottery. Indeed, Ger was passionate about the Tipperary Draw and was an invaluable member of the Draw Committee for over 30 years.

Ger became Nenagh Eire Og Life President in 2010 and his dedication to the...
GAA was further rewarded in 2015 when he was presented with a Leodhra Gael award by Tipperary Co Board. Ger was full of enthusiasm about the current plan to upgrade MacDonagh Park; how heart breaking it is for us all that he will not be around to see this project come to fruition. His lifetime commitment and dedication to Nenagh Eire Og are well renowned and we are all very fortunate that Ger Gavin became involved in Nenagh Eire Og—he will be sorely missed by all. A true Nenagh Eire Og man, may you Rest in Peace Ger.

To his wife Bridie, his daughters Deirdre, Marion and Claire, his sons Gerry and Brendan, his adored grandchildren and all his extended family we offer our sincere sympathies. At dih a De go raibh a aimhrid.

**Lotto:** Monday night’s Lotto Draw was postponed as a mark of respect to the late Ger Gavin. The draw was held on Tuesday where the Jackpot was €5,200. The weekend’s supplementary draw was held last week and the three winners of the €300 were Conor O’Donovon, Pamela O’Brien, Ballinahill and Niall Cahill. Congrats to all. We thank you all for your continued support of our lotto, those who wish to join can do so through the link on the club website - www.nenaghgaelogs.com

**Hurling Wall Fundraising:** The fundraising for the new hurling wall and Astro Turf pitch will continue over the coming weeks as we try to meet our target for this phase of the project. We sincerely thank all of those who have donated to date and thanks also to our team of members who have worked hard over the past number of weeks organizing these donations.

With the contracts signed last week for this phase of the development and the work due to commence in the coming weeks, we ask that you please continue to make your donations, all donations are greatly appreciated. Further information on this phase of the project/fundraising can be had from Liam Heffernan, Mary Jo O’Reilly, or Anne Kennedy.

**Membership:** The deadline for the payment of membership is now 31st May. With both adults and juveniles now all back training, we ask that all players please pay their membership immediately. Players will not be covered under the Player Injury scheme unless they have their membership paid. The link to pay is on the club website and all information on how to register for Foroíann can also be found here. Membership can also be paid at training to mentors.

**Return To Play:** As a mark of respect to the late Ger Gavin all adult and juvenile training was cancelled over the weekend and the club grounds were closed. We would ask all players and parents/guardians to observe and cooperate with all the Covid protocols that will be in place in order to ensure a safe training environment for all.

**Eire Ogres 2021 / NEO Nursery - Boys & Girls** Starting Saturday 29th May for four weekends. It will take place outside on the main field in MacDonagh Park from 10am until 11am.

Parents must remain for the hour. Any boy born in 2016 that wishes to attend needs to contact Erica on 0865744896 or if they have turned 5 already can contact Paul on 0854692824. Please contact before Friday 28th May to sign up.

Cost of the camp will be €2 per session paid at the gate and all participants will get an Eire Ogres T-shirt at the end of the 4 weeks. No hurling or helmets required.

**Under 7:** Training on Saturday mornings 10am-11am.

**Under 9:** Training on Tuesday from 6 to 7pm and Saturday from 10am to 11am.

**Under 11:** Training for hurling takes place Tuesday and Friday at 6pm and football every Wednesday at 5:30pm.

**Under 13:** Training every Tuesday, Wednesday, and Friday.

**Under 15:** Hurling training every Tuesday, Thursday, and Saturday with football due to start shortly.

**Under 17:** Training continues each Monday, Wednesday, and Saturday morning. We would also be delighted to welcome back any former members who would like to hurl or play football.

**Garda Vetting:** Reminder to get your Garda vetting up to date. You cannot be involved as a coach or mentor in any juvenile coaching set up without your GAA Garda vetting being up to date.

**Cut Camp:** will take place from Monday 19th to Friday 23rd July and bookings can be done online only. See www.kellogscutcamps.gaa.ie for all the details.

**SHANNON ROVERS**

**Juvenile Football Fixtures:** The under 17 and under 15 football competitions will commence in early June. Our under 17s will have the privilege of kicking things off on Monday 27th as they travel to Portroe.

The following week, Monday 14th they are due to play host to Aherlow/Litten/Cullen before completing the group stage with a third-round game at home to Emly. All games have a 3pm throw in.

The opening game for under 15 footballers begins on Thursday 10th June with an away fixture against Portroe. Round two sees us at home to Cahir before we travel to Ballyporeen for round three. Hopefully, a venue somewhere halfway will be found for this game. Again, similar to the under 17 games, the throw in is fixed for 3pm.

The Under 13 footballers have a first round clash away to Lorrha on June 8th. The game is in fact a semi-final. The other side of the draw sees Moneygall take on Ballinahill and the winner take on Ballinafad in the second semi-final.

**Shannon Rovers Gaels** will receive a bye in the opening round of the under 11 Go Games football competition which is planned for Saturday 12th June. The following week June 19th will see us take on Portroe in Portroe before we are at home to Lorrha on June 26th.

**Camogie:** Congratulations to Aine Slattery and the Tipperary Senior Camogie team who beat Waterford at Cahir on Saturday in the second round of the Camogie National League Division 2.

**100KM Walk:** Ballinderry Community Sports Committee have signed up to the 100Kms in 30 days challenge in aid of Breast Cancer Ireland. Log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield. The 100Kms is to be completed during the month of June. This event is open to all ages.

**SILVERMINES**

**Juvenile Return To Play:** By now all our groups have returned to Delta. Please continue to ensure you log onto the return to play sky, https://returntoplay.gaa.ie/ to complete your child’s health questionnaire prior to each training session. Health and
safety is of great importance to everyone at the moment and your cooperation with this will be appreciated. Any questions contact Noreen @ 0879288642.

**Under 5 Nursery Group:** Unfortunately, due to the inclement weather last week we had to delay commencing our U5s Nursery group. We are now all set to get going this Thursday, 27th May, commencing @ 6.45p.m. It is open to boys and girls born between 1st January 2016 and 31st June 2017. Anyone who is interested and would like to register their child can contact Noreen @ 0879288642 for further details.

**Cul Camp 2021:** Monday 26th to Friday 30th July. The Camp will be restricted to club members only. Details regarding online booking will be forwarded as soon as we receive clarification from Tipperary GDA. We will keep you updated.

**Sympathy:** to our Treasurer Billy Grace and his family on the passing of his mother Mrs Mary B Grace. We also send our sympathy to our U17 coach Niamh O’Donnell and her husband Brendan on the passing of her father-in-law Ger Gavin.

**TOOMEVARA**

**Membership:** is now due for all players that intend to line out this year. Membership can be paid online via the club website or can be given to any committee member.

**Nursery:** The juvenile club is now back in full training with all age groups, this year there will be a nursery group for 4-5-year-old boys. This will commence on Saturday 5th June.

**Lotto:** Thanks to all our subscribers to the club lotto, the funds raised from the lotto is vital to the day to day running of the club. So your support is greatly appreciated.

**Condolences:** The club extends its condolences to the McCarthy family on the recent passing of Tony, who in the past played as a juvenile. May he rest in peace.

**Golf Classic:** Our annual Golf Classic will take place in late July in Nenagh Golf club. This event was very well supported last year and it is hoped that people will attend again in what was a fantastic event last year. More details will be available over the coming weeks.

**TEMPLEDERRY**

**Lotto:** There was no winner of last week’s lotto. Next week’s Jackpot will be €6,600. Results can be on Facebook/Instagram/twitter every Monday night.

**TULACH SHEASTA**

**Feel Us:** We were delighted to be able to welcome our Under 5’s to Lacken Park for their first training session last Saturday. Loads of fun was had and there were smiles all around, thanks to the coaches for organising a fun session and for all those that attended. If you have a child that was born in 2016, please feel free to bring them along on a Saturday morning from 11am to 12noon to enjoy learning how to play our great games and to have loads of fun in a safe environment. Please contact our coaching officer Michael Coffey on 087 9335444 for further details.

**Ar ais ag imirt:** We are hoping to have all our Juvenile players from Under 13s to Under 17’s back in Championship action from June 7th with a full fixture list available for the football championship available shortly.

**Crannchur an Chlub:** Club lottery tickets are again available to purchase from our stand at Sweeney’s Shop each Friday from 330 to 700pm and each Saturday from 930am to 1pm. We would like to sincerely thank Hugh Sweeney for allowing us to sell our lotto tickets each weekend. It is really appreciated. You can also purchase tickets online through our Smart lotto app.

![The late Ger Gavin](image)

The late Ger Gavin
98 FM @ 28-May-2021 07:24 - (breast)

weekend saviour clears on 98 affirms that is the big threat for 25 minutes past 7 it is Friday the weekend is almost here one more work planned all week here on 98FM breakfast we're teaming up with 100 k in 30 days their launching be 130 day event all in aid of breast cancer are you can get involved you can walk you can run you come really can jog 100 k and all the family can get involved as well where you go to register is 100 k in third days .ie the money gone to breast Cancer Ireland to celebrate this amazing event I have a Fitbit Charge for money given the TEEU Fitbit that behind me you can get involved in the event count
TERRYGLASS & KILBARRON
CLOTHES COLLECTION
Kilbarrow NS Parents Association have organised a clothes collection for Saturday, May 29th, from 2 to 3pm in Kilbarrow car park. No duvets, pillows, toys, teddies or lampshades. All unwanted clean clothes welcome. Please note that clothes cannot be accepted at the school.

100KM IN 30 DAYS
Ballinderry Community Sportsfield Committee have signed up to the 100km in 30 days challenge. This is a fundraiser for Breast Cancer and all funds raised will go directly to Breast Cancer Ireland. Please log on to https://www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop down menu. The 100km is to be completed by the end of August. Let’s get our community walking to raise much needed funds for Breast Cancer Ireland.

BALLINDERRY COMMUNITY CENTRE
Ballinderry Sportsfield Committee want to open its facilities to all our community and develop into a multi-purpose Community Centre. We intend to deliver health and wellbeing information and programmes directly to all ages within our community. The intention is that the facility will become a hub for the community where all can avail of health information and more, thus empowering all participants to enjoy healthier lifestyles. The centre will provide a range of activities for our local community. With this in mind, we would like to hear suggestions and ideas from any person in order that we can put a programme together. Suggestions can be emailed to ballinderrysportsfield2021@gmail.com. All suggestions welcome. Big thanks!

MARRIAGE PREPARATION
Accord CLG is providing a four-hour facilitated virtual interactive programme for couples preparing for marriage. See Accord.ie or phone 01 503 3312.

CHURCH NEWS
Mass: With the easing of restrictions from May 10th, we have resumed Mass in our churches in Kilbarrow at 8am on Saturday and in Terryglass on Sunday at 9.30am. Up to 50 people can attend Mass, weddings and funerals services. Rotas for Eucharistic Ministers and readers will be available in both churches next weekend.

Booking of Masses: Masses for month’s mind and anniversaries can be booked by phone, text or email to terrylglasskilbarron@gmail.com.

NOTES: The rota for Eucharistic Ministers and Readers are available in both churches.

MARKET
Lakeshore Community Market will be in Ballinderry this Saturday, May 29th, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

PORTROE
CHURCH NOTICE
Public Masses have now resumed on the usual schedule of Monday, Tuesday and Wednesday at 9.30am Saturday and Sunday at 6pm and Sunday at 10am. Social distancing and face covering apply. Parishioners are reminded that Masses are live-streamed every day on www.youtube.com/c/portroegreysthatparishes. Parish envelopes can be left into Fr Ger’s house or Newtown Post Office. Many thanks for your continued support.

PARISH LOTTO
Last week there was no winner. The following were lucky dip (€25) winners: Michael Sheedy, Portroe; Denise Seymour, Portroe; Marie Sheedy, Galway; Denis Quinn Sr., Kilbarrow, Portroe GAA, Carnegie Club and Parish Hall would like to thank everyone for your continued support. Our lotto is now available online; please download the Cluiforce App from the app store or Google Play store.

TIDY TOWNS
Portroe Tidy Towns have resumed their work evenings. Each Wednesday evening we will be out planting, painting, weeding, sweeping, pruning and maintaining our village. Look out for us in our yellow vests. Anyone who would like to join us can do so; we meet at 6.30pm at Portroe Community Hall. Portroe Tidy Towns adhere to Covid-19 Public Health guidelines while out on work evenings.

ALLANZ LEAGUES
Well done to Liam Sheedy, Robert Byrne and the Tipperary senior hurlers who overcame Galway in the third round of the Allanz Hurleys League on Saturday last in Semple Stadium. Final score 2-19 to 0-20. Robert gave a solid display at wing back and contributed a point in the first half. Unbeaten in their first three league games, Tip now take a week off from league action and face Westmeath in Round 4 on Sunday, June 6th. Darren Gleeson’s Antrim lost out to Dublin on Saturday last 1-26 to 1-18, they look forward to the visit of Westford next on Saturday, June 5th.

PORTROE GAA MEMBERSHIP

SYMPATHY
Sympathy is extended to the family, relatives and friends of Lizzie Tinnan, Cloneygower, who passed away recently. May she rest in peace.

JOEY MORAN FUNDRAISING APPEAL
This week, Emma McCormack and Alan Moran take their son Joey to Dublin for surgery in the next step of his battle with a rare brain tumour. This little boy has been through a huge amount already including surgery, radiotherapy and chemotherapy. A GoFundMe page has been set up for anyone who would like to make a contribution to support Joey’s journey. All support is greatly appreciated.

TEMPLEDEERRY
SYMPATHY
We extend the sympathy of our community to Donie Ryan and family. The Village, Templedeerry, on the death of Mary Ryan at the weekend. May she rest in peace.

MASS TIMES
Masses will continue for the moment at the following times:
Saturday evening, Templedeerry at 7pm; Wednesday evening, Templedeerry, 7pm; Sunday morning, Cureeney at 9.30am and Sunday morning, Killean, 11am.
Mass will continue to be live-streamed from Templedeerry Church on Saturday evening and Wednesday evening on the Templedeerry Youtube channel. Numbers at Masses will continue to be restricted based on public health advice.

Eucharistic Adoration
Eucharistic Adoration is resuming again and will continue on each Wednesday from 11am to 2pm in the body of Tempelerry Church. All are welcome.

TEMPLEBERRY NATIONAL SCHOOL - CLOTHES COLLECTION
The annual Clothes Collection Appeal takes place on this Wednesday, May 26th. The money raised will go towards offsetting extra costs incurred in having school tours this year.

TEMPLEBERRY GAA LOTTO
Last week's draw took place virtually and there was no winner of the jackpot. This week's draw will again be held virtually and the jackpot will be €5,600.

THURLES

CATHEDRAL ROOF
A professional examination of the roof of the cathedral has indicated that it needs to be replaced. The estimated cost of this work is over €1.5 million. A major fundraising scheme is to be launched to help finance the project. Full details will be announced at a campaign launch to be held shortly.

TREAT TUESDAY
'Treat Tuesday' is the title of an initiative by the Tipperary Municipal District in association with traders in Thurles, Templemore and Roscrea to encourage people to shop locally. The promotion began this Tuesday and runs for ten weeks in all. Customers who spend over €5 in retailers in the towns on any Tuesday during the period should forward an email of their receipt to treattuesday@tipperarycoco.ie to be entered in a draw for six €50 vouchers each week. The draw will be held on the Friday of each week.

CHURCH CEREMONIES
It was announced at Masses at the weekend that, in accordance with Government guidelines for Covid restrictions, children in the parish will not receive the Sacraments of either First Holy Communion or Confirmation this month or in June. The situation is being kept under review and if circumstances change it may be possible to find suitable dates in the very near future.

CHURCH ANNIVERSARY BOOKLET
The deadline for submission of articles or photographs for the book to mark the 50th anniversary of the opening of St Joseph’s and St Brigid’s Church, Bohermanane, has been extended for a further week. The Golden Jubilee will be celebrated later in the year and it is planned to have a book published for it. Items marked ‘Golden Jubilee Book’ should be submitted to the parish office at Cathedral Street or either of the presbyteries with the owner’s name and address and phone number also provided to facilitate their safe return.

SYMPATHY
The death occurred at the weekend in Killarney of Maura O’Dwyer, formerly of Kildare, who was a prominent figure in the local community. She was a member of the local council and was well known for her work in supporting local causes. Her funeral took place in Killarney.

SPORTS ACTION
Local sportspeople were again busy on the inter-county scene last weekend. Wolfe Tones played in the county league football final, which took place in Clonmel. The Tipperary senior camogie section was defeated by Waterford while the Tipperary intermediate team, which was defeated by Waterford, was defeated by Waterford. The Tipperary senior hurling section was defeated by Waterford, and the Tipperary intermediate team was managed by Bill Mullany, formerly of Collins Park. As ever, Padraic and Ronan Maher backboned the Tipperary senior hurlers’ defence as they defeated Galway in the National Hurling League.

THURLES BYPASS
A bypass for Thurles will be on the agenda when Municipal District Chairman Noel Coonan meets with Tánaiste Leo Varadkar this week. Traffic congestion in the town centre has been an issue for more than 50 years. An initial stage of it has been included in the development of the new N17/N21 road, which is nearing conclusion but the bypass will involve a bridge across the River Suir to link up with the Mill Road.

BORRISOKANE

BORRISOKANE GAA

LOTTO MONDAY NIGHT'S LOTTO WAS HELD BEHIND CLOSED DOORS WHERE THE JACKPOT WAS €9,500. IF NOT WON NEXT MONDAY NIGHT'S JACKPOT WILL BE €9,600. OUR LOTTO TICKETS ARE AVAILABLE IN LOCAL SHOPS AND ON CLUBFORCE.COM. ALTERNATIVELY WE FOLLOW ON FACEBOOK/TWITTER WHERE YOU CAN FOLLOW THE LINKS. YOU MAY ALSO DOWNLOAD THE CLUBFORCE APP. THANK YOU FOR YOUR CONTINUED SUPPORT AND HOPE YOU ARE ALL KEEPING WELL DURING THESE TIMES.

Summer Camp: After last year’s great success, Borriskone Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will return from Tuesday to Thursday, August 17th to 19th. Three days of GAA sports, including hurling, football and fun, targeting each age group from our U7s to U15s. So please get in the dates above and work around your ‘Staying At Home’. More information will follow in the coming weeks.

GAA club Covid Assistance: Please contact Margaret Mary O'Dwyer, 087 718 7801, for any assistance you may need or require during these times. Also, if you know anyone that would like assistance please let the club know and one of our Covid team will gladly help you/them out!

Water Notice: Please contact any club member if you need water or assistance due to the current water situation within the Borriskone community.

MARKET
Lakeshore Community Market will be in Ballynarey this Saturday, May 29th, from 10am to 1pm. Showcase quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

BALLYNARIE

COMMUNITY INITIATIVE
Ballynarey Community Initiative have been working behind the scenes throughout lockdown and we are delighted to announce our very own Ballynarey Community Market. This open air market will take place on Sunday, June 20th at the picnic area, with parking at the GAA grounds. Our market will run from 11am to 2pm and will showcase a wide selection of food from local producers and vendors. Some of whom will be making their debut appearance on the market scene. So, whether it’s home-baking, crafts, preserves, confectionery, flowers or ice cream your interested in, we promise a great family day out with something for everyone in a Covid-safe environment. Keep an eye out on our social media platforms and on our website www.myballynarey.com for updates. So save the date, everyone! June
20th: an event not to be missed.

CUL CAMP
Knocknaghowna GAA are delighted to announce the return of the very popular Cul Camp to Ballingarry. Cul Camp will commence Monday August 2nd, and run for the week. The online booking system is now open and remember to select the club Knocknaghowna, not Ballingarry! Bookings are essential as walk-ins can not be permitted with Covid. Bookings can be made through www.kellungaculcamps.gaa.ie.

WALKING TRACK
The Keep Walking, Keep Well Initiative continues every Wednesday and Friday night from 8pm in the hurling field.

Everybody welcome.

LORRHA

NOXIOUS WEEDS
Sugrion, Thistle, Docks, Common Barberry, Male Wild Hos Plant and Wild Oats are all scheduled as noxious weeds under the 1936 Nuisance Weeds Act.
Tipperary County Council is reminding any person that may be responsible for land on which these weeds are growing is liable, upon conviction, to a maximum fine of €1,000. The most commonly reported noxious weed due to its toxic nature and risk to animals is without doubt, Ragwort. It is a highly poisonous plant as the alkaloids it contains can cause serious damage, or in some instances the deaths of farm or domestic animals. There are four ways to safeguard against loss of animals from Ragwort poisoning and that is by ploughing, pulling, cutting or chemical control. Great care is necessary when implementing these measures, including disposal of the plant in the interest of animal welfare. Tipperary County Council is looking for the co-operation of the public in the eradication of the above named invasive plants from your property. For advice on the most effective way to destroy them you should contact a local Teagasc/ Agricultural Advisor. Useful information is also available on the Department of Agriculture website www.agriculture.gov.ie/farmingsectors/crops/controlofnoxiousweeds.

COVID VACCINE
Registration is now open for ages 45-49 on the HSE website’s portal. Or 1850 24 1850. Please have your PPS No, Lircode, etc. ready.

GREAT WIN
Congratulations to Ciodagh McIntyre, who helped the Tipperary senior camogie squad to an 11-point victory over Waterford in the second round of the National League on Saturday last. Well done, Ciodagh, and keep up the good work. Tipp will now await the results of the games next weekend to see if they can progress to the knockout stages.

TREE PLANTING
Lorrah Development planted a number of trees for National Tree Week, which took place towards the end of March this year. The committee would like to thank the pupils and staff of Lorrah school, who supported and helped with the planting of the trees and to Tipperary Co Council, who supplied the trees.

WELL DONE
Congratulations to Patrick Bonner Maher and Brian Hegen and the Tipperary hurlers on their win over Galway on Saturday last. Although Bonner wasn’t playing due to a Achilles tendon injury he picked up at training, he was no doubt watching from home. Bonner was very unlucky to pick up this injury after suffering a cruciate ligament injury two years ago. This injury is expected to see him out of action for possibly the rest of the season for both club and county and is a huge loss to both. We extend our best wishes to him as he faces surgery this week and wish him the best of luck in the future.

CHURCH NEWS
Everyone is encouraged to wear face coverings in the Church during Mass. Holy Communion will be taken to you as you remain seated. There will be a facility in both churches to make contributions to the church collection. The numbers at funeral and wedding services is capped at 50 for the foreseeable future. Baptisms may be booked at this time with 10 permitted to attend.

As the churches are now reopened, can anyone wishing to book anniversary Masses please contact the church secretaries, Agnes Stavin in Lorrah, and Mary Cleary in Rathcabin. Mass times are now on Monday mornings at 9.30am in Lorrah church (except Bank Holidays).

MARRIAGE PREPARATION
Accord CLG is providing a four-hour facilitated virtual interactive programme for couples preparing for marriage. See Accord.ie or phone 01 505 3312.

MARKET
Lakeshore Community Market will be in Ballinderry this Saturday, May 29th, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, apples, flowers, a wide variety of breads, cheeses, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

CLOUGHJORDAN

MODRENY AMBUSH CENTENARY
The Modreney Ambush took place on June 3rd, 1921. A group of around 30 RIC men on bicycles and in motors were travelling from Borrisokane to Cloughjordan to attend the Petty Sessions at Cloughjordan courthouse. They were ambushed at Kylebegg Cross, just down the road from Modreney, by a North Tipperary IRA Flying Column. Three RIC Constables and one Black and Tan Constable were killed and 14 others were wounded. The Flying Column, which included many local volunteers, suffered no casualties.

On next Thursday, June 3rd, the centenary of the ambush, Ger Heffernan from the Cloughjordan Heritage Group will deliver a free illustrated online talk on the Modreney Ambush. To register for this talk, log on to maccroomheritage.ie/weekend.

SCAM CALLS
Fraudsters purporting to be from Revenue or the Department of Social Protection are making bogus automated calls to people telling them their PPS number or their bank account details have been compromised. Some people who have received these calls are also told that a warrant has been issued for their arrest because their bank account has been implicated in some criminal activity such as money laundering or drugs. In all cases, people receiving the fraudulent call are asked to press 1 to be connected to a person who will try and convince the recipient to divulge their bank account details. A lot of the fraudulent calls seem to be originating from numbers beginning with 083 and 091.

LOCAL LOTTO
The jackpot in the Killanin MacDonagh’s Lotto is now €2,200. Thanks to all subscribers for your continued support.

SATURDAY MASS
On Saturday, June 5th, the Vigil Mass at 5pm will be celebrated in Killanin Church and the following Saturday it will be celebrated in Ardconey Church. This Mass will alternate between Killanin and Ardconey churches every Saturday.

HURLING
Tipperary defeated Galway by 2-19 to 0-20 in the National Hurling League game played in Thurles last Saturday. Niall O’Meara came on as a second half substitute for Tipperary and scored a vital
point for the home side. Tipperary will play Westmeath away in the next round of the League on Sunday, June 6th.

CLOUGHJORDAN MARKET

The Cloughjordan Market will resume on Saturday, June 5th, from 10am to 1pm. The market will feature the following stalls: Gillies with home baking, jams, plants and crafts; Noreen with her handknits and books; Maire with window and bird boxes; Mary with fresh cut flowers, financial from Firmin ceramics, Phillipa from soli tios crafts, Shirley from Creative Cards and Karen from Karen Young designs, with a range of accessories.

NORTH TIPPERARY OPEN MARKET

Cloughjordan Community Farm will be launching the North Tipperary Open Market this summer. This online farmers market will make it easy to find, buy and sell locally produced foods and crafts. All producers in the North Tipperary region who would like to avail of this initiative should contact markets@cloughjordancommunityfarm.ie.

SYMPATHY

Sympathy is extended to Viv Dooley, Principal of St Michael's NS, Cloughjordan, on the death of his mother Maureen Dooley, Milltown, Borrisokane.

BAKER'S MILL

There are plans in place to renovate and rejuvenate Baker's Mill on the Step Road in Cloughjordan into a venue for community, education, art and creative activities. The Cloughjordan Community Development Committee are conducting a house to house survey in the community to get ideas for the activities and facilities which people would like to see in this building. The survey may also be completed online.

PUCKANE

SYMPATHY

To Mary Gavin and the extended Gavin families on the death of her brother-in-law Gearoid Gavin, St Conan's Lane, Nenagh, who died on Monday, May 18th. Following funeral Mass in St Mary's Church, he was interred in Mountain Cemetery, Ballycommon. May Gear rest in peace.

WIN MONEY

Killadangan GAA Lotto is now live on Facebook every Monday night at 9pm. Details of how to enter are as follows: Just buy E2 per ticket or E5 for three tickets available at Kennedy's shop, Puckane and Tony's Tip Top Shop, Ballycommon. Why not enter online at killadangangaa.com? and there are a number of options as to how long you sign up for. The jackpot currently stands at €15,000. Thanks to everyone for their support and stay safe.

CONGRATS

To Killadangan personnel involved with Tipperary senior hurlers in Allianz Hurling League third round win over Galway at Semple Stadium last Saturday afternoon.

TENNIS

Play at Puckane Tennis Club resumed on Monday, May 10th at 7pm. Contact with the officials for booking and other information.

DAILY MASS TIMES RETURN

With Covid restrictions eased daily Mass continues in both churches. The times are as follows: In St Patrick's, Puckane, Mass will be celebrated on Mondays, Tuesdays and Thursdays at 9am, Vigil Mass in Puckane on Saturday evening at 7pm. Morning Mass in Carriga will be on Wednesdays, Fridays and Sundays at 10am.

PORTUMNA

FLAG RAISING AT ST BRENDAN'S

May 18th marked the acknowledgment of many years of hard work in promoting physical activity and sport in St Brendan's National School, Portumna. The staff of St Brendan's sees it as an important part of their school culture to promote a healthy and active lifestyle and involvement in sport. Two flags were raised on Tuesday - the first flag was the GAA 5-Star Flag. This national award is given to schools that promote all GAA activities across all classes. Veronica Curran, Deputy Principal and All Star camogie player, spoke on how the flag was achieved and thanked all teachers for their contributions. She emphasised the importance of participation in sport and teamwork rather than a focus on competition or winning. A special thanks was given to Liam Gordon, schools hurling coach, and to Connacht GAA for the provision of coaching resources to the school.

Connacht Hurling Director, Damien Coleman, did the honours raising the flag. Damien thanked the staff in particular Brian Kilroy, Veronica Curtin and Kieran Staunton for their skilled work in coaching hurling, football and camogie teams. He encouraged the children to join their local GAA club and to maintain a healthy and active lifestyle.

Continuing the theme of promoting activity and healthy lifestyles amongst the children, the Active Schools Flag was raised. For the last two years, Second Class teacher, Orla Callanan, has been working hard with the active schools committee to achieve the status of an Active School. The school is very proud of the achievement in being awarded the Active School Flag and school principal, Rod Gorman, thanked Orla Callanan and her team for their hard work. Orla spoke on the many aspects involved in achieving the award, the highlight of which was Active Schools week where coaches from various sports clubs were invited into the school to provide taster sessions to the pupils.

Rod Gorman, Principal, spoke about the awareness in the school that team sports are not for everyone and highlighted the importance of activity for all children. Even if GAA or soccer or rugby or the more popular sports are not for you, activity is for everyone, regardless of your sporting or athletic ability.

The school invited Sam Murphy to do the honours raising the Active School flag. Sam, a past pupil of the school and Irish Boys Golf Champion 2020, is a great example to the pupils of what can be achieved through practice and hard work in developing your natural skills. Sam hoisted the flag and then spoke to the children on how he tried many sports before finding the sport that he would excel at. He thanked his parents for introducing him to the sport of golf and to Jim Hyne's and Portumna Golf Club for the successful junior programme that he was a member of and really enjoyed. Sam highlighted the need to practice, work hard and enjoy whatever activity you choose. Sam is looking forward to starting college in Arizona in the autumn and all in St Brendan's wish him every success and enjoyment.

With the two new flags flying proudly above St Brendan's, the school principal said he hoped they would serve as a reminder to all in the school community that St Brendan's is a school that promotes physical activity, sport, participation and enjoyment and hopes that these values would remain with our children in forming lifelong healthy habits and attitudes.

Mr Gorman thanked all of the staff, board of management, parents, pupils and local clubs and organisations for their continued support of the school.

CASH FOR CLOBBER

Family and Friends of St Dymphna's Committee, Portumna Branch are organising a Cash for Cllobber collection of unwanted clothes, towels, curtains, bed linen (sheets, pillow cases, duvet covers only), hats, belts, handbags and shoes. This will take place only on Tuesday, June 1st, from 4.30 to 7pm at the St Dymphna's ADS, Portumna beside Marrion Park. All money raised will only benefit St Dymphna's clients.

Your support is greatly appreciated. Please tell your family, friends and neighbours of this worthy cause. Cash for Cllobber clothes can be put in strong bin bags. For more
Information please feel free to contact Sean Page (chairperson) at 087 2027776 or Edith Carter (treasurer) at 086 8618559.

MARKET
Lakeshore Community Market will be in Ballinderry this Saturday, May 29th, from 10am to 12 noon, showcasing quality local produce.

Raising the flags at St Brendan’s National School in Portumna - back row, left to right: Fr Michael Byrnes, PP Portumna; Rod Gorman, Principal; Brian Kilroy. Front row: Veronica Curtin, Deputy Principal; Orla Callanan; Sam Murphy, golfer; and Damien Coleman, Connacht Hurling Director, GAA.

The children of Redwood NS are pictured standing on the floor of their new classroom as part of the school extension.
On a local tour are some of the First and Second Class pupils from St Brendan's NS at Portumna Castle.

Gardaí from Newport, Nenagh and Roads Policing were delighted to visit Boher National School on Friday. The pupils are currently completing a cycling challenge with Julie Collins and her family to raise funds to support Boher Community Group.

The Student Council at Nenagh College treated the students and staff to a free ice cream/slushie. Pictured are Ms Powell and Ms Carey.
The Student Council at Nenagh College treated the students and staff to a free ice cream/slushie. Pictured are Shauneen Shoer, Natalia Rojczyk, Sophie Nevin and Emma Ryan.

The Student Council at Nenagh College treated the students and staff to a free ice cream/slushie. This was funded by an non-uniform day and by school management. The sun was out, which made it a perfect day for the cold treats. Pictured are Student Council organisers of the ice cream with Ms O’Keefe.
Portumna Community School students participating in Gaisce Walk at the local Forest Park.

Storm clouds gather over Templederry. PHOTOGRAPH: MIRIAM LAMBE

Borrisokane Community College students raised €3,626 for Sophie’s Wish. Pictured from left: Principal Matthew Car, David Austin, Diarmuid Healy, Amy Sayans, Sophie Broen, Emma Torpey, Shauna Clarke, Kate Houlihan and Sean Ryan.
98 FM @ 28-May-2021 07:46 - (breast)

The third and Dublin's 98FM everybody we need help you with that thank you give them a really tough but that's not easy for me but what if there is out there do you think lovely apex Yes is that your women feel that they really like him as a the second person is really really tough I got a great habit to have breakfast we have a great mate there's a feeling that they keep itself out of the way in this way when you always find that there is always a That villages are hills do of 98 FM's big breakfast with Kieran O'Connor 10 days and all this week on the big breakfast we're teaming up with 100 k in 30 days launching their new 100 in 30 days and all in aid of breast Cancer Ireland you can get involved as well all the family can get involved and some amazing prizes to be won but you can register 100 k in 30 days Daly and as I said it's all in aid of breast cancer are a 5th the charge for up for grabs you can count your steps near kilometres along the way that the handy I wanted to know whether we were playing a final game of more or less the Spire to Newbridge is more for less then 100 OK what's up Kieran the distance from the sport to do with you is less done wonders where it was preserved room somewhere in Dublin has heard and Dublin bus somewhere Dublin congratulations you are correct it is less a Fitbit Charge for the girls and earth after 8 o’ clock more chance for you two women here 98 FM 300 quid up for grabs and the
New research points to potential for single breast cancer radiotherapy shot

Findings offer ‘promise’ of new treatment for patients, says Irish Cancer Society

New research which suggests a single shot of radiotherapy may be as effective as current treatment for certain types of breast cancers, has been described as promising by the Irish Cancer Society.

The University College London (UCL) study, published on Friday, suggests a new treatment may avoid the need for a long course of radiotherapy post-operation.

The research, published in the British Journal of Cancer, examined 2,298 women with invasive breast cancer, who either received standard radiotherapy, or a new treatment called TARGIT-IORT.

The new treatment is a single dose of radiotherapy delivered for 20 to 30 minutes, immediately after the removal of a tumour.

The new research found in eight out of ten cases where patients received the new treatment, they did not need a further long course of radiotherapy.

Dr Robert O'Connor, Irish Cancer Society director of research, said: “The findings from this study offer the promise of practice-changing treatment for women with this form of breast cancer.”

The “transformative” study underlined how important cancer research was in discovering new ways to treat patients. He noted however the research was not applicable to all forms of breast cancer.

Patients who received the new treatment were also less likely to later develop lung problems, other cancers, or suffer heart attacks, the study said.

The TARGIT-IORT treatment allowed patients to avoid potential scattered radiation from traditional radiotherapy, which the researchers said could damage organs.

‘A no-brainer’

Prof Jayant Vaidya, a clinical researcher on the study, told The Irish Times, it was likely uptake of the treatment would increase, after the positive research.

“Once people get to know about, it hospitals get to know about it, it's something of a no-brainer,” he said.

The latest study builds on previous work that showed the treatment left patients with fewer radiation-related side effects and less pain, compared to conventional radiotherapy.

The clinical trial involved 32 hospitals across ten countries, including the UK, the USA, France, Germany, Italy and Australia.

Prof Vaidya said the results clearly showed TARGIT-IORT was “effective” in treating the most common type of breast cancer. The study would hopefully “fuel further research, opening doors to new treatments,” he said.

The researchers noted to date 45,000 patients had been given TARGIT-IORT, and hoped the latest findings would lead to the treatment becoming more widespread, as an alternative to standard radiotherapy.

A Health Service Executive (HSE) spokeswoman confirmed the single dose radiotherapy treatment “is currently available in Beaumont Hospital in Dublin, for suitable patients who meet the criteria for this treatment.”

Aisling Hurley Breast Cancer Ireland chief executive, said it had funded the first machine to deliver the treatment, in Beaumont Hospital, three years ago.

“The criteria, however, for those suitable is very stringent and extensive and therefore only a small cohort are suitable to avail of this procedure,” she said.

The treatment was “game changing” as it reduced the need for cancer patients to return to hospital 10 to 15 times after surgery, she said.

Caption:
The new treatment is a single dose of radiotherapy delivered for 20 to 30 minutes, immediately after the removal of a tumour. Photograph: iStock
Pick of the week: 9 great things to do in Dublin this weekend

It's another jam-packed weekend in Dublin - we've picked out the best events in music, comedy, theatre, art and more.

THEATRE

In Grace O'Malley's new musical, aspiring West End star Anna leaves Dublin for London, only to find that the streets aren't exactly paved with gold.

FOOD

Indulge yourself this weekend as some of the city’s top eateries and watering holes lay on special events, experiences and masterclasses.

EXHIBITION

50 Plus Expo at the RDS (Friday to Saturday)

Ireland’s only dedicated national consumer event for older people will be full of inspiration, information and advice on hobbies, holidays, financial security and more.

FUN RUN

Great Pink Run at Phoenix Park (Saturday)

Support Breast Cancer Ireland, push your limits or just have fun by taking part in either a 5k or 10k race around the Phoenix Park. Joggers and dog walkers welcome!

ART

Just off Gardiner Street in the North Inner City, check out Dublin’s best graffiti and street artists, b-boy battles and live music.

CLUB

Archie Fairhurst makes some of the most evocative house music around, full of surprising sounds and long-lost samples. Find out what his record collection is like at Lost Lane.

GIG

There’s no better party band on the planet than Hypnotic Brass – it’s not for no reason that they were chosen to support Prince at Malahide Castle back in 2011. This will go off.

HALLOWEEN

Halloween Craft&Vintage Market at Drop Dead Twice, Francis Street (Saturday)

It’s the most wonderful time of the year! Get ghoulish with a full line-up of vendors selling their witchy wares.

COMEDY

The Comedy Central stars bring their irreverent improv skills back to Dublin for another night of mayhem.
Jerry Springer shout out for the pink army

By MARGARET ROODY

AMERICAN chat show legend Jerry Springer is among a host of celebrities who have been encouraging people to take part in the 100km in 30 days in aid of Breast Cancer Ireland.

This year’s event gets underway today (Tuesday) although organiser Niall Carroll says there is still plenty of time to register.

Niall, who had organised a local 100km in 30 days challenge as a fun community event since 2014, decided last year to bring it to a national level to raise funds for Breast Cancer Ireland as his wife Cara had been diagnosed with breast cancer in December 2018.

The couple were blown away with the success of the inaugural event which raised a whopping €1.3 million for Breast Cancer Ireland and the breast cancer unit at Beaumont Hospital.

While life is getting back to normal for the family as Cara returned to teaching in the De La Salle college this year, they are still dedicated to raising money for breast cancer research.

This year they will be doing their own 100km in 30 days challenge along with their two children, Laura and Jack.

A total of 15,000 people registered for last year’s challenge with the Pink Army recruiting members in 34 countries around the world, as well as in all 32 counties of Ireland.

This year’s 100km in 30 days looks set to be an even bigger event than last year’s with Sherry Fitzgerald on board as main sponsors.

Niall points out that this year’s challenge is being promoted as a family-friendly event so that everyone can take part.

‘This year we’re asking people to run, walk or wheel. We’ve got a special family registration rate and we’ve also got super cute t-shirts for kids.’

Thanks to a host of generous sponsors there are €30,000 worth of prizes, including a €5,000 holiday voucher sponsored by Connect Credit Union, as well as weekend breaks in Ireland, fitness equipment and special prizes for children.

Last year’s event saw some people such as Jackie Agnew and Eamon O Muircheartaigh take on some extraordinary challenges as they both completed their 100km in just one day!

While Niall says they haven’t heard of anyone planning any such feats this year, they are planning on having an event in which everyone taking part in the challenge would be doing it at the same time, regardless of where they live.

‘We have to figure out the time differences so that people in America, in Dubai, in Australia would be able to take part. We want to have as many people out in their pink t-shirts at the same time as we can.’

This year sees the Pink Army recruiting Ambassadors who are sharing their stories as to why fund-raising for breast cancer research is so important to them.

One of them is Aileen McGeough, a 41-year-old mother of four from Knockbridge. Aileen was just six when her mother died from breast cancer, which also claimed the lives of two of her aunts at a young age.

‘I am doing this in their memory and to raise vital funds for breast cancer research so that my daughter and nieces have every chance in the future. I look forward to seeing a sea of pink t-shirts across the country in June.’

To register for this year’s challenge, go to www.100kmind30days.ie
Niall, Jack, Laura and Cara Carroll.
Support charity AND fight COVID-19 with Breast Cancer Ireland’s face masks

Mum-of-three and breast cancer survivor Olivia Carpenter launches Breast Cancer Ireland face masks to help the fight against COVID-19 and to support the vital charity.

Olivia Carpenter is helping Breast Cancer Ireland launch its new Barrier Masks as restrictions ease and more people venture out and about. In line with the government campaign to encourage people to wear masks to help reduce the spread of COVID-19, these 100% cotton masks help support the fight against the pandemic while all proceeds support the charity’s research and awareness efforts, nationwide.


Olivia’s Story

In 2011, when I returned home from completing a 10km charity run, my husband Gavin gave me a big hug. As he held me close, he felt a unusual lump. He became alarmed and suggested that I get it checked. It felt like a stone to me. There was no soft tissue. To be honest, I thought I had pulled something while running. As a 34-year-old, I was considered too young for screening but sadly my age didn’t stop me getting breast cancer.

The next few months were somewhat of a blur. I barely remember being told what tests I needed and what my options were. I did learn however, that a relatively new drug at the time was being used successfully for my particular form of cancer and that I was a good candidate for it and I also opted to have chemotherapy as well. Fortunately, further tests showed my cancer hadn’t spread to my lymph nodes.

My treatment was every three weeks and I would spend a whole week having chemotherapy. It made me feel very sick for the following seven days. In addition, a nurse would come to my home to give me injections to boost my bone-marrow production.

When I was first diagnosed I had lovely waist-length blonde hair. So when clumps started coming away in my hands my darling Gavin, proactive as ever, went out and bought an electric hair razor and completed the process for me. Losing my hair was an absolute killer for me. I also lost my eyebrows, and my nails became brittle and would break easily.

Six months into my treatment, I had a lumpectomy effectively loosing half my right breast. But I have since had reconstruction surgery and am very happy with the results.

In the course of that first year, I had seven weeks of radiation therapy. However, the most painful aspect of all this was the realisation that my three children were deeply affected by the situation. It was very hard on them. Megan was seven, Adam was nine and Lauren was only four-years-old at the time. They were asking me questions, for example, if I was going to be alright. But I certainly didn’t know the answer to that. Seeing their confusion and worry turned out to be much harder for me than losing my hair.
**BALLINA**

**Investors Draw:** Congratulations to Mark Duggan and all the winners of our latest investors draw. The full winning list can be found on our website: www.ballinafinancypartners.com. We are pleased to announce that we have a continued support of the draw, which means that the prizes keep on coming! All winners are advised to claim their prizes as soon as possible.

**Inter-county:** Hard luck to Kevin O’Leary and the Tipperary senior hurlers who lost to Offaly on Sunday.

**Club Fixtures:** Ballina will play 2020 North Minor ‘A’ Football Championship final on Portroe on the weekend of 13th or 20th June. More details to follow as soon as possible. Ballina will play the 2020 County U21 ‘B’ Football Championship final on Upperchurch/Drombane in Doolin on Saturday 26th June. In the County Senior Hurling League Ballina have been drawn in group 3C along with Templenoe, Kenyon’s, Lorrha & Portroe. First game against Templenoe in Ballina on Sunday 13th June at 12 noon.

**Membership:** Closed on Monday, 31st May. Thank you to all those who paid. As has been pointed out over the past few weeks, membership will be used to determine who will receive tickets for inter-county and club games where there is limited access. Limited tickets available. Only paid-up members can play.

**Return to Play:** As training and games are about to move into full swing, we remind every player and parent of players, that the return to play must be completed in the 12 hours prior to the start of the training or game. Players aged 18 or over must complete the return to play themselves, where as parents/guardians of players aged 17 and younger must complete the return to play for their children.

**Defibrillator:** Thanks to everyone who contributed to our defibrillator GoFundMe page. The cost of the defibrillator is €2,550 and this target was reached over the weekend with a contribution from our club-parish. We expect to receive the defibrillator in the coming weeks.

**Referees:** The club has two referees in Sean O’Mahony and Brendan Ryan. We would hope that more people would put their names forward to help with refereeing. If you are interested contact Gerard McKeevagh.

**Juvenile:** Training continues for all juvenile groups. Please watch out for communications from coaches with regards to training dates and times. We ask all participants to follow GAA Covid-19 guidelines and to submit the health questionnaire at www.safetraining prior to each training session.

**Under 17:** Our U17’s have their first competitive match of the year on Monday, 7th June in the North/Mid ‘A’ Football League against JC Brackens in Ballina. This is followed by an away game to Durlas Og on Monday, 14th June.

**Under 15:** Our U15’s have a bye in the first round of the North Championship and await the winners of Inane Rovers and Silvermines in the semi-final on Thursday, 17th June.

**Under 13:** Ballina take part in the ‘A’ and ‘C’ U13 Football Championship. The first ‘A’ game is against Silvermines in Doolin on Tuesday, 8th June. The first ‘C’ game is down for 15th June against either Moneygall or Ballinlough.

**Young Whistlers:** Best of luck to Jack Grace, Conor Shanahan, David Power and Jack Egan who are attending the Go Games Referee’s Course this week. The aim of the course is to give the participants the knowledge and confidence to referee games for their club and as part of the upcoming Go Games programme at U2, U9 & U11.

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**BORRISokane**

**Lotto:** Next Monday’s jackpot will be worth €9,700. Tickets are available in local shops and on Clubforce.com. Alternatively, follow us on Facebook/Instagram where you can follow the links. Thank you for your continued support.

**Summer Camp:** After last year’s great success Borrisokane Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will return from Tuesday 17th to Thursday 19th August. Three days of GAA sports, including hurling, football & fun, targeting each age group from our U7’s to U15’s. So pencil in the dates above and work around your holidays. More information to follow.

**BURGESS**

**North Tipp Online Bingo:** Every Sunday at 8.00pm. To play you can purchase a bingo ticket from www.pallmarafrica.ie/product/monthly-tipp-bingo or by clicking the link on any of our social media pages. Books are €18 or 2 books for €30. Our snowball jackpot total is €550 in 48 numbers next week and we are down to the last six envelopes with one of our top prizes still remaining.

**Lotto:** Monday 31st May’s lotto was for a prize of €3,500. For information on lotto winners, check out any of the club’s social media pages each week. Tickets are €2 each or 3 for €5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club lotto seller.

**Best of Burgess:** This week saw vice chairman Johnny Flynn take to the stage. A great interview with some great hurling tales told. Thanks to Johnny for taking part and to Paul Carroll for hosting the show each week. Tune into our social media channels this Friday for the final episode of the series at 8.00pm. Remember you can catch up on all the episodes to date on our Facebook and Instagram pages.

**Best Wishes:** We would like to send our best wishes to Daire Hogan for a speedy recovery after picking up an injury this week.

**Coaches & Mentors:** Coaches and mentors are reminded that your GAA Vetting must be up to date in order to fulfill your role working with teams of any level. To update your vetting go to www.gaa.ie and complete your vetting form. For more information, contact children’s officer Una Durkin, childrenscoffeeburgess@borrisokane@gaa.ie.

**Healthy Club Group:** We are looking for members of the club to join our Healthy Club Committee. If you are interested, contact Secretary Gemma Flynn 0872239393.

The group will focus on all aspects within the GAA Healthy Club framework so if you are interested in physical, mental or anything health related then get in touch. It is important that we have a wide variety of people in the group so that we can bring in a lot of initiatives in the coming weeks and months.

**Club News:** With the recent government guidelines, we are hopeful that when the championships resume, we may be able to have supporters present. For all the latest
KIADANGAN

County League: The club have entered one team in the county league, and they will take on Clonoulty/Rossnagree in Puckane on Saturday 12th June whilst Drum & Inch and Upperchurch/Drombane also make up the group.

Lotto: Kildangan Lotto on Monday 24th May saw the €15,500 jackpot not won, nor the Second Chance €500 Draw.
We would urge people to sign up for the lotto online at kildangannga.com. There are a number of options available online on how long you can sign up for. You can also enter the lotto in the shops and supermarkets in the parish. The lotto is streamed live on the Kildangan Facebook page every Monday at 9pm.

Schools Coaching Scholarship: Last week, Bryan McDough, John O’Meara and Conor Byrne started the Schools Coaching Scholarship and will work with 200 kids in Carrig NS and 140 kids in Kildangan NS. Best of luck to the three lads in their roles.

Junior Fixtures: The full list of Kildangan Juvenile Football Fixtures are now available online at kildangannga.com/fixtures. The Under 14s are due to take on Moyne-Templetoby on Monday 7th June at 7.30pm in Puckane in the North/Mid 'B' competition. On Tuesday 8th June, both Under 13 sides will be in action against Kilruane in Cloughjordan. Thursday 10th June will see the Under 15's play Ballinhac/Melin in Puckane at 7.30pm whilst both Under 14 teams will be in action on Saturday 12th at 11am. They will take on Moneygall in Moneygall in the 'B' competition and take on Newport in Puckane in the 'D' competition.

Membership: There has been a new membership category added to the club website. For €300, you will be purchasing non-playing membership, membership to the Tipperary Draw as well as a year’s entry to the lotto which includes three entries per week. The remaining rates are as follow:

- Adult Playing (with Gym) - €130
- Adult Playing (with Gym & Lotto) - €220
- Student (with Gym) - €90
- Student (with Gym & Lotto) - €180
- Non-Playing & Lotto - €110
- Non-Playing Lotto - €220

You can purchase online at kildangannga.com or contact registrar Fergal Hayes on 0861508366.

Intercounty: Best of luck to the Kildangan contingent on the Tipperary Senior hurling panel that take on Westmeath this Sunday.

Scrap Metal Collection: Kildangan GAA will hold a scrap metal collection in the coming weeks. Items can be dropped to the car park in Ballycommon. Collection can also be arranged. We will accept any type of metal, batteries, lead, copper, brass, electric cables, aluminium, stainless steel, cars, tractors, or household machines. For further information contact Art Flannery 0866157575, Paul Fogarty 08727903893, Seamus Quigley 0862762635 or any committee member.

KIARUANE MACDONAGHS

Senior: Kilruane Macdonaghs will play Borris/Ileigh in the first round of the County League on Sunday, 13th June. Loughmore/ Castleknock and Toomevara are also in the group with the top team qualifying for the final. The second round will be played on the weekend of 27th June with the final round on the weekend of 11th July. Seven substitutions per team will be allowed.

Juvenile Fixtures: Our U13 footballers will be the first club team into competitive action with a home game against Kiladangan in the ‘D’ championship on Tuesday 8th June at 7.30pm. The U14 football team also has home advantage against Baileys GAA on Thursday, 10th June with the throw-in at 7.00pm. The 2020 U14 ‘D’ County Hurling Final against St. Sheehan’s is pencilled in for Saturday 12th June in Dundrum at 1.30pm.

Lotto: The Jackpot now stands at €29,890. Tickets are available from the usual outlets, or you can join on Clubforce.com. Thanks for your continued support.

Tipperary Draw: The seventh Draw takes place this Friday, 4th June at 8.30pm. Promoters and subscribers are asked that all payments are brought up to date.

NENAGH EIRE OG

Lotto: As part of our Community Lotto, we recently donated €500 to our local healthcare workers - this was organised by Friends of Nenagh Hospital who drew five names from staff members in Nenagh Hospital. The five lucky winners were: Jessy George, Mary Minogue, Marjorie Roberts, Deirdre Ryan and Denis Farrell and they each received €100 voucher for a local business.

We have now donated €2,500 to local charities since relaunching our Club Lotto last year. The other charities to benefit were: Friends of Nenagh Hospital, Tipperary Search and Rescue Unit, Ormond Special Olympics, and Nenagh Lions Club. At the end of the current 10-week cycle we will be donating a further £500 to our next chosen charity, Nenagh Fair City Centre.

As we approach the first anniversary of the lotto relaunch, plans are in place to change the format of our lotto. We will continue to donate €500 to a local charity every 10 weeks; however, at the end of the current 10-week cycle (which is at the end of July) we will once again introduce weekly lucky dip prizes - this will replace the current Supplementary draw that we currently hold every 10 weeks. So, from the lotto draw of July 26th there will be three lucky dip prizes of £50 each on the weeks when our lotto jackpot is not won. We thank everyone for
continued to support our lotto and ask that if you have not already joined, please do so now through the link on the club website – www.nenaghhurlers.com.

Membership: The deadline for the payment of membership was 31st May – this can still be paid online through the link on the club website and can also be paid to your mentors at training. All players, both adult and juvenile, should pay their membership immediately to be covered under the Player Injury Scheme.

Hurling Wall Fundraising: The fundraising for the new hurling wall and Astro Turf pitch continues as we try to meet our target for this phase of the project. We sincerely thank all of those who have donated to date and also thanks to our team of members who have worked hard over the past number of weeks organizing these donations. With the work due to commence on the wall in the coming weeks, we ask that you please continue to make your donations, all donations are greatly appreciated.

Further information from Liam Heffernan, Mary Jo O’Reilly, or Anne Kennedy.

Senior: With everyone back training for the past few weeks, we are now looking forward to matches beginning in the next few weeks. First up will be the County Senior League where we have been drawn in a group with Roscrea, JK Brackens and Thures Sansfields. Our first game is due to take place against Roscrea on Sunday 13th June.

Community Response: As restrictions are gradually being eased, it is time once again to stand down our Community response group. We wish to thank all those who have volunteered their time over the past 15 months to help out those who needed it during Covid restrictions, and we especially thank Bartley Ryan for his time in coordinating this.

SOS - Sink or Swim is it time to plan your summer and get outdoors. SOS Sink or Swim is a cycling sporting starting & ending in Nenagh Eire Og’s MacDornagh Park on Saturday 21st August. It will take riders on a journey through Tipperary, Clare, Limerick & Galway along Lough Derg. The registration fee for SOS is €55 and includes event participation, full event back up, feed stations and refresh points, on route mechanical support & stunning views of Lough Derg. All information is available at https://eventmaster.ie/event/1DDSTVW6FO.

Eire Og’s Nenagh Eire Ogs camp 21 got underway in brilliant style on Saturday as the sun came out to welcome all the new Eire Og’s to MacDornagh Park. The children enjoyed lots of games and skills challenges at the many fun challenge stations. Thanks to Niall for organizing this year’s Og’s camp and also to everyone who assisted in ensuring a safe and fun environment for the children to enjoy themselves. Thanks to EBS Nenagh New Mortgages for their kind sponsorship.

We can’t wait to have all the children back next week for more fun and games. Anyone wishing to join next week is more than welcome. Parents must remain for the hour. Any boy born in 2016 that wishes to attend needs to contact Erica on 0868774496. Any girl born in 2015 or if they have turned 5 already can contact Paul on 0864692641. Please contact before next Saturday to register for the Ogres as an online health questionnaire needs to be completed before taking part. Erica and Paul will also add people to the appropriate WhatsApp group to keep you informed about the Ogres.

Cost of the camp will be €2 per session paid at the gate and all participants will get an Eire Og’s t-shirt at the end of the 4 weeks. No hurls or helmets required.

Return To Play: We would ask all parents/guardians to observe and co-operate with all the Covid protocols that will be in place in order to ensure a safe training environment for your children and families.

Under 7: The boys continue to train on Saturday from 10-11am. There are over 30 boys training which is great to see.

Under 9: Hurling training continues Tuesday from 6-7pm and Saturday at 10-11am with football training on Wednesday from 5.30-6.30pm. We continue to have over 30 at each training. Please keep up the good attendance as matches will start in a few weeks time.

Under 11: Hurling training each Tuesday and Friday at 6.00pm. Gaelic Football training is at 5.30pm on Wednesdays.

Under 13: Training continues Tuesday, Wednesday, and Friday evenings.

Under 16: Hurling training on Tuesday and Thursday while football has started on Saturdays with the first football game of the year in a couple of weeks. Great to have some of our older hurlers helping out with training on Tuesdays.

Under 19: The boys training continues each Monday, Wednesday, Friday, and Saturday morning. We would also be delighted to welcome back any former members who would like to hurl or play football. There has been a very good response. Already this group had shown the determination and commitment of last year with four high tempo sessions. Congrats to Tára, Sam and Morgan on making the Tipperary Under 17 panel. Hard luck to the others, it was a great achievement to represent Nenagh.

Garda Vetting: You cannot be involved as a coach or mentor in any juvenile coaching set up without your Garda vetting being up to date.

PORTROE

Membership and Fóireann: Outstanding membership must be paid as soon as possible. All parents of underage players and adult players must set up a Fóireann account. Parents can add underage players to their family under the Family tab within Fóireann. The Covid return to play will also need to be completed in Fóireann for all family members in the profile created.

Lotto: Portroe GAA/Camogie/Parish Hurling Lotus continues each Tuesday. Lotto is available to play online through the Clubforce App and tickets will still be available from the Lotto co-ordinators. Thank you for your continued support.

Juvenile Fixtures: U17 C Football – v Shannon Rovers Gaels on Monday 7th June at 1pm in Portroe.

U15 D Football – v Nenagh on Tuesday 8th June at 7pm in Portroe.

U15 C Football – v Shannon Rovers Gaels on Saturday 11th June at 7pm in Portroe.

U14 C Football – v Lorrha on Saturday 11th June at 7pm in Lorrha.

U13 B Football – v Borrisokane/Toomevara on Tuesday 15th June at 7.30pm away.

SHANNON ROVERS

Intermediate Hurling League: Shannon Rovers will take on Moyne- Templeduff, Boherlahan and Borrisokane in the Intermediate Hurling League, with the top team moving into semi-final.

100km Walk: Almost 100 people have registered or signed up to the 100km in 30 days challenge in support of Breast Cancer Ireland. Log on to http://100km30days.ie and register, choosing Ballinraddy Community Sportsfield. The 100km is to be completed during June and is open to all ages.

Under 17: Our under 17 footballers will get first taste of Juvenile action when they travel to Portroe for the opening game on Monday 3rd June at 7.00pm. The following Monday they are due to play host to Aherlow/Latton Cullen before completing the group stage with a third round game at home to Emly.

Under 13: The Under 13 footballers have a first-round clash away to Lorrha on Tuesday 8th June. The game is in fact a semi-final.

Under 15: The opening game for under 15 footballers takes place on Thursday 10th June away to Portroe. Round 2 sees us at home to Cahir the following Thursday before we travel to Ballina on round 3.

Under 11: Shannon Rovers Gaels received a bye in the opening round of the Co Gomes boys football. On June 19th they will take on Portroe in Portroe before we are at home to Lorrha on June 19.

Camogie: Best of Luck to Aine Slattery in next Sunday’s Camogie National League quarter final tie against Offaly. Commissions to Sabrina Larkin in her role with Tipperary Intermediate team who lost to Kerry last Saturday.

SILVERMINES

Junior Hurling: Last season’s Junior B Hurling County semi-final against the
winners of the West division will take place on Saturday 26th June with a venue to be decided. It is hoped that we will be able to stream the match.

Senior Hurling: We have been drawn with Newport, Clonakenny and Sean Treacy's in Group 3A of the county senior hurling league. The CCC has also decided that for the league fixtures teams will be allowed to make seven substitutions per game. The league will commence on 13th June.

Exams: Silvermines GAA would like to wish all club members undertaking Leaving Cert and college exams the very best of luck.

Lotto: Silvermines GAA Lotto has a jackpot of €4,000 and the club are appealing to all members to play the Lotto online through our Clubzap app or by logging on to www.silverminesgaa.com. Tickets can be bought at €10 for 5 weeks (1 entry per week) or €3 for 3 tickets (recurring weekly).

Membership: Adult Hurler - €50; Adult Non-Player - €40; Student Player - €40; Walking track membership - €30. Membership can be paid online via the Clubzap app.

Juvenile Return to Play: It is important to continue to ensure you log onto the return to play site, https://returntoplay.gaa.ie/ to complete your child’s health questionnaire prior to each training session. Any questions contact Noreen 0879288642.

Under 5 Nursery Group: Training every Thursday at 6.45pm. It is open to boys and girls born between 1st January 2016 and 31st June 2017. Anyone who would like to register can contact Noreen 0879288642.

Cúl Camp: Monday 26th to Friday 30th July. Camp will be restricted to club members only. Details regarding online booking will be forwarded as soon as we receive clarification from Tipperary GDA.

**TULACH SHEASTA**

Iomaint Sinsir: Our senior hurlers have been drawn in Group 3C in the County Hurling League. The other teams in their group are Sean Treacy's, Silvermines & Clonakenny. Their first match will be on Sunday 13th June vs Sean Treacy’s.

Foil 17’s: We would like to wish our ‘A’ Footballers the best of luck in their first game in the Football League vs Moncarkey-Borris next Monday 7th June in Littleton.

Foil 12’s: We would like to wish our Under 13 Group D Football team the very best of luck in their first game in the ‘D’ Football Championship away to Templederry next Tuesday, 8th June at 7:00pm.

Cranachur 1st Hurlers: Tickets are available to purchase from our stand at Sweeney’s Shop each Friday from 3:30 to 7:00pm and each Saturday from 9:30am to 1:00pm. We would like to thank Hugh Sweeney for allowing us to sell our lotto tickets each weekend. It is really appreciated. You can also purchase tickets online through our Smartlotto app.
down your way

TERRYGLASS & KILBARRON

100KM IN 30 DAYS
Let's get moving! Ballinderry Community Sportsfield Committee have signed up to the 100 km in 30 days challenge. This is a fundraiser for Breast Cancer Ireland. Please log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the dropdown menu. The 100 km is to be completed during the month of June. This event is open to all ages. Let's get our community walking to raise much needed funds for Breast Cancer Ireland.

EXAMS
We are thinking of all our young people doing public examinations around this time. The Third Level exams are coming to an end and as businesses re-open many of these students will hope to return to their summer jobs. The past two academic years have been difficult to say the least for this year's Leaving Cert students - we wish you all the best of luck in the exams.

BALLINDERRY COMMUNITY CENTRE
Ballinderry Community Centre want to open its facilities to all our community and develop into a multi-purpose community centre. We intend to deliver health and wellbeing and information programmes directly to all ages within our community. The intention is that the facility will become a hub for the community where all can avail of health information and more and thus encourage all participants to enjoy healthier lifestyles.

The centre will provide a range of activities for our local community. With this in mind, we would like to hear suggestions and ideas from anyone in order that we can put a programme together. Suggestions can be emailed to ballinderrysportsfield2021@gmail.com. All suggestions welcome. Blog link!

MARRIAGE PREPARATION DURING COVID
Accord CLG is providing a 4-hour facilitated virtual interactive programme for couples preparing for marriage. See Accord.ie or phone 01 5053712.

CHURCH NEWS
Booking of Masses: Masses for Month’s Mind and anniversaries can be booked by phone, text or email to terryglasskilbarron@gmail.com.

First Friday: Visiting sick and housebound parishioners will resume this week. Before this happens each parishioner on our list will be contacted by phone to establish if they wish to receive the Sacrament at home. If you wish to be included in the housebound visits please contact the parish office at 067 20177.

First Friday Mass in Terryglass at 9am on June 4th.

LAKESSHORE COMMUNITY MARKET
Lakeshore Community Market is back in Lorrha this Saturday, June 5, from 10am to 12pm. Plenty of fresh local produce available including baking, jam, chutney, honey, flower, plants, vegetable plants and more.

You can also take the opportunity to visit the Scoil Community Shop in Lorrha where lots of local crafts are available.

A TASTE OF LORRHA
A “Taste of Lorrha” initiative is now up and running where the local community organisation Scoil is asking people from Lorrha or with connections to the area to submit recipes which they are hoping to publish in a book. Forms can be collected at the Scoil Community Shop, or get in touch via the Visit Lorrha website Facebook page.

PORTROE

CHURCH NOTICE
Public Masses have now resumed on the usual schedule of Monday, Tuesday and Wednesday at 9.30am, Saturday at 6pm and Sunday at 10am. Social distancing and face coverings apply. Parishioners are reminded that masses are live streamed every day on www.youtube.com/c/portroeburgessyoughaltparishes. Parish envelopes can be left into Fr. Ger’s House or Newtonstowe Post Office. Many thanks for your continued support.

PARISH LOTTO
Last week there was no winner. The following were lucky dip (£25 winners: Brendan Shanahan, Portroe, Mark Senseny, Portroe, Alex and Luke Doherty, Anrющую, John Hogan, Kilfarran, Portroe GAA, Camogie Club and Parish Hall would like to thank everyone for their continued support. Our lotto is now available online, please download the Clubforce App from the App store or Google Play store.

COUNTY SENIOR HURLING LEAGUE
Portroe senior hurlers have been drawn in Group 3C of the County Hurling league along with Lorrha-Dorrha, Ballina and Templederry. Games will commence on the weekend of June 16.

ALLIANZ LEAGUES
Best of luck to Liam Sheedy, Robert Byrne and the Tipperary senior hurlers who face Westmeath in the fourth round of the Allianz Hurling League this Sunday, June 6, at 2pm in Mullinagall. Damien Gannon’s Antrim hosts Wexford on Saturday, June 5, at 3pm in Corrigan Park.

PORTROE GAA MEMBERSHIP
Portroe membership is now due. Rates are as follows: adult plus gym £70. Adult Player inc gym £50, adult non-player £60, student and U21 £25, students and U21 plus gym £50. Juvenile 1st child £25, Juvenile 2nd child £15, Juvenile 3rd child £10.

PORTROE CAMogie AGM
Portroe Camogie Club’s Annual AGM will take place this Thursday evening, June 3, at 8.15pm in the stand of Portroe GAA grounds.

SYMPATHY
Sympathy is extended to Christine Quinn and family, Clonemybrien on the death of her mother Eleanor Bried, Killaloe. May she rest in Peace.

WEDDING BELLS
Congratulations to Gemma Ryan, Garrykennedy and Garry Lee who celebrated their marriage recently in Dublin, followed by reception in the Inagh Garden and the Shelbourne Hotel.

LAKESSHORE COMMUNITY MARKET
Lakeshore Community Market is back in Lorrha this Saturday, June 5, from 10am to 12pm. Plenty of fresh local produce available including baking, jam, chutney, honey, flower plants, vegetable plants and more. You can also take the opportunity to visit the Scoil Community Shop in Lorrha where lots of local crafts are available.

BURGESS

BURGHEÁS CLG LOTTO
There was no winner of the €5,700 jackpot on May 24. The lucky dip (£30 winners were Martin Hogan - online, Doire O'Brien - online, Donie Comford - online and Christy Griffin, Kylebog. The seller's
prize went to Edin 'Toosy' Hogan. Thank you to all our sellers, players and sponsors for supporting our club lotto.

NORTH TIPP ONLINE BINGO
Bingo takes place every Sunday night at 8pm on Zoom. In aid of Burgess GAA and Burgess NS. The online bingo brings the potential winnings on game 3 up to €1500 next Sunday - could be you!
Books can be bought on https://www.palismarketing.ie/product/north-tipp-bingo/ and printed at home to play. Books are €8 each or two for €15. Special offers on extra books for June. Your support would be appreciated.

CHURCH NEWS
The boys and girls of Youghal NS and Burgess NS have recently received the sacraments of First Communion. Congratulations to them. Dates for the sacraments of First Holy Communion and Confirmation will be announced when government regulations allow.

ARRA ROVERS FC FAI SUMMER SOCCER SCHOOL
Registration opens on Thursday, June 3, for the Arra Rovers FC FAI Summer Soccer School on the week of August 16. The camp is for all children aged 6 to 14 years and will run from 10am - 1pm. Cost is €70 per child with sibling discount also available. Places limited so book early to secure your child's place.

TEMPLEDERGY LOTTO
Last week's draw was once again held virtually and there was no winner of the jackpot. This week's draw will also be held virtually and the jackpot will be €8,800. A huge thank you to those people who are running the virtual lotto and also to all the brilliant sellers who continue each week to return their tickets.

RETURN TO TRAINING
It is brilliant to see both the juvenile players and the senior/junior players all returning to training. It brings the place back to life again and we see how important it is to both young and not so young. We wish all the teams, mentors, selectors, trainers and everyone involved the very best of luck for the year ahead, and we pray that we have seen the last of the lockdowns.

THURLES
CATHEDRAL ROOF FUNDRAISER
The first draw in the major fundraising scheme to finance the €16 million roof for the Cathedral of the Assumption will take place on June 17. It was announced at the weekend. A special committee, headed by John McCormack, has been set up to coordinate the raising of the necessary finance with a view to building a roof and to meet the cost in advance of work beginning on the roof. At Masses at the weekend John McCormack explained the need to replace the roof now and indicated that a four-year timeframe is involved. The initial fund raiser is a weekly lotto with lines at €2 each or three for €5 and those wishing to participate can do so by going to www.hurlescathedral and clicking on the 'join lotto' button. The local clergy have appealed for the parish's support for this very necessary work.

MASSES DURING THIS COMING WEEK
Masses will continue in Templederry on Wednesday evenings at 7pm and on Saturday evenings at 7pm, also these two Masses will continue to be live streamed for the time being.

Mass in Currenney on Sunday mornings at 9.30am and in Killean at 11am.

Please adhere to government guidelines and listen to the stewards.

TEMPLEDERGY NATIONAL SCHOOL
A big thank you to all those people who donated bags of clothing to the clothing collection. This will generate badly needed funds for the school.

STUDENTS STARTING EXAMS
We wish all the students who will soon be starting their exams the very best in their endeavours. We hope that the difficult school year will end well for them and that they will be favoured with the exam papers etc.

MONEYGALL & DUNKERRIN
vaccination programme is progressing very satisfactorily, caution is still urged as life begins to return to normal.

WELL DONE
Congratulations to Emmet Fogarty, Monadeen, who was Student of the Year at Thurles CBS for 2021. Academically and in sporting terms Emmet, son of David and Susan Fogarty, was an excellent student and a fitting recipient of the award.

HURLING
Hurling action resumes for Sanfields club on Wednesday, June 9, when the A senior team play Clonakenny in a preliminary round of the Cahill Cup senior hurling tournament in Clonakenny. The winners of this game will meet the winners of Loughmore v Moycarkey-Borris in the quarter final on June 16. The same date Sanfields B team is scheduled to meet Holycross Ballycahill in another quarter final at the Killian pitch. Training has been going well since being allowed resume and it will be great to see the teams back in action after such a long Covid-driven layoff.

SYMPATHY
The death occurred last week of Gerard Carey, Kylene, Horse and Jockey and formerly of Moyne Road. Sympathy to his brothers Martin, Willie, Jimmy and Christy, sisters Margaret and Bridget and his many friends and relatives on their sad loss. Following Requiem Mass in the Cathedral interment was in St Patrick's Cemetery. Johnny Everard, Templeduff who has died in the US was an All-Ireland medal winner with Tipperary in 1950, and a well-known figure in town having been manager of Suttons depot at the railway station for many years and also of the cattle market. Sympathy to his wife Josephine, sons Brendan, Joe, Conor, Eamonn and Deirdre, daughter Mary, his grandchildren and many relatives and friends on their sad loss. The funeral took place in Templeduff.

SCHOOL RETIRMENTS
Two esteemed members of the staff of the Ursuline Secondary School are retiring at the end of the current academic year. Vice-Principal Mary Slattery and Anne Lawlor have been dedicated staff members over thirty years and have made a huge contribution to the school and its pupils in that time. They were watched every success in the future and thanked for the work for the local community.
UNDER CRIMBLIN HILL VOL 3
Lots of articles have been received for the next volume of Under Crimblin Hill which will be published towards the end of 2021. The deadline for submission of articles is July 1st and can be given to any of the editorial committee: Seanus Dobler, Seamus Ryan, John Fogarty, Kathleen Kennedy, Eugene Ryan or Joseph O’Brien. This year the editorial committee are hoping to include details of local events that took place during the war of Independence period and would welcome information concerning those years. We are also making a special appeal for more photographs for inclusion in the journal. These can be scanned and returned to the owners immediately.

BORRISokane

BORRISokane CREDIT UNION
Following a survey of our members we are pleased to announce new opening hours for our Cloughjordan office. From Monday, June 4, the office will be open from 2:30 to 7pm. We look forward to continuing to serve our members in both Borriskane and Cloughjordan.

MARKET
Lakeshore Community Market will be in Cloughjordan on Saturday, June 5, from 10am to 1pm. Celebrating the 50th anniversary of national garden vegetable, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked goods, honey, jams, sauces, tea, coffee, crafts and more.

Cloughjordan Ambush Centenary
The Cloughjordan Ambush took place on June 3, 1921. A group of around 30 RIC men on bicycles and in motorbikes were travelling from Borriskane to Cloughjordan to arrest the Pettigo Ambush in Cloughjordan. They were ambushed at Kylebeg cross, just down the road from Modreeny. Three RIC constables and one Black and Tan constable were killed and 14 others were wounded. The Flying Column, which included many local volunteers, suffered no casualties. On this Thursday, June 3, the centenary of the ambush, Gérard Heffernan from the Cloughjordan Heritage Group will deliver a free illustrated talk on the Cloughjordan Ambush. If you are interested contact the Cloughjordan Heritage Group.

LEAVING CERT
Best of luck to all the local students who will be sitting the Leaving Cert examinations next week.
You will be presented with the app and the option to save a link to your home screen. Follow the directions for your phone. Please note that if you have a GPS enabled phone you may be asked to “Share Location”. Choosing to share your location allows inspectors to have accurate geo-location data in the event further investigation is needed.

Sympathy

Sympathy is extended to Betty Howth and family Rathcabin on the death of her brother-in-law Michael O'Shea Shinnore who passed away on Thursday last, May 27, after a long illness. After funeral Mass at St. Mary’s Church Shinnore last Saturday, May 29, burial took place in the New Cemetery Shinnore. May Michael rest in peace. Sympathy is also extended to Susan Delahunty and family Clonmona and the extended Delahunty and Green families, on the death of Sandra Greene, Roscrea, which occurred on May 21. After Service in St. Cronin’s C.O.I Roscrea on Tuesday, May 25, burial took place in Dungar Cemetery. May Sandra rest in peace.

BEREAVEMENT SUPPORT

Milford Care Centre is offering an online Bereavement Support Education Programme commencing on Wednesday, September 15, and running over 12 consecutive Wednesdays from 2.30 to 4.30pm with a personal development weekend on October 2 and 3. If you are interested and would like to participate you can call 060 465300.

CHURCH NEWS

The First Friday Mass will be celebrated in Rathcabbin Church on Friday, June 4, at 8pm. Everyone is encouraged to wear face masks in the church during Mass. Holy Communion will be taken to you as you remain seated. There will be a facility in both churches to make contributions to the church collection. The numbers at funeral and wedding services is capped at 50 for the moment. Baptisms may be booked at this time with 10 permitted to attend.

As the churches are now reopened, anyone wishing to book anniversary Masses please contact the church sacristans, Agnes Stevin in Lorrha, and Mary Cleary in Rathcabbin.

Mass Times are now on Monday, Tuesdays and Thursdays at 9.30am in Lorrha Church (except Bank Holidays)

SACRAMENTS

A message from the Department of An Taoiseach: “It is advised that other religious ceremonies such as First Holy Communion and Confirmations should not take place in May or June. Further advice will follow on resumption of these ceremonies when it is safe to do so.”

MARRIAGE PREPARATION

Accord CLG is providing a 4-hour facilitated virtual interactive programme for couples preparing for marriage. See Accord.ie or phone 071 7053112.

ROLL OUT OF COVID VACCINE

Registration is now open for ages 45-49 on the HSE’s website. Call 1850 24 1850. Please have your PIN number and Encore ready.

THE ROAD BACK

Now that Ireland is slowly opening up again, traffic on the roads has already increased. With this in mind, An Garda Síochána together with The Road Safety Authority have launched a new road safety campaign ‘The Road Back’. They are calling on all road users to be extra vigilant, cautious and alert on the roads. All drivers are asked to slow down, avoid distractions and be alert to pedestrians and cyclists, taking great care when overtaking and passing out. Pedestrians are asked to wear appropriate high visibility clothes and always walk on a footpath if there isn’t one, on the right hand side of the road facing oncoming traffic. Traffic was heavy last week-end with people out and about in the lovely fine weather and with the June bank holiday this coming week-end, Gardaí are reminding everyone to be extra careful on the roads. Safe travelling.

LAKE SHORE COMMUNITY MARKET

Lake Shore Community Market is back in Lorrha this Saturday, June 5 from 10am to 12pm. Plenty of fresh local produce available including baking, jam, chutney, honey, flower plants, vegetable plants and more. You can also take the opportunity to visit the Scal Mounside Shop in Lorrha where local crafts are available.

A TASTE OF LORRHA

A “Taste of Lorrha” initiative is now up and running where the local community organisation Scal is asking people from Lorrha or with connections to the area to submit recipes which they are hosting in a book. Forms can be collected at the Scal Community Shop or get in touch via ScalLorrhaHoltor Facebook page.

PUCKANE

DAILY MASS TIMES RETURN

With Covid restrictions eased daily Mass continues in both churches. The times are as follows: In Saint Patrick’s Puckane Mass will be celebrated on Mondays, Tuesdays and Thursdays at 9.30am. Vigil Mass in Puckane on Saturday evening at 7pm. Morning Mass in Carrig will be on Wednesdays, Fridays and Sundays at 10am.

WIN MONEY!

Kildangan GAA Lotto is now live on Facebook every Monday night at 9pm. Details of how to enter are as follows. Just buy €2 per ticket or €5 for 3 tickets available at Kennedy’s shop Puckane and Tony’s Top Top Shop Salliecommon. Why not enter online at kildangangoa.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €95,600. Thanks to everyone for their support and stay safe.

BEST WISHES

To Kildangan person involved with Tipperary senior hurlers in next Sunday’s Allianz Hurling League fourth round clash with Westmeath at Mullingar.

TENNIS

Play at Puckane Tennis Club has resumed. Please check with the officials for booking information.

PORTUMNA

CLUB NIGHT

Portumna Lawn Tennis Club are delighted to announce with the recent easing of restrictions, the ever popular club night has made a welcome return every Wednesday from 7.30 until 9.30pm.

This was always a very popular night at the club pre-Covid-19 and is a great opportunity for members to meet up and play in a friendly matchplay format. Players are placed in doubles pairings and everyone plays against each other on court. Committee members are always present on club night and are available for any queries.

Junior Coaching: The junior coaching sessions finished up last week and again proved very popular and enjoyable for all junior players.

PTLC would like to thank junior co-ordinator Keith Muhall and junior coach Darrell Sheehy for all the organisation. The committee would also like to thank all the parents for ensuring all juniors were complying with restrictions. The plan is to have more junior coaching and a tennis camp week this summer also. More information to follow.

Adult Coaching: The recent four-week coaching sessions have now completed and again proved very popular with players especially new members. More coaching sessions are planned for adults also over
the summer. The committee would like to thank Gillian Dunne and adult coach JP Savvy for all their organising.
New members are always welcome, please text 087/3936067, follow the club on Facebook and Instagram for all the updates.

OUTDOOR NATURE PHOTOGRAPHIC EXHIBITION
RTE’s ‘Eye on Nature’ at the National Botanic Gardens’ exhibition is at Portumna Castle for a limited time. RTE and the National Botanic Gardens of Ireland with the OPW present ‘Eye on Nature’ – Ireland’s newest national wildlife photographic competition. RTE’s ‘Mooney Goes Wild’ and Today Show launched the competition in January 2021, to celebrate the flora and fauna of our island. It received an overwhelming response with over 7,000 entries. The judging panel, consisting of Mathew Jeff (National Botanic Gardens), Niall Hatch (Birdwatch Ireland) and Seema Jolley (acclaimed wildlife photographer), chose the final 12 photographs you see at Portumna Castle, including the overall winner. These photographs represent the rich natural heritage that Ireland has to offer, which has brought joy and hope to so many of us in recent times. On March 17th, Derek Mooney announced the winner on Today Show and presented the photographer with the inaugural trophy and a prize of €1000. The exhibition will travel to various OPW sites and is currently at Portumna Castle. Portumna Castle is free entry for remainder of the season. Open seven days 10am to 6pm.

‘DIP A DAY IN MAY’
Homelessness and housing charity Galway Simon Community launched a new virtual challenge calling on all sea swimmers, fitness enthusiasts and everyone in between, to take a ‘Dip a Day in May’ in support of those facing homelessness in the West of Ireland. Lisa Keane and Grainne Conroy raised a combined total €1,570.

LAKESHORE COMMUNITY MARKET
Lakeshore Community Market is back in Lorrha this Saturday, June 5, from 10am to 12pm. Plenty of fresh local produce available including baking, jam, chutney, honey, flower plants, vegetable plants and more. You can also take the opportunity to visit the Scoil Community Shop in Lorrha where lots of local crafts are available.

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A ‘Taste of Lorrha’ initiative is now up and running where the local community organisation Scoil is asking people from Lorrha or with connections to the area to submit recipes which they are hoping to publish in a book. Forms can be collected at the Scoil Community Shop, or get in touch via the Visit Lorrha Facebook page.
Karen McLoughney captured this magnificent swan on the grounds of Birr Castle.

Members of Portumna Lawn Tennis Club enjoying a game of tennis at the club night. From left: Keith Mulhall, Ciara Egan, Liam Hyland, Hilary Stoddart, Louise Byrnes, Willie Burke, Jimmy Hennebrey, Linvar Mulhall, Roedie Lynskoey.
Pupils in Ballinaclough NS made the most of the good weather recently by cycling to school. They increased their fitness, got some fresh air, helped the environment and reduced congestion at the school gate. Well done to all!
Fundraising for Galway Simon Community. From left: Grainne Conway and Lisa Keane at the swimming area in Portumna on the last day of their "Dip a Day" for Galway Simon Community.

Congratulations to Mavis Clifford, Ballinacloough, who celebrated her 80th birthday on Monday, May 31st. Her family and friends would like to wish her good health and happiness for many more birthdays to come.
Congratulations to the boys and girls in Second Class at Yougahanna NS who received their Sacrament of Reconciliation recently.

Sun beamng through the clouds in Castlehough captured by Caroline Sheehan Willord.
We can’t wait to try these luxurious picnic baskets!

This bank holiday weekend we are looking forward to trying some of Ireland’s most delicious takeaway picnics. Lily & Wild

The Lily & Wild Take-Away Picnic

Their picnic for two adults consists of a Goats cheese moulillette, a tapas selection of cured meats, marinated olives truffle aioli and roasted peppers, mixed veg, Newgrange rapeseed oil, cauliflower and almond skordalia dip, tomato and mozzarella baguette, chicken caesar salad, pink meringue nests, potted vanilla cheesecake, popcorn and 2 San Pellegrinos

These take away picnics can be collected from Naas Racecourse or delivered with 10km. All profits from the picnics for the month of May will go to Breast Cancer Ireland.

Fallon & Byrne

Try Fallon & Byrne in Dublin’s ready-to-go picnic.

This picnic consists of charcuterie and cheeses, pâté and bread, and cheesecake for dessert and retails at €55 for two people, with prosecco, or €45 with pink lemonade or apple juice. They offer a click and collect option from Fallon & Byrne in either Exchequer Street or People’s Park in Dún Laoghaire or delivery in within Dublin.

For more information visit: https://www.fallonandbyrne.com/shop/outdoordining/picnics/picnic­bag­with­prosecco/

Luttrellstown Castle

Try Luttrellstown Castle gourmet picnic baskets, The standard picnic box includes a mini-sandwich selection of smoked chicken & chorizo ciabatta, olive tapenade and saffron aioli, Wicklow brie & glazed roasted ham, mustard mayonnaise on a Farmhouse Bloomer, mozzarella, tomato tartare & pesto in a sourdough roll and truffled egg mayonnaise on a rustic baguette.

Snacks include Black pudding & apple Sausage roll, homemade pork pie, cheddar scones with onion relish and celery and Keoghs Atlantic Sea Salt & Balsamic Vinegar crisps and a baobab & blueberry Smoothie.

Life’s a picnic is available to order and will be available every Friday – Sunday with collection between 10am-4pm. The picnic box for two retails at €40 and the picnic basket and blanket for two is €50.

For more information visit: http://www.luttrellstowncastle.com

Dromoland Castle

Dromoland Castle prepared picnic basket.

For a lovely countryside experience Clare’s Dromoland Castle’s estate offers a private outdoors lunch with one of their prepared picnic basket consisting of a selection of sandwiches tomato mozzarella salad with basil potato and scallion salad green salad with French dressing, Irish farmhouse cheese, lemon cheesecake iand a mineral water or soft drink.

64 Wine

64 Wine in Glastule, Dublin’s gourmet Picnic basket.

64 Wine in Glasthule is offering a gourmet picnic package that includes picnic table and basket rental. Their picnic baskets are filled with homemade charcuterie, snacks, salads, spreads, bread and desserts. The baskets start at €49 for 2 people and are available every Friday and Saturday.

For more information visit: https://64wine.ie/collections/gourmet­food­wine­boxes/products/64­wine­gourmet­picnic­package­luxury

Phoenix park Phoenix cafe

Phoenix cafe’s picnic in the park project.

They offer a range of boxes that you can order online and collect from the Phoenix Cafe.

The original Picnic Box for 2 retails from €34.00, you can c hoose from either the free range chicken, basil pesto mayo, oven roasted tomatoes & butter on granary bread or the home baked ham, Wicklow farmhouse cheese, mustard mayo & butter on granary bread Or the vegetarian hummus, roasted aubergine, baba ganoush, grilled peppers, artichoke & rocket on granary bread

The basket also contains homemade scones with jam & cream, chocolate & sea salt brownie bite, Elderflower lemonade and tea or coffee.
That is stupid love from Lady Gaga on today FM now last week I spoke to Niall O'Carroll the man who started the 100 k in 30 days event to raise funds for breast Cancer Ireland which is now in its second year and he was telling me how well things go so far with a big big numbers of people signing up an awful lot of money raised already the event
Irish Woman Receiving Breast Cancer Treatment Knows First-Hand The Benefit Of Our Donations

Stephanie Butler is a 32 year old Irish women currently undergoing treatment for Breast cancer. She was diagnosed with the disease in February 2020. Since then, she has not only been fighting to regain her health but has also been actively fundraising for breast cancer awareness.

Through channeling the unbelievable support of her family & friends they collectively raised over €40,000 for Breast Cancer Ireland by stepping their way through June 2020 with the #100kin30days initiative and #stepwithsteph.

As a direct result of fundraising efforts like this last year, she received targeted treatment as a result of clinical trails.

The 100K in 30 Day initiative is back and is challenging you to Run, Walk or Wheel 100k in the 30 Days of June for Breast Cancer Ireland. This event is open to everyone from 4 to 84, young and old, any ability, anywhere in the world, you are all invited to take part in Ireland's largest virtual event.

For more information or to register simply click this link:

You can hear the chat in full by pressing the play button on screen.
Charities reap the benefits of Virtual Great Limerick Run

Almost €100,000 raised by 5,500 participants from more than 20 countries

DAVID HURLEY
Editor, Limerick Leader

NEARLY €100,000 HAS BEEN RAISED for 13 local charities following this year’s Great Limerick Run which took place virtually over the May bank holiday weekend.

Mayor of the city and county of Limerick, Cllr Michael Collins, was on hand to present cheques to representatives of the nominated charities which provide a range of services across Limerick.

“The Great Limerick Run is such an important date for those who want to keep fit and for charities – both go hand in hand and this year was no different with over €92,000 raised which is a phenomenal amount of money,” he said.

“Hopefully we are at the better side of Covid as we progress through the summer months and I want to wish all the charities well – it means a huge amount to them because they weren’t able to fundraise as the could in normal circumstances,” he added.

According to event director, John Creary, there were almost 5,500 participants from more than 20 countries which shows the popularity of the Great Limerick Run.

“The time we have put down over the last 15 months or so has been very challenging for everyone and I think an event like what we did here - albeit virtually - really provided huge relief and it’s just something to help people through it and there is a social side to it was well of course,” he told the Limerick Leader.

See our website - limerick-leader.ie - for more including video
Dean O’Sullivan, editor of the Limerick Leader, presents a cheque to Elaine Leahy and Richie Ryan of Limerick Suicide Watch, which was one of the 12 nominated charities to receive their funds.
Tom Flynn, St Vincent De Paul pictured with Donn O’Sullivan

Alan Galvin of Saorise at the cheque presentation

Geraldine Gunning, Limerick Animal Welfare

Juliette O’Connell, Breast Cancer Ireland with the mayor

Event director John Cleary with Mayor Michael Collins
Galway-Mayo border just on the roads was indeed push the breast cancer survivor and shooting hundreds came 30 the event as an ambassador and a member of an Garda Siochana as well which joins me on the line today feel good morning to you thank you for joining us today and from how you doing I'm great thanks for having me on to tar it's it's it's a lovely story I'm sad story in a difficult story for you but I think you're wonderful to do this indeed for breast Cancer Ireland our thanks the much will look last year I finished my treatment could to help but I think I don't like breast cancer and my treatment finished in February a 20 twenties and I didn't take part in the under 30 great pot like you that you need time to recover as well if you are just delighted when they contacted me to be there Batista far Yeah we started already with that on the first of June Oh Yeah we got something she thought or anywhere could hang out and again from from your point of view I mean when did you know there was something wrong and me that the shock producing still very young family it was not a shock at the time because to be honest picture I thought I was fit and healthy you know but looking back now at what I all the time I looked up I well I will say I is for you when I found a long the for the issues lie in bed that night and I scratch my neck and my beloved Dubs that my breasts I jumps with the fright of it and then forget the room I would like David maybe just seconds what do you think you've got some I think a lot like so I didn't want to worry him of course by the like Oh it's nothing but support from them so I contact my doctor the next day and got in bed away with 5th that
100k in 30 days fundraiser begins

THOUSANDS of participants have kicked off the 100k in 30 Days fundraiser in aid of Breast Cancer Ireland.

The fun, family-friendly fundraiser started on Tuesday, June 1, and will run across the entire month.

Local couple Cara McArdle and Niall Carroll launched the virtual fundraiser for Breast Cancer Ireland.

Cara and Niall from Blackrock and thousands of #pinkarmy participants raised €1.2 million last year from the popular event.

Niall launched the 100km in 30 Days challenge in aid of Breast Cancer Ireland last June, after Cara was diagnosed with breast cancer just before Christmas 2019.

Niall set a target of raising €100,000. However, the event proved to be a huge success and quickly raised over €1 million for the charity.

This year’s event has a new title sponsor, Sherry Fitzgerald, and is expected to be even bigger and better.

People are invited to walk, jog, run or wheel a total of 100km during the month of June to help raise funds. There are around €30,000 worth of prizes to be won throughout the event including a €3,500 family travel voucher, sponsored by Connect Credit Union, five-star hotel breaks, restaurant vouchers, luxury hampers and fancy dress outfits.

Registrations for the event and more information is at www.100km30days.ie.
Jerry Springer shout out for the Pink Army

American chat show legend Jerry Springer is among a host of celebrities who have been encouraging people to take part in the 100km in 30 days in aid of Breast Cancer Ireland.

This year’s event gets underway today (Tuesday, June 1st) although organiser Niall Carroll says there is still plenty of time to register.

Niall, who had organised a local 100km in 30 days challenge as a fun community event since 2014, decided last year to bring it to a national level to raise funds for Breast Cancer Ireland as his wife Cara had been diagnosed with breast cancer in December 2018.

The couple were blown away with the success of the inaugural event which raised a whooping €1.3 million for Breast Cancer Ireland and the breast cancer unit at Beaumont Hospital.

While life is getting back to normal for the family as Cara returned to teaching in the De La Salle college this year, they are still dedicated to raising money for breast cancer research.

This year they will be doing their own 100km in 30 days challenge along with their two children, Laura and Jack.

A total of 15,000 people registered for last year’s challenge with the Pink Army recruiting members in 34 countries around the world, as well as in all 32 counties of Ireland.

This year's 100km in 30 days looks set to be an even bigger event than last year's with Sherry FitzGerald on board as main sponsors.

Niall points out that this year's challenge is being promoted as a family-friendly event so that everyone can take part.

‘This year we're asking people to run, walk or wheel. We've got a special family registration rate and we've also got super cute t-shirts for kids.’

Thanks to a host of generous sponsors there are €30,000 worth of prizes, including a €3,500 holiday voucher sponsored by Connect Credit Union, as well as weekend breaks in Ireland, fitness equipment and special prizes for children.

Last year’s event saw some people such as Jackie Agnew and Eamonn O Muircheartaigh take on some extraordinary challenges as they both completed their 100km in just one day!

While Niall says they haven’t heard of anyone planning any such feats this year, they are planning on having an event in which everyone taking part in the challenge would be doing it at the same time, regardless of where they live.

‘We have to figure out the time differences so that people in America, in Dubai, in Australia would be able to take part. We want to have as many people out in their pink t-shirts at the same time as we can.’

This year sees the Pink Army recruiting Ambassadors who are sharing their stories as to why fund-raising for breast cancer research is so important to them.

One of them is Aileen McGeough, a 41 year old mother of four from Knockbridge. Aileen was just six when her mother died from breast cancer, which also claimed the lives of two of her aunts at a young age.

‘I am doing this in their memory and to raise vital funds for breast cancer research so that my daughter and nieces have every chance in the future. I look forward to seeing a sea of pink t-shirts across the country in June.’

To register for this year’s challenge, go to www.100kmin30days.ie
Corduff Gaeil Lotto:
The was no winner of Corduff Gaeil Lotto Draw which took place on Sunday night 30th May 2021. The jackpot was a bumper €10,000 and a builder jackpot of €5,100. Numbers drawn were 8, 20, 26 and 27. Congratulations to the 5 lucky dip winners Mark Robinson (Yearly), Garry Mea (Yearly), Nigel McGarry (Online), Padraic Keenan (Online) and Tom Ward c/o John Joe. This week’s jackpot is once again a bumper €10,000 with a builder jackpot of €5,100 and because its a Bank Holiday weekend the draw will take place on Bank Holiday Monday 7th June.

Remember you can play the Lotto online from the comfort of your home, anywhere in the world and we encourage you to support our Lotto especially during this pandemic as it’s the only form of income and provides much needed funds for the club.

The online provider is Club Force and the link to play the Lotto is available on Corduff GAA pages on Facebook and Twitter. You can also download the Club Force App. Many online options are now available to go online and buy your lotto because if you’re in you seat. All online Lotto must be played by 6pm on Sunday and envelopes must be returned by 8pm also. Good luck.

COVID Update:
The following were released from Croke Park last Friday:
We note and welcome the further relaxing of restrictions announced by the Government this evening, (Friday 25th May) Ahead of the return to games on Monday week (June 7th) we intend to issue a detailed correspondence to all clubs next week. This correspondence will also outline the implications of the Government’s announcements this evening for our Counties and Clubs.

TOOME

Gratitude: The goodwill of all our members and the surrounding community has been overwhelming this past couple of months. Extensive repairs have been undertaken to the community centre, pitch repair works, and maintenance continues during the week and the grass cutting never stops. The club have ambitious plans to develop St Vaters Park further and volunteers have been working on the weekends from early in the morning until late at night to carry out works to facilitate the development. Special thanks to Monaghan Hire for their continued support of the Club and the sponsorship of a woodchipper at the weekend to allow the shipping and mulching of all the cut and dead branches that were lying in and around the banks. Seamus Watkins who supplied and operated a truck machine and guillotine to cut and remove old tree stumps. Donaghy’s for supplying tarmac and all the loot soldiers who have worked tirelessly. If you would in any way like to volunteer please don’t walk for the knock at the door or a call on the phone, let us know and we would appreciate all and any help we can get. Remember this is all for our Club and if we all pull in the same direction, we can achieve great things for the Club and our community.

Toome U9 Blitz: All credit to Arlene and Gary Wilson for driving on the underage football. Our U9s will be partaking in the first blitz of the year this Saturday 5th June from 10:00am - 12:00pm. Toome are the host club this Saturday and we look forward to welcoming all the children and their parents on the day, please be respectful of all players, coaches, mentors and referees. All Toome players to arrive by 9:30am, most importantly please enjoy the day.

Juvenile Training: Our youngest members are back on the training field each and every Saturday morning at 11:00am. Training this week will be for the U7s as the U9s have their Blitz. Please let friends and neighbours know new members are always more than welcome.

It is a wonderful sight to see the children playing and laughing, and we wish to express huge thanks to all the coaches and volunteers who are working with these youngest members of this club. Thank you all the parents for bringing the children and adhering to all COVID restrictions and guidelines in place, along with the completion of the Return to Play Forms.

U17s: Training continues with the minors in Corduff and Toome, lads are being put through their paces and are performing well. We ask all parents to ensure that they complete the Return to Play questionnaire prior to each session.

Club Membership: We would like to thank all the players and members who have paid their membership to date. The Club is unable to survive all the financial constraints with insurance, membership and the player injury fund without everyone paying their membership. So, a huge thanks to all who have
paid thus far. To anyone who has yet to pay please do so now without any further delay please. Membership can be paid by contacting any committee member, visiting Dermot Reavy the Club Registrar at Walter's filling station and paying by cash or by utilising the Clutch App from the comfort of your home. If you have any queries regarding Club membership, please contact Dermot Reavy or with Damien O'Reilly to arrange payment of same. With the ambitious plans in the pipeline it is essential all members are backing the Club and pay their membership.

Jazzercise: A return to Toome for outdoor classes continues on Monday evenings at 5:45pm, classes also continue online Tuesday 7pm, Wednesday Toome Astro, Thursday online 7pm, these are being organised by the Toome Community Group. If you want a fun way to exercise give it a try, contact Catherine on 086 962 3333 for further details.

Volunteers: If you would like to help the Club in any way, please get in touch with either Club Chairperson - Gene Curriskeen on 087 918 8623 or Club Secretary - Leo McGlinn on 085 804 5945. We really need the help of all those who are willing to give the Club a few hours here and there, especially if we are to succeed, this is all our Club and remember many hands make light work.

Sympathy: The Club and all our members would like to extend our sympathies to the family and many friends of Patricia Hughes (nee Kelly), Almonagh House, Lake Road, Cobh, Cork, formerly of Drumcree, Castlebayley, Monaghan, who died unexpectedly on Saturday May 29th, 2021, proud aunt of minor player Shane Kelly and U15 player Mark Kelly. Ar dheis Dé go raibh a hamháin.

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Latest numbers drawn were 3, 7, 8, 11. There was no jackpot winner. There were 8 winners: Brendan Donohue, Glassvaughn, Emlyvale; Angela Kelly, Emly, Emlyvale; Cemaline Moran, Tully, Emlyvale; Mickey Treanor, Gola, Emlyvale; Sean & Maureen McAllister, Aghaboy, Emlyvale; Jim & Angela Mc Quaid, Donagh, Glasgough; Brendan Askum, Comacieve, Emlyvale; Nora McKenna, Killanaglian, Emlyvale.

Promoters Prize: Mickey Mc Carren & Mc Mahones Shop. Tickets can be bought at local shops by Monday evening. Play on Clubforce, Emlyvale net or by ticket. Thank you for your continued support and the very best of luck in the next draw.

U7 and Nursery Training:
Every Friday 7pm

U8 training: every Wednesday and Friday 7-8pm.

U11 training: every Wednesday and Friday 8-9pm.

U13 training: every Tuesday and Thursday 7-8pm.

U16 training: every Monday and Wednesday 7-8pm in Tully and Friday 8-9pm in the parish field.

U17 training: every Tuesday and Thursday 8-9pm.

Senior training is on Tuesday, Thursday and Saturday.

Good luck to our Reserve team on their first game of the season on Wednesday 9th June. Fixture details not released at this time.

Please remember to complete the invitation to return to train/play on the Clubforce app before training or games.

Best wishes and speedy recovery to Karl Gallagher who is currently rehabilitating from an injury. We look forward to seeing Karl back on the pitch in the near future.

BLACKHILL

New Sponsorship:
Our club is thankful to Thomas Sheehan, Melbourne, Australia who has become the new main club sponsor for 2021. Thomas is most welcome on board, and he has history having previously sponsored our juvenile teams in the 1990's. The senior and U13 teams and management have been listed out in the newly designed impressive modern uniform designed by club registrar Aidan Little with O'Neill's and can be viewed on club media. We would again like to thank and acknowledge the great contribution made by our previous main sponsors Dermot Tavney from the Conabury Inn.

Juveniles:
Games start this weekend and it's essential all children have their gum shields at all times and their health status completed online for each session.

Coaching continues on Monday's and Thursday's at 7pm for U9 & U11's, Tuesday and Fridays for U-13's and for our U-7's Tuesdays at 6pm and on Saturday at 7am. U-5's Saturday 10 am. Any parents wishing to register children for 2021 are most welcome, please contact any of the club coaches or simply call out at coaching times.

We are catering for children from age 3 and over in our nursery. Specific procedures to be followed for the season ahead will be relayed to parents in team message groups, the main one of which is to complete the health questionnaire and declaration for your child through the Foreann GAA app on the day of each session.

Kelloggs Cúl Camp in Blackhill:
Monaghan GAA are running a Cúl Camp in Blackhill GAA Club this summer. The Cúl camps are for children aged 6-13 years and are fantastic fun and developmental. To register for the camp go online to https://www.kelloggs.co.uk/camps/gaa.ie/booking/online/ and follow the links. Beware in one link Kinanny which is our localland is listed rather than Blackhill. The cost is €15 for a first child, €20 for second child and €10 for each subsequent child. The registration fee includes a lunch bag, jersey and half-slip for each child. We encourage you to book early to avoid disappointment.

Bereavements:
Blackhill GAA club offers sincere sympathy to the Hughes family following the passing of the late Adrian Hughes, Solas na bhfáltaíse d'aonar dílis.

We also offer our condolences to the Kelly family following the recent passing of Patricia Hughes (née Kelly) late of Cobh, Co. Cork. Beannacht Dé is Learnaí fein.

Wedding Bells:
Congratulations to senior player Andrew Burns and his fiancée Miss Megan Cunningham, Thomond, who were recently engaged to be married.

Social Centre:
We plan to reopen the club social centre for outdoor activity on Monday evening June 7th at 7 pm. Covid guidelines will be in place and it will be essential that all members cooperate fully with these safety precautions.

Monaghan GAA:
Best of luck to the Monaghan senior football team in Croke Park this weekend.

Referees Recruiting:
Interested in refereeing? Please contact club secretary Matthew Callan or Xavier Coyle directly on 086 8546562 if you're interested. All training will be given. Applicants must be at least 14 years old.

John Runner McCough Track:
The John "Runner" McCough track at Blackhill is open to club members. A one way anti-clockwise system is in operation, hand cleaning stations are on-site and social distancing must be followed. The track is floodlit (recently upgraded) and open until 9pm nightly. Social media (Facebook) is available for €10 for any person in the wider community wishing to use our track. Please proceed with your name and contact details (email address and mobile number preferred) and €10 fee per person in the club post box located at the side of the social centre.

We have a lot of young children using the track now and for safety purposes please ensure you close the main gate properly when entering and exiting the track area.

SEAN'S

Bingo at Sean's
Well done to all winners on
Monday night and thank you for your support. None of our jackpots were claimed so we are building for a super Bank Holiday Bingo. Next week we will have our big jackpot at €10,000 along with four other jackpots of €2,000. But, for one week only, we will have €1,000 jackpot on each of the remaining three pages. Yes, that’s a jackpot on offer on every page. Our available prizes on the night will be in excess of €1,800. Get in early and get your books. If you have any queries, please message us on our social media outlets, Facebook, Instagram et al, and we will assist in every way possible. Good luck and remember in playing bingo at home everybody stays safe.

**Bingo Loyalty Draw**

To acknowledge our super bingo supporters, we are launching a draw for a €100 every week for all those who support us week in and week out. To be in the draw, you need to offer a €100 a week for all those who support us week in and week out. To be in the draw, you need to offer a €100 a week. All those who support us week in and week out. To be in the draw, you need to offer a €100 a week. The draw will be held at 6pm on the last Thursday of each month.

**Seán Tóitó Results**

PlayFit Club Shop

We have set up our club gear shop in conjunction with PlayFit and it is now open for business. The shop is an online facility and can be accessed from all social media platforms. The shop will be open until 6th June and will be closed thereafter. The goods will be available five weeks from the closing date.

**Seán Tóitó Results**

Why not play our lotto at www.seanmodermotts.com, via our club app and at McEntee’s or Lynchs shops in the village. This weekend’s jackpot was €9,600, and we had no correct predictions of the number sequence. The numbers drawn were 6, 1, 7, 8, 5, 2, 3, 4. Our lucky dip winners were:

- John Moran, Majella Scott
- Jim McGuirk, Monica McMahon
- James McMahon

Next week’s jackpot will be €10,000.

**Congratulations**

Congratulations to one of our regular supporters and sponsors, Mr. Brendan McMahon, who celebrates 35 years in business. Brendon is instantly recognized as the local handyman in the area and beyond. As a former player and now supporter, we wish Brendan all the best for this anniversary.

**Aghabog**

Lotto Results:

Numbers Drawn 11 12 18 20

The jackpot of €7,600 was not won.

- 5 x €20 Lucky Dip Winners:
- Barry McCarron c/o Online
- Peader Kelly c/o Online
- Louise Murphy c/o Online
- John McBride
- Ann McCabe

Next week’s jackpot €7700

Lotto available in Gallaghers and Martins and online at SmartLotto.

**Sympathy**

The club extends its sympathy to Rita Leonard on the passing of her sister Patricia. May she Rest in Peace.

**Oran**

Season Commences: After
Our Blues In County Football Action
Allianz Division 1 North National Football League
We do the Monaghan County senior football team in another exciting draw to Tyron 0-14 to 0-14 in a superb encounter in Omagh last Saturday. Unfortunately, they missed out on a semi-final place and now play Galway in a relegation play-off game. This will take place on the weekend of 12th/13th June in Monaghan. 2021 Lidl Ladies National Football League Division 3B
Well done to the Monaghan Ladies in their brilliant win over Armagh last Sunday by 2-11 to 1-13. They next play Tyrone next Sunday June 6th at 2pm in St. Terrach’s, Clones. All the best to our Blue Ladies on the panel, Abbie McCarry, Caseyponsors and Eilidh Corrigan, and the rest of the Monaghan team.

Congratulations to Rory Beggin
Well done Rory Beggin for being named on this week’s GAA Team of the Week after a superb performance against Omagh last Saturday.

Return to Football - Reserves commence next Wednesday, 9th June.

Draft fixtures have been created and ratified by the Monaghan CCC for adult club championship, reserves and U-19 football competitions. The first competitive games begin on Wednesday 9th June with the Reserve League. Our Senior Reserves are in Division 1A along with Magheracloone, Donaghmoyne, Truagh, and Glaslough. Our first fixture is Donaghmoyne away. All the best to our reserves in their 2021 campaign. Our Junior Reserves are in Division 3 and will await whether they are in the 3A or 3B group. Please see our Social Media platforms for further details. After over 7 months without any competitive club football it is a welcome development to have competitive football next week.

Thanks to everyone involved in organizing and arranging fixtures and we look forward to welcoming back new and returning players. Please note going to press, that these games are behind closed doors until further notice and we will update you on Social Media as soon as we get the guidelines.

Scotsstown GAA Online Club Lotto - Jackpot €8,800 Next Week!!!
Thanks to everyone involved in our online lotto draw for a €8,800 jackpot on Wednesday, 3rd June. Please see our Social Media platforms for more details on how to play.

May Ciste Draw Congratulations to Catriona Guck, our €1,000 May Ciste winner! Also congratulations to our €500 winners: Gillian Mulligan, Annie Murphy, Barrie & Michael McKenna, Senators Sean Murphy and Benny Maguire. Many thanks to McNamara Centra Scotstown for hosting the draw. You can purchase your June Ciste tickets in our local shops. There are tickets, envelopes and collection boxes in each of these shops: McNamara Knotweed; McNamara Centra Scotstown; McCarron’s Bar & Hotel. You can also purchase your Gate tickets using the Scotsstown GAA Club Website and clicking on the “buy event tickets” link. First prize is €1,000 and 5 prizes of €100.

Annual Cúl Camp - Second week in August
The annual Cúl Camp will take place in Scotsstown from 9th to 13th August. Kelloggs' GAA Cúl Camps provide primary school boys and girls between the ages of 6 and 13 with an action-packed and fun-filled week of activity during the summer holidays which revolves around modern day-sporting enjoyment and sustaining an interest in Gaelic Games.

Activities are player-centred with a strong emphasis on personal development and well-being. The cost is €10 for 1st child, €8 for 2nd child, and €6 for subsequent children. For children attending a second camp, without a cost, the cost is €20 for all children. Apply for online booking by visiting our website www.crucialsports.com

Scotsstown GAA Club Shop
If you would like to purchase Scotsstown GAA merchandise, please contact Kevin on 087 742 219 or by email to development@scotsstown.com. Our Club shop is closed as per the latest GAA guidelines.

BALLYBAY
National Lotto Bonus Draw
Saturday 29th May Winners
Bonus Draw 25
Brent Wyse
John McEntee
BONUS BALL: €5彩 to play - 47 numbers, €80 winner.
Contact Terry 087 2588571
Terror 086 1691304
Bryan 086 7172125

SCOTSTOWN
and BBQs opened, and are also permitted to serve food and drinks outdoors to residents only. Next Monday, June 7th, pubs and restaurants can serve customers outdoors. There will be no distinction between pubs that serve food and those that don't. Gyms may also reopen on this date, but for individual training only. Please note that our GAA indoor facilities, including dressing rooms, club shop, social club, gym etc. will remain CLOSED until further notice. This is in line with the GAA’s Covid Advisory Group’s guidelines. Whenever we are given the guidelines to enable us to give definitive dates of reopening of any of our activities and facilities, we will update you here and on our Cluitfoirce app. Please adhere to the general government and HSE guidelines, washing your hands, keeping your distance and abiding by the current restrictions. Thanks for your patience and understanding. It is encouraging to see these significant developments on the horizon and please keep in mind that the club is still here to help out in our community.

Health and Wellbeing

As the country opens up, it is encouraging to see more people out and about, (while still keeping pandemic safety in mind), whether it’s a walk around Kilmore, training, looking forward to a summer of football and safely meeting people outdoors again and raising their emotional wellbeing. Scottstown GAA is giving the Healthy Club project which aims to help GAA clubs explore how they support the holistic health of their members and the communities they serve. This is a timely initiative for a post-Covid-19 world and we look forward to the Healthy Club project in our future and recovery from the pandemic.

We are still here to help.

We would still like to reiterate and to continue our message that we are here to help, particularly as although restrictions are easing, we are still in a pandemic. In light of the ongoing concerns and impacts to our daily lives over Covid-19, Scottstown GAA would like to reassure those in our community that we are here to help. The health and wellbeing of our community is very important at this time and we can phone and have a chat with those that are alone or vulnerable check if they need anything. Groceries, medicines, a friendly voice and reassuring chat can help. If you are living away from the parish and have relatives that may need a hand getting in medicines or shopping, or simply checking in with them, contact any committee member. Please private message on the Scottstown GAA Facebook page with any other suggestions on how we can help over the next while. We will keep you updated on our Facebook page and we are and will look out for each other.

There are Tydavnet Parish Community Health and Wellbeing leaflets of crucial local numbers and contact details for information for people in our community. These leaflets are going out through the local shops, churches etc. Many thanks to all those involved. As well as our physical health, our emotional wellbeing and mental health are also very important. In these current circumstances, it is important to remember that the community supports and services are still operating. Your GP is your first point of contact in relation to both physical and mental health needs. If you, or someone you know is in distress, contact your GP or our counsellor on 049 777 911, or if you are really concerned go to the Emergency Department in Cavan General Hospital. Please see our social media platforms for Local Support and Services available with contact details.

Phone a Cell

With high-level restrictions ongoing, physically isolating people is not allowed. But we can still make contact with those we care about and / or are cocooning, living alone or vulnerable. They would really appreciate a phone call, letter or card just to say ‘I’m thinking about you, keep safe and stay strong’ So please. Phone a Cell, write a Letter, send a Card and keep in touch over the winter months and we are always here to help in anyway.

We ask all our committee members and players to phone a cell twice a week. If you would like a committee member or player to phone you, please contact our Chairman Shane on 086 836 7997.

Good Luck to Students

All the best to the Leaving Cert and Junior Cert and anyone else doing exams over the next month.

McAree Engineering Ltd

Monaghan GAA Annual Golf Classic 2021

Countdown is on for the McAree Engineering Ltd Monaghan GAA Annual Golf Classic taking place on Friday the 25th & Saturday 26th of June in Rossmore Golf Club. Teams Price €250, Tees/Greens €100. To book your team please

Phone Brendan on 0768326960 or Eugene on 0863476660

Monaghan USA Fitness Classes

Monaghan USA are running free fitness hour classes aimed at 50+ age group Monday to Thursday at 8.15am & Tuesday 30-minute classes at 9.30 with a HSE physio and Friday Tai Chi at 9.45. For the zoom links text: 087 3452279 or see our Social Media Platforms.

Keep Well Campaign

The Government Plan for Living with COVID-19: Resilience and Recovery 2020-2021 highlighted the important role that individual and community resilience will play in contributing to our ongoing response to COVID-19. The Keep Well campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips on how we can make a plan to do things that will help us keep well through the coming months.

A full range of supports is available online at govt.ie/healthylife and
Club Ground clean up

Works are continuing at the

Kilbride being cleared for the return of club activities. Fingal are leading the way for the return of club activities. Fingal are leading the way for the return of club activities.

The club has been preparing for the return of activities and the grounds have been cleared and ready for the return of activities. The club has been preparing for the return of activities and the grounds have been cleared and ready for the return of activities.

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Pink Army marches past €1m in first three days

By MARGARET ROBIDAY

THE 100km in 30 Days challenge for Breast Cancer Ireland, founded by Blackrock couple Niall Carroll and Cara McAdam, has raised over €1milion in just three days.

With 22,000 participants registered so far, the Pink Army is taking the country by storm, raising an incredible €1,081,000 within the first three days of June.

The family-focused challenge, sponsored by Stacey Fitzgerald, sees participants of all ages aim to run, walk or wheel 100km during the month of June.

The distinctive pink t-shirts which participants get when they register are not just being seen on the highways and byways throughout Ireland but also in 28 countries around the world, as a record number of participants have signed up for this year’s challenge.

Niall who organised the fund raiser for the first time last year in support of his wife Cara following her breast cancer diagnosis, is overwhelmed and humbled with the incredible levels of support for this year’s event in such a short time frame.

“The team at 100k in 30 Days are genuinely in awe at the levels of commitment, support and enthusiasm that we are witnessing once again this year,” he said. “Our target for this year was 20,000 participants and we’ve now smashed that target and the numbers are growing daily.

The monies raised this year will be channelled into the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, support for the Breast Cancer Ireland funded breast cancer Research Nurses in the designated cancer centres all across Ireland, and lastly, support for the Breast Cancer Ireland Education and Outreach Programmes which are delivered nationally to schools, companies and community groups.”

Once again, the community in Blackrock have really got behind the 100k in 30 days challenge with pink flags erected along the promenade.

Participation in the 100k in 30 Days event is easy – and it’s not too late to register. To get involved, simply register to take part and encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow.

Follow ongoing event updates on Instagram @100km30days or on Twitter using the hashtags #100km30days and #pinkarmy.

Cara and Niall Carroll of 100k in 30 Days event to support Breast Cancer Ireland.
OPEN FOR BUSINESS
With the gradual easing of restrictions in the past week, many of our small local businesses that have been closed for over five months have now opened their doors and welcomed back their customers. With the vaccination programme gaining momentum, there is a sense of optimism that life is starting to get back to some kind of normality. For your own safety and the safety of others, please continue to wear your face mask, observe social distancing and support your local businesses.

LET’S GET MOVING!
It’s not too late to sign up and start walking. Ballinderry Community Sportsfield Committee have signed up to the 100 kms in 30 days challenge. This is a fundraiser for breast cancer and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop down menu. The 100 kms is to be completed during the month of June. This event is open to all ages. Let’s get our community walking to raise much needed funds for Breast Cancer Ireland.

EXAMS
We are thinking of all our young people doing public examinations around this time. The third level exams are coming to an end and as businesses re-open many of these students will hope to return to their summer jobs. The past two academic years have been difficult to say the least for this year’s Leaving Cert students – we wish you all the best of luck in the exams.

MARRIAGE PREPARATION DURING COVID
Accord CLG is providing a four-hour facilitated virtual interactive programme for couples preparing for marriage. See Accord CLG or phone 01 5053112.

CHURCH NEWS
Booking of Masses; Masses for Month’s Mind and anniversaries can be booked by phone, text or email to terryglasskibarron@gmail.com.

Baptisms; We welcome into our Christian community Charlie Martin Scanlan, son of Brian Scanlan and Sarah Hall, Borrisokane, and Hall Joseph O’Meara, son of Pat and Sinéad O’Meara, Mota. Both were baptised in Kilbarron church recently.

TERRYGLASS & KILBARRON

TRÍCARE
Trícaire: Thank you for your most generous donations to the Trícaire Lenten campaign this year. A total of £3,815 was sent from our parish.

MARKET
Lakeshore Community Market will be in Terryglass this Saturday, June 12, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolettes, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

BURGESS

BURGHEES CLG LOTTO
There was no winner of the €5,800 jackpot on Monday. The lucky dip (€100) winners were: Joan Deele & Eileen White (O’C Le), Dinny Carroll, Kilcooman, Catherine Gleeson, Kiladangan and Denise Darcy, Ballycudymore. The seller’s prize went to Jane Quinnan, Newlawn. Thank you to all our sellers, players and sponsors for supporting our club lotto.

NORTH TIPP ONLINE BINGO
Bingo continues every Sunday night at 8pm on Zoom in aid of Burgess GAA and Burgess Duhrann Camogie. Books can be bought on https://www.pallamarkeeting.ie/product/north-tipp-bings/ and played at home to play. Books are £8 each or two for £15. Special offers on extra books for June. Your support would be appreciated.

CEMETERY MASS
The annual Cemetery Masses will take place as follows: Yougalarra Cemetery - Thursday, June 17, at 7:30pm and Burgess Cemetery - Thursday, June 24, at 7:30pm. There will be no morning Mass on either Thursday. In the event of inclement weather Mass will be celebrated at 7:45pm in the nearby church. Mass-goers are asked to observe all relevant social distancing measures.

SYMPATHY
Sincere sympathy is extended to the family, brothers, sister and relatives of the late Kathleen (Kitty) Deele (nee Frawley), Coolagower, Cloughjordan and formerly of Curraghmore, Boher who died recently. May she rest in Peace.

SILVERMINES

WEDDING BELLS
Congratulations and very best wishes for the future to Orrie Quirke, Bayly Farm, and Ruth Barry, Newlawn, who were married in Yougalarra Church on Saturday last.

DIARY DATES
Due to Covid 19 and Government guidelines in the interest of safety, Sacraments of Confirmation and Holy Communion were not permitted in May and June. Dates now set in co-operation with guidelines and teachers are as follows:
- Confirmation: Saturday, September 4 - pupils from Silvermines NS and Ballinacloough NS in Silvermines Church at 11am.
- First Holy Communion Saturday, September 25 - pupils from Lissennan NS in Silvermines Church at 11am, Silvermines NS pupils in Silvermines Church at 12:30pm; Sunday, September 26 - Ballinacloough NS pupils in Ballinacloough Church at 10am.

THANKS
A sincere thank you to Tommy Martin, who recently presented to the parish a new table for the church porch. He assembled the frame, prepared and polished the wood. The wood is from a Tamara fruit tree, which is native to Taiwan. The workmanship and generosity of Tommy is greatly appreciated.

TEMPLEDEERRY

TEMPLEDEERRY GAA LOTTO
Last week’s draw was again held virtually and there was no winner of the jackpot. This week’s draw will again be held virtually and the virtual draw will continue for at least until premises can be opened up safely. This week’s jackpot is £7,000.

DEMENTIA CAFES
The Nenagh Dementia Cafe and the Ballina/Killaloe Dementia Cafes are hosting an information night on Monday, June 14, at 7pm to raise awareness of two new dementia cafes in Nenagh and Ballina/Killaloe with keynote speaker, Simon Green, of the Irish Dementia Cafe network.
A dementia cafe is a monthly meeting that provides support for people who are living with dementia and support for their families. It provides an opportunity for people to share similar experiences and to get reliable information on dementia care and the supports in a safe, supportive and engaging environment. Anyone
interested in joining this free online information session please register at www.dementiacafe.ie or email bellakilkeel@dementiacafe.ie for a link to the zoom to join on the night.

RETURN TO MASSES
The return to Mass has now taken place and thankfully everything has gone according to plan. Masses from Templederry Church on Wednesday and Saturday evenings will continue to be livestreamed on Templederry Parochial YouTube. Meanwhile Mass will continue in Curreeney at 9.30 on Sunday mornings and in Killena at 11am on Sunday mornings.

THURLES

SYMPATHY
The death occurred last week of Noreen Malher, 75 Kennedy Park, Nenagh. Noreen, as she was predeceased by her husband Noel just a few weeks back. Sincere sympathy to her daughters Anne Marie, Patricia, Denise and Noreen, to her sisters Bridget and Margaret, and her extended family on their sad loss. Following Requiem Mass in the Cathedral Interment was at St Patrick’s Cemetery. The death also occurred of Kitty Slattery, Fontanoy Terrace, Nenagh, who died at home. She was predeceased by her husband Tom and is mourned by her family seanus, Thomas, Mary, Ann, Sean and Joan, and her extended family to whom sympathy is extended. Requiem Mass was in Upperchurch with interment in the adjoining cemetery.

Noreen Farncombe, Glen Leigh, Holycross, who passed away at the weekend was a member of the Durrie family of Loughtagala. She was a member of the family of Loughtagala. She is the mother of her husband, John and family Walter, Michael John, Dinny, Marie, her brothers Dinny, Martin, John, Pauline and sister Bridget and by her extended family and many friends to all of whom sympathy is extended. Following Requiem Mass in Holycross Abbey interment was in the adjoining cemetery.

Sympathy is extended to Margaret Byrne, Moyne Road, on the death of her mother Mary Cummins, nee Boisson, Grown, Two-Mile-Borris, and to the other members of the Cummins family. The funeral took place in Two-Mile-Borris.

CATHEDRAL FUNDRAISER
Parishioners are reminded that the weekly lotto to fund the replacement of the roof of the cathedral is due to begin on June 17. The project is cost an estimated €16m. Supporters can sign up online for the lotto or contact the parish office. Go to www.thurlesparish.ie and click on the ‘Join Lotto’ button which will give access to a secure webpage where you can choose your numbers and sign up. Lines are €2 each or three for €5.

SARS’ IN ACTION
Sarsfields swing into competitive action this Wednesday when the senior A side play Clonakenny in the Cahill Cup preliminary round at Clonakenny. A win in this takes them a quarter-final spot against the winners of Loughmore V Moycarkey preliminary round. The following Wednesday night, June 16, Sarsfields B side face Holycross Ballycahill in the quarter-final also.

REF KEVIN
Congratulations to local referee Kevin Jordan, Kennedy Park, who refereed the Kerry v Wicklow National Hurling League division two game in Tralee at the weekend. Kevin is one of the country’s top refs and is steadily building up a considerable reputation in the inter-county scene.

WELL DONE CATHERINE
Catherine Bogan who has been appointed President of the Board for Mental Health in Europe, is daughter of Anna and the late John Lyons, Lora Avenue. Highly regarded in this field at national and international level, Catherine’s appointment is for a three year term and she is wished every success in this prestigious position.

HOSPITALITY RE-OPENS
The ongoing easing of the Covid lockdown restrictions continued this week with the re-opening of restaurants and cafes for outdoor catering. Many local premises have gone to considerable lengths to make this feasible and safe. Between 100 and 200 can attend matches, depending on the venue and individual training at gyms, swimming pools and leisure centres also resumes with cinemas and theatres also re-opening. This is all very welcome but caution is still urged and strict adherence to the regulations. With this, and the ongoing vaccination programme, hopefully things will return to normal in the coming weeks.

BORRISokane

MARKET
Lakeshore Community Market will be in Terriogliss this Saturday, June 12, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

GAA
Lotto: Our lotto tickets are available in local shops and on Clubforce.com. Alternatively, follow us on Facebook/Twitter where you can follow the links. You may also download the Clubforce app. Thank you for your continued support and hope you are all keeping well during these times.

Sympathy Borrisokane GAA Club would like to pass on their sincere condolences to the Brennan family.

To Jackie’s beloved wife Eileen (née Kelly) and dear daughter Helen Louise, Frances, and Patrick. Sadly missed by his loving wife and family, sons and daughter in-law, sister Carmel, brothers Noel, Louis and Eamon, extended family, friends and neighbours. Jackkie gave great service to Borrisokane GAA. He harbied the junior and intermediate in the 1960s and 1970s and won medals in both. He later became a great Tipperary promoter for the club and always a keen supporter of Borrisokane teams and enjoyed our weekly lotto. Ar dhaithís Dé go raibh a sé.

Summer Camp: After last year’s great success Borrisokane Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will return from August 17 to 19.

Three days of GAA sports, including hurling, football and fun, targeting each age group from our U7s to U15s. So pencil in the dates above and mark your calendars for your ‘Staycation’. More information will follow in the coming weeks.

Covid Assistant: Please contact Margaret Mary O’Dwyer (065) 378 6039 for any assistance you may need or query during these times. Also if you know anyone that would like assistance please let the club know and our Covid team will gladly help you/them out.

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On Sunday, May 30, Joe Barry presented Niamh McCutcheon, Chairperson of the Lough Derg RNLI Fundraising Committee, with a cheque for €2,600 for the RNLI proceeds from the sales of his third book, Once Upon a Piper’s Time. Joe Barry is pictured here with Lough Derg RNLI Lifeboat and Fundraising Committee and Lifeboat Operations Manager.

At the launch of the ‘Chatting Bench’ organised by Roscrea Garda Station were from left to right: Garda Kay Gaynor, Packie Kelly, Inspector Allish Myles, Sloan Cooper, and Municipal District Cathaoirleach, Noel Coonan.
GAA ROUND UP

BALLINA

Return to Play: Games are now starting. Please remember to complete your return to play before each & every session/game. However always follow Public Health Guidelines & if you or your household are told by HSE to self-isolate, please self-isolate & don’t attend training/games.

The return to play must be completed for every session/game, that you and your children are attending. From time to time please re-visit the questions asked and remind yourself of what you are confirming. A help video on return to play is available on our website http://ballina.tippennyGAA.ie under the notice board section.

Inter-County: Well done to the Tipperary Senior Hurters & Michael Brennan who beat Westmeath in the League on Sunday. Well done also to the Tipperary Senior Camogie team & Carmel Bradshaw who beat Offaly to reach the National Camogie League semi-finals.

Best wishes this weekend to the Senior Hurters & Mikey Brennan v Waterford on Sunday, to the Senior Footballers and Steven O’Brien v Longford on Sunday, to the Senior Camogie team & Carmel Bradshaw v Kilkenny, also on Sunday.

Club Fixtures: In the County Senior Hurling League Ballina have been drawn in group 3C along with Templetremedy Kenyons, Lorrha and Portroe. First game against Templetremedy in Ballina on Sunday 12th June at 12 noon.

Ballina will play 2020 North Junior A’ football final v Portroe on Saturday 18th June at 7:00pm in Ballina.

Ballina will play the 2020 County U17 B Football final v Upperchurch/Drombane in Dolla on Saturday 26th June.

In U19 A’ Hurling Ballina have a bye in round 1 & then will face Kiladangan in Puckane on Wednesday 7th July, followed by a home game v Tureaboane on Wednesday 14th July at 7:00pm.

We will have league details for the Junior team shortly and hope to have an entry in the league for the Junior C team but confirm your interest with Shane Ryan & John Sage.

Defibrillator: Many thanks to everyone who contributed to our defibrillator GoFundMe page. The cost of the defibrillator was €2,150 and we have now received our Defibrillator.

Referees: The club has two referees in Sean O’Maolain and Brendan Ryan. We would hope that more people would put their name forward to help with refereeing. If you are interested contact Gerard McRee.

Olympics: One of the big sporting events of 2021 will be the Tokyo Olympic games. Ballina GAA is delighted to congratulate Finn McGovern who has qualified for the games as part of the Irish 4x200m Freestyle Relay team. As far as this correspondent is aware, Finn is the first Olympian from the Ballina/Boher parish since Matt McGrath in 1924 representing USA in the hammer event.

Juvenile: Congratulations to Jack Collins who made the Tipperary Minor hurling panel. Well done also to Charlie King, Jack Grace, Clain Molloy, and David Power who recently represented the club at minor hurling and football trials.

North and County trials are continuing at various age groups. Best of luck to all involved.

North U14 hurling: Paul McKeogh, Ronan Coughlan, Ruaidhí O’Callaghan, Alex Quinn, Thomas Shanahan, Evan Molloy, Eoin Bourke, and Padraig Dowling.


County U16 football: Charlie King and Zak Egan.

BORRISokane

Lotto: Next Monday’s jackpot will be worth €9,700. Tickets are available in local shops and on Clubforce.com. Alternatively follow us on Facebook/Twitter where you can link to the links. Thank you for your continued support.

Sympathies: Borriskane GAA Club would like to pass on their sincere condolences to the Brennan family on the passing of Jacky Brennan. Sadly missed by his wife Lina, daughters Helen and Louise, sons Francis and Patrick, daughter in law, sister Carmel, brothers Noel, Louis and Eamon, extended family, friends, and neighbours. Jacky gave great service to Borriskane GAA. He hurled Junior and Intermediate in the 1960s and 70s and won medals in both. He later became a great Tipperary supporter and always a keen supporter of Borriskane teams & enjoyed our weekly lottery. Ar dheis De go raibh a anam.

Summer Camp: After last year’s great success Borriskane Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will take place from Tuesday 17th to Thursday 19th August. Three days of GAA sports, including hurling, football & fun, targeting each age group from our U7’s to U15’s.

More information will follow in the coming weeks.

BURRIGHEAS

North Tipp Online Bingo continues every Sunday at 8:00pm. To play you can purchase a bingo book at www.palmsmarketing.ie/product/north-Tipp-bingo or by clicking the link on any of our social media pages. Books are €5 or two for €10. Our snowball jackpot total is €600 in 49 numbers next week and we are down to the last four envelopes with one of our top prizes all still remaining.

We have now given away over €6000 since we started. Thanks to Reddy’s Bar & Restaurant New Ross who sponsored two €25 vouchers which were also given away to some of our lucky players last Sunday. If you would like to sponsor a voucher to be given away on the night, contact any of our bingo committee or Palms Marketing.

Lotto: Monday 7th June’s lotto was for a jackpot of €5,900. For information on lotto winners, check out any of the club's social media pages each week. Tickets are €2 or 3 for €5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club lotto seller.

Best of Burgess: We have now finished up our first season of The Best of Burgess. We would like to say a huge thanks to Paul Carroll who did a great job in hosting the show over the past few months. We would also like to thank all of our interviewees Johnny Mulcahy, Ann McGrath, Donie Nealon, Shane Mulley, Peter Carroll, PJ Hogan, Kevin Cooney, Jim Barry, and Johnny Flynn. It was fantastic to hear the memories of times gone by each week and we look forward to making more memories in the coming week with the hurling season kicking off. We will be back at The Best of Burgess for a second season later in the year. If you wish to take part or nominate someone to take part, contact club PRO Laura Carroll 0871330181 or message any of our social media pages.

Healthy Club Group: We will be holding meetings to join our healthy club committee. If you are interested, contact club secretary Gemma Flynn 0872253336.

Under 13: Fixtures have been unveiled for the U13 ‘B’ Hurling Championship. We have had drawn in Group 2 alongside Newport, Portroe and Kilruane MacDonaghs. We will take on Kilruane in Cloughjordan in our first game on June 30th at 7:00pm. Round 2 sees us take on Newport in Kilcolean on July 7th with our final game against Kilcolean on July 14th in Kilcolean. Best of luck to our team and management ahead of this campaign.

Club Updates: For all of the latest
updates on fixtures, results and match information you can sign up to our club
text by texting your name and ‘club texts’
to the club phone 087-2355336. Keep
an eye on our Instagram, Facebook, and Twitter pages for match updates too.

Best Wishes: We would like to wish all of
our Leaving cert students in the parish the
very best of luck for those sitting exams in
the coming weeks.

CLONAKENNY

CK Streaming announce exciting
3-year sponsorship deal: Clonakenny
GAA Club are delighted to announce
our new main sponsors: CK Streaming.
The 3-year partnership brings together
community and local enterprise as
both build towards success in 2021.

The local company provides a top-class
livestreaming service for sports teams and
events right across the country.

CK Streaming Chief Operating Officer
Tomás Matthews expressed his delight
in partnering with Clonakenny GAA. "It's
great to be able to put back into our
local club, a club that has given myself
and my whole family many happy memories.
These next few years are vital in the
club's development with great work being
carried out at grassroots level!"

Club Chairman John Ryan added: "I
wish to thank CK Streaming for coming
on board as a sponsor of the club. As a
small rural parish, local businesses are
important to the community. With this
sponsorship we hope both CK Streaming
and Clonakenny GAA will grow and
develop together. Having worked with
CK Streaming over the last 12 months in
broadcasting our own games they offered
a top class service and anyone looking
at broadcasting their events I couldn't
recommend them enough."

With this deal, both Clonakenny Senior
and Junior teams will sport a new kit.
The new jerseys also include Clonakenny
GAA's new club crest which was recently
redesigned. Replicas are available on
clonakennyga.com.

KILDALETTAN

County League: The club have entered
one team in the County League, and
they will take on Glounnashagh/Drummore
this Saturday in Clonoulty at 6.30pm.
The county board have issued guidelines
where attendance to these games will be
ticket only due to the covid guidelines of
only 100 spectators allowed at sporting
events. Please keep an eye on the club’s
social media pages for ticket details once
confirmed.

Junior C: The club are currently looking
at the possibility of entering a fourth
adult team into the North Junior "C"
Championship. If anyone is interested in
playing, contact Art Finnerty 0663575751.

Under 19: The Under 19 hurlers have
been drawn in a group with Toomevara
and Ballina. The championship will
start on Monday 3rd June where the
lads will be away to Toomevara at 7.00pm

Under 18: On Monday last, the Under
18 footballers took on Kilruane
Cloughjordan on Monday afternoon at
7.30pm in Puckane.

Under 16: The Under 16 footballers will
meet Inagh/Kilrush/Latrobe on Monday
at 7.30pm in Knockaderry.

Under 14: Both Under 14 sides were in
action in Cloughjordan on Tuesday
9th June, both taking on Kilruane
MacDonaghs. No result at the time of
the going to press.

Under 12: The Under 12 D side take
on Newport in Puckane on Saturday
at 11am whilst the B side are away to
Mountrath at the same time.

Inter-county: Well done to the Tipperary
hurlers on their win over Limerick last
weekend. Willie Connors scored one
point from wing forward with Alan Flynn
(scored two points), Paul Flynn (scored
one point) and James Quigley all making
appearances on the bench.

Best of luck to the lads when they take
on Waterford this Sunday.

Scrap Metal Collection: Kiladangan GAA
will hold a scrap metal collection over
the coming weeks. Items can be dropped
to the car park in Ballycommon. Any items
donated can be arranged. We will accept
any type of metal/batteries/lead/copper/brass/electric cables/
aluminium/stainless steel/cars/bikes/old
designs/machines/tractors. We don't accept
TVs/washing machines and household electric
appliances. For further information
contact Art Finnerty 0663575751, Paul
Fogarty 0873900889, Seamus Quigley
0862252626, or any committee member.

Young Whistlers: Well done to O’Leah
McKeehan, Sanna D_CONNAGH, Emma
Gavin, Sean Ryan and James O’Meara who took
part in the Young Whistlers referee course
last week in Dr Morris Park.

Lotto: There was no winner of the
€15,000 jackpot or the Second Chance
€500 Draw last week. We would urge
people to sign up for the lotto online at
kiladangan.com. There are a number of
options available online on how long
you can sign up for. You can also enter
the lotto in the shops and restaurants in
the parish. The lotto is streamed live on
the Kiladangan Facebook page on every
Monday at 9pm.

Golf Classic: Kiladangan GAA will hold
their Golf Classic on Saturday 30th July at

KILRUANE MACDONAGHS

Senior: Kilruane MacDonaghs will play
Boherlahan in the first round of the
County League this Saturday, 12th June
in Boherlahan at 7.00pm. Admission is
by ticket only with a hundred spectators
allowed attend. All allocation will be
40 tickets.

Junior: The Junior A League will
commence on Saturday, 19th June with
the commencement date of the Junior "C"
League still to be finalised.

Under 19: We have been drawn in a
group with Newport, Portroe and
Gallinagh with the first round on Wednesday, 30th
June. The top two teams qualify for the
semi-finals.

Juvenile Fixtures: Our U15 "D" football
team have home advantage against
Thurles Gaels on this Thursday, 10th
June with the throw-in at 7.00pm. Our
U13s host Nenagh in MacDonaghs Park on
Saturday at 11.00am with three games
down for selection. The 2020 U14 "D"
County Hurling Final against Fr. Sheehan's is
cancelled for this Saturday, 12th June in
Dundrum at 1.30pm.

Lotto: The Jackpot stands at a very
attractive €3,000. Tickets are available
from the usual outlets, or you can join
on Clubforce.com. Thanks for your
continued support.

Sympathy: The club extends sympathy
to the family of the late Kitty Guest (née
Frawley), Coolagh, Cloughjordan and
formerly, Curraghmore, Bally, Ballina.

LORRAH

Senior Hurling: The senior hurlers are
taking on Portroe in Portroe in
the opening round of the county league
campaign this Saturday at 7.00pm.

Tipperary: Best of luck to Brian
Horgan and Caoimhe McIntyre who are
representing Tipperary this weekend.
The senior hurlers play their final round
of the League against Waterford while the
camogie team are in the National League
semi-final which takes place at 1.00pm in
Newpark.

Under 13 and 17 Football: Played their
opening round of the championship on
Monday and Tuesday night, see results
on our social media pages.

Under 15 Football: Lorra host De Rham
this Thursday at 7.00pm.

Lotto: The Jackpot is €5,000 with
a match 3 prize of €100. You can play
online at clubforce.com while lotto
envelopes can be dropped off at the clubhouse, Muirroe's The Ferry, Kelly's Rathcabin, or at the Social shop Lorrha. If you need Lotto envelopes, contact Hubert Duggan 0872165935 or Kevin Molloy 0876737986.

**MONEYGALL**

**Intermediate** Our Intermediate hurlers will play their first game of this year's county league against Ballinahinch this Saturday in Moneygall at 7:30pm. As per the current public health guidelines, attendance at this match will be limited to 100 people, and entry will be permitted by ticket only. It is hoped that live coverage of this match will be streamed online - details will be published on social media later in the week.

**Junior** The north junior leagues will get underway on the weekend of Saturday 19th June. The north championships are scheduled to begin four weeks later.

**Under 19** We will play Ballinahinch/Inchclery in our first match of the north championship on 30th June. The other teams in the group are Borrisokane and Borris-Ileigh, and matches will be played every week.

**Exams** Best wishes to our young players and all in our community who are starting their Leaving Cert exams this Wednesday. We wish you the best of luck over the next couple of weeks.

**Col Camp** returns this summer and will run on the week of July 19th to 23rd. All bookings must be made online during certain window periods - keep an eye on our social media pages for details of the booking windows and links to the website. All participants must be school-going, up to the age of 13. An Post will be delivering the playing kits to your home address, so please make sure you enter the correct details. Please contact Darragh Shanahan, Siobhain Crotty, or Tom Byrne with any queries.

**Lotto** Our Lotto jackpot now stands at £5,000. Our weekly draw results can be viewed on Facebook every Tuesday night. Tickets can be purchased online through our website at www.moneygall.gaaa.ie/club-lotto at any time. We are very grateful for your ongoing support.

**NENAGH EIRE OG**

**Lotto** The Jackpot for Tuesday night’s Lotto draw was £5,400. Please support our lotto and play online at www.nenagheireog.com.

**Senior Hurling** The County League begins next weekend, and our first game is against Roscrea on Saturday in Roscrea at 6:00pm. With Covid restrictions still in place, this is an all-ticket game with a limited number of spectators permitted. The other teams in our group are JK Brochors and Thurlies Sarsfields.

**Junior Hurling** Our Junior C group are in action on Saturday 19th June when they will play Roscrea in the North semi-final of the 2020 championship. The time and venue for this to be confirmed. Ballinahinch await the winners of this game in the final.

**Junior A** A league is due to start on the weekend of 19th June also - the format for this league is yet to be confirmed. The Junior A Championship will start on 1st July.

**Under 19 Hurling** starts on 30th June. We are in a group of four with Lorrha, Rovers, Roscrea and Silvermines. Our first game will be away to Lorrha Rovers. Please keep a check on the website and social media for all fixtures.

**Hurling Wall Fundraising** The fundraising for the new hurling Wall and Astro Turf pitch continues as we try to meet our target for this phase of the project. We sincerely thank those who have donated to date and also funds to the team of members who have worked hard over the past few weeks to organise these donations.

**Wall and the coming weeks, we ask that you please continue to make your donations, all donations are greatly appreciated.**

**Further information on this phase of the project/fundraising can be had from Liam Heflerman, Mary Jo O'Reilly, or Anne Kennedy.**

**Tipperary Draw** Congrats to Jimmy Hannan who won £200 in the Tipperary draw last Friday. This is three more draws left in this year’s draw. All outstanding prizes should be paid in the coming weeks.

**Eire Ogres** Camp 21 continued on Saturday. The children enjoyed lots of games and skill challenges at the many fun Eire Ogres challenge stations. We look forward to all of these new Ogres progressing to main-stream training in the NEO Games Nursery.

**Thanks to Niall for organising and also to everyone who assisted in ensuring a safe and fun environment for the children to enjoy themselves. Thanks to EBS Nenagh New Mortgages for their kind sponsorship. We cant wait to have all the children back for week three next Saturday morning for more fun and games. It is too late to bring your child along. Parents must remain for the hour. Any boy born in 2016 that wishes to attend needs to contact Erica on 0868767496. Any girl born in 2018 or if they have turned 5 already can contact Paul on 0864622641. Please contact either Erica or Paul before next Saturday to register for the Ogres as the online health questionnaires needs to be completed before taking part. Erica and Paul will also add people to the appropriate WhatsApp group to keep you informed about the Ogres.**

**Cost of the camp will be £2 per session paid at the gate and all participants will get an Eire Ogres tshirt at the end of the 4 weeks. No hurl or helmets required.**

**Under 12 Training continues Saturday from 10-11am. There are over 30 boys training which is great to see.**

**Under 9: Hurling training continues Tuesday from 6-7pm and Saturday from 10-11am with football training on Wednesday from 5.30-6.30pm. We continue to have over 30 at each session.**

**Under 11: Hurling training is at 5.30pm this Tuesday. There will be no training on this Friday as the boys have their first football challenge match on Saturday against Kilronan in Cloughjordan at 11am. Gaelic Football training is at 5.30pm on Wednesday.**

**The boys took part in a fundraiser for St Mary’s Junior Boys School by running 5k over three training sessions and raising money for the school. Well done to all who took part, and we hope you all enjoyed your treats on the final day.**

**Under 13: Training continues Tuesday, Wednesday, and Friday evenings.**

**Under 15: Hurling training on Tuesday and Thursday while football has started on Saturdays. They play Newport in their first football game on Thursday at 6.30pm in Newport. Great to see some of our senior hurlers helping out with training on Tuesdays.**

**Under 17: Training continues each Monday, Wednesday, Friday, and Saturday morning. We would also be delighted to welcome back any former members of the squad who would like to hurl or play football. There has been a very good response from our squad.**

**Garda Vetting** You cannot be involved as a coach or mentor in any juvenile coaching set up without your GAA Garda vetting being up to date so please apply.

**ROSCREA**

**Lotto** Our Lotto is now available online. See our social media pages for the link to play. Sale of tickets online closes at 8pm on night of draw. Tickets are also on sale in Keanes newsagents and Brendan Moloney’s Next week’s jackpot is £17,800.

**Online Bingo** Play online bingo, via Zoom, in association with Roscrea Hurling Club and Roscrea Community Hall every Sunday at 8.00pm sharp. £2,000 in prize money for 10 game Bingo. Single book £10. Double book £15. Books can be purchased on Club’s social media sites. Last purchase for books is 10pm on Saturday.

**Senior: County League v Nenagh Eire**
with Newport, Cionnnaotyi and Sean Treacy’s in Group 3A of the county senior hurling league. Our first game is against Cionnnaotyi in Dolla at 7:00 pm on Tuesday 15th June. Best of luck to our new manager Michael Ferncombe and his backroom team and all players for the season ahead.

Lotto: Silvermines GAAGA lotto has a jackpot of €4,000 and the club are appealing to all members to play the lotto online through Clubzapp app or by logging on to www.silverminesgaag.com. Tickets can be bought at €10 for 5 weeks (1 entry per week) or €5 for 3 tickets (recurring weekly).

Dolla Clean-Up: Thanks to everyone who took part in a clean-up of Dolla last weekend.

Tipp GAA Clubs Draw: Congratulations to Noreen & Marion Timmons who won €1000 in this month’s Tipperary GAA Clubs Draw.

Best of Luck: to Jason Forde and the Tipperary team in their final round NHL league encounter against Waterford next Sunday.

TULACH SHEASTA

Iomrais Sinsin: We would like to wish our senior hurlers the very best of luck in their first round match in the County Hurling League versus Sean Treacy’s this Sunday @ 12:00 noon in Lacken Park.

Faoi Dh: Our Under 13 footballers played their first match in the Football League v JK Brackens on Monday. Check GAA Scoreboard for the result. They play Nenagh Eire Og in round 2 next Monday in MacDonagh Park at 7:00pm.

Faoi E: We would like to wish our Under 16 footballers the best of luck in their first round match in the North Championship versus Nenagh Eire Og this Thursday at 6:30pm in Lacken Park.

Faoi F: Both of our under 13 football teams played their first match in the North Championship on Tuesday evening. The Group A team had a home game v Nenagh Eire Og and the Group D team had an away match v Templederry. Please check our Facebook page for the results of these games as they were not available at the time of going to press.

Crancharan Cúl: Club lotto tickets are again available to purchase from our stand at Sweeney’s Shop each Friday from 3:30 to 7:00pm and each Saturday from 9:30am to 1:00pm. We would like to sincerely thank Hugh Sweeney for allowing us to sell our lotto tickets each weekend. It is really appreciated. You can also purchase your tickets online through our Smart lotto app.

Comhghairdeas: LG Cluichí Tuilach Sheasta wish to extend our deepest sympathy to the family of the late Ger Gavin, Life President of Nenagh Eire Og. An cléide De go raibh a chaithimh.

Ard Mhó: We would like to wish all students commencing the leaving cert this week the very best of luck.

UPPERCHURCH/DROMBANE

Tour de Parish 21: This year to fund our ongoing development works in the club grounds we are asking everyone to get involved in our Tour de Parish fundraiser on June 26th & 27th. We are asking all supporters to complete a walk, run or cycle over any of the seven routes mapped out and make a donation to our development fund on www.gofundme.com/tour-de-parish-21. Alternatively, you can choose your own run, walk, or cycle route. The full details of the routes will be posted on our social media platforms and here in due course. Text your name and distance to 0879665385. Keep a close eye on social media channels for further updates.

Advertising Signs: We would like to offer companies the opportunity to advertise their business on new signage to be erected in the club grounds for an annual fee. The signs will be of highly visible locations. If you would like to have a sign erected advertising your business, then please contact Michael Griffin or Anne Marie Grant.

As in previous years we want to continually inform members with limited or no access to social media about regular club updates via text message. Information on fixtures & results, events & fundraisers and match tickets will be sent via text to people not using social media outlets. If you are interested in receiving these updates from the GAA club, please text your name and number to club Secretary Joseph Lowry at 086-2433884.

Return to Play: Our hurlers and footballers are all training away and eager to return to match play in due course. Full details of fixtures can be found elsewhere in the paper. Our under 12 footballers are due to play the 2020 county final against Ballina in Dolla on June 26th at 2.30pm. There are teams training every evening in Drombane at present as well as many others staying fit and healthy by using our walkway.

SILVERMINES

Senior Hurting: We have been drawn
Local pink army help raise €1m

By Tamara O’Connell

OVER 22,500 participants have raised over €1 million and logged 423,002.61km to date as part of the 100k in 30 Days fundraiser in aid of Breast Cancer Ireland.

According to 100k in 30 days founder Niall Carroll, the team are “delighted” with the response so far.

The Blackrock man said: “It’s early days yet so we are encouraging people to keep fundraising. We want to thank everyone who has raised money so far. The money will go towards three areas including a clinical trial, education awareness campaigns and will fund research nurses across the country.”

The family-friendly challenge kicked off on June 1 and is running until the end of the month. Niall and his wife, Cara McAdam, launched the virtual fundraiser.

“There are 4,000 people in Louth taking part with 3,000 of that number from Dundalk. There are also 3,000 children across the country taking part,” said Niall.

“Hopefully people are enjoying it and having fun with their family and friends. There is great community spirit in Louth and we are very proud of it.”

Continued on Page 2

Pink army help raise €1m

From Page 1

Niall and Cara and thousands of pinkarmy participants raised €1.2 million last year from the popular event.

Niall launched the 100km in 30 Days challenge in aid of Breast Cancer Ireland last June, after Cara was diagnosed with breast cancer just before Christmas 2019.

Niall set a target of raising €100,000. However, the event proved to be a huge success and quickly raised over €1 million for the charity.

This year’s event, has a new title sponsor, Sherry Fitzgerald, and is expected to be even bigger and better.

People are invited to walk, jog, run or wheel a total of 100km during the month of June to help raise funds.

There are around €30,000 worth of prizes to be won throughout the event including a £3,500 family travel voucher, sponsored by Connect Credit Union, five-star hotel breaks, restaurant vouchers, luxury brands and family days out.

Registrations for the event and more information is at www.100kin30days.ie.
KILBEHENNY FUNDRAISER

An online fundraiser for Breast Cancer Ireland is being organised by two girls from Kilbehenny National School, namely, Lucy Geary and Clara Mehado, both aged 11. The girls would be delighted for your valued support as they are taking part in a 50K run, walk or cycle fundraiser in the month of June.

If you would like to donate to this very worthy cause, please go to www.justgiving.com and search 'Lucy and Clara KBNH' and you can donate. Also, if you would prefer, you can personally donate to the girls and they in turn will pass it on to Breast Cancer Ireland in your name. Your donation, whether big or small, would be very much appreciated.

These two girls are to be commended for this wonderful undertaking. Well done girls.

Thankfully, there's light at the end of the tunnel with the opening up of restaurants, pubs and other services this week - best of luck to all. Keep up the good work by wearing the mask, washing the hands and using the sanitiser and also keep up the social distancing.
visit that particular song and he said when he came across at first I just thought it was so passionate and so that he then gave it his all needed a really wonderful version of a brace from Rob Stewart now on John in Dunmanway has surfaced USA's Eric we're getting the summer this weekend time for a little over a little red cells and rest hi to boost job and girls and the Kinsale gang done that tonight John but there will be a few and give it a spin next week promises that most sincerely William bishops dancers enjoy your weekend very thank you that one in and have a good weekend as well very saleable group but Charles Clarke Eileen Ballincollig Mary Louise Mary and Teresa John Finbarr and John McNamara Deirdre in Cork city I've just completed 100 kilometres for breast cancer Ireland for the month of July and Mariam can say well Mariam convert well 100 kilometres of welding absolutely and just relax now and enjoy the weekend Bill Daley want to come on bill Bailey is with us tonight is that any son of your choice to be thank you Eric Bailly lovely to have you with me and hopefully you have a good weekend as well this is a country Irish sea about 3 Gerry Guthrie Bill Bailey had left a to do what we do is to Real the Bill was Eric Griffen playing your favourite country and Irish songs on C 1.3 in the eye and say I a.m. one Oh I see him I feel
Pink Army marches past €1m in first three days

Cara and Niall Carroll of 100k in 30 Days event to support Breast Cancer Ireland

The 100km in 30 Days challenge for Breast Cancer Ireland, founded by Blackrock couple Niall Carroll and Cara McAdam, has raised over €1million in just three days.

With 22,000 participants registered so far, the Pink Army is taking the country by storm, raising an incredible €1,051,000 within the first three days of June.

The family-focussed challenge, sponsored by Sherry FitzGerald, sees participants of all ages aim to run, walk or wheel 100km during the month of June.

The distinctive pink t-shirts which participants get when they register are not just being seen on the highways and byways throughout Ireland but also in 29 countries around the world, as a record number of participants have signed up for this year's challenge.

Niall who organised the fund raiser for the first time last year in support of his wife Cara following her breast cancer diagnosis is overwhelmed and humbled with the incredible levels of support for this year's event in such a short time frame.

'The team at 100k in 30 Days are genuinely in awe at the levels of commitment, support and enthusiasm that we are witnessing once again this year,'he said.'Our target for this year was 20,000 participants and we've now smashed that target and the numbers are growing daily.

'The monies raised this year will be channelled into the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, support for the Breast Cancer Ireland funded breast cancer Research Nurses in the designated cancer centres all across Ireland, and firstly, support for the Breast Cancer Ireland Education and Outreach Programmes which are delivered nationally to schools, companies and community groups.'

Once again, the community in Blackrock have really got behind the 100k in 30 days challenge with pink flags erected along the promenade.
An incredible €1m raised within just 3 Days, by 100k in 30 Days event to support Breast Cancer Ireland

County Louth couple Niall Carroll and Cara McAdam’s 100km in 30 Days challenge for Breast Cancer Ireland has surpassed the €1 million mark... just 3 days into this year’s event, which runs for the full month of June. With 22,000 participants registered so far, the Pink Army is taking the country by storm, raising an incredible €1,651,000 within the first three days of June. The family-focused challenge, sponsored by Sherry FitzGerald, sees participants of all ages aim to run, walk or cycle 100km during the month of June, and this year’s participants span not only the length and breadth of Ireland... but also much further afield, with participants from no less than 29 countries around the world.

Niall, who organised the fundraiser for the first time last year in support of his wife Cara following her breast cancer diagnosis is overwhelmed and humbled with the incredible levels of support for this year’s event in such a short timeframe. He said: “The team at 100k in 30 Days are genuinely in awe at the levels of commitment, support and enthusiasm that we are witnessing once again this year. Our target for this year was 20,000 participants and we’ve now smashed that target and the numbers are growing daily. The money raised this year will be channelled into the development of a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre, support for the Breast Cancer Ireland funded breast cancer research nurses in the designated cancer centres all across Ireland, and, lastly, support for the Breast Cancer Ireland Education and Outreach Programmes which are delivered nationally to schools, companies and community groups.”

Participation in the 100k in 30 Days event is easy – and it’s not too late to register... simply register to take part in this family event, encourage your friends and family to do the same, then track each walk, jog or run during the month of June on your smartphone or app and upload your activity to your 100k in 30 days account – add an optional photo and watch your kilometres grow!

Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #PinkArmy.
Lorraine Keane Broadcaster

Lorraine Keane is an IFTAnominated Irish broadcaster and businesswoman. She began her career as the voice of AA Roadwatch before entering the world of entertainment, where she worked as a reporter for more than ten years, anchoring TV3's Xposé for two years, and reporting from red carpets around the globe for the channel. As an entrepreneur, Keane founded Fashion Relief, a fundraising initiative with Oxfam Ireland. During lockdown she developed her first product, the Magic Hair Brush, with Irish hairdresser Matt Malone. Originally from Rathfarnham, Keane, 50, lives in Dublin with her husband, musician Peter Devlin, and their two teenage daughters, Emelia and Romy.

How much is in your wallet?

Twenty-five cents. I rarely use cash since the pandemic, and our girls have [the money management app] Revolut, so we just give them their allowance that way. I always have emergency cash in the car, though, in case I need it for a tip. I feel sorry for people working in cafes these days because it's all takeaway and people usually pay by card or app, so they are not getting as many tips. Having worked at all sorts of jobs as a teenager, I know how important tips are.

Do you use any payment apps?

Yes, I find Revolut and the wallet app on my phone really handy once I don't lose or forget my phone.

Are you a saver or a spender?

I'm a spender. Peter jokes that I thought I had to single-handedly spend Ireland's way out of the recession. I'm not actually that bad, but he's a man? so enough said!

How much did you earn last year?

Last year was such a worry as I am selfemployed, but Peter started working with an amazing online TV platform, Video Elephant, at the start of 2020, so we were very lucky. I managed to keep myself busy by getting my charity, Fashion Relief, online. With the help of Irish tech firm Axonista, we continued to raise money for Oxfam Ireland's projects throughout the pandemic with a TV show I present from my home.

Have you ever been broke?

Oh yes. I remember working as an AA Roadwatch reporter from the age of 18, earning 7,000 Irish pounds (£8,890) per year. That was fine until I moved out of my parents' house and bought my first house when I was 20. I used to work every second weekend answering calls in the [AA Ireland] rescue centre from 5pm to 7am? it was time and a half up to midnight and double time from midnight to 7am? to supplement my income. I would be the only person in the old five-storey building on Dublin's Suffolk Street from 1am, and I'd be petrified but I needed the money. It also made me really appreciate my weekends off.

What was your first job?

I've worked packing shelves in a toy shop, washing hair in a salon, and as a sales assistant in a couple of newsagents and chain stores. I was babysitting since I was 12 (I'm the second eldest of seven children) and babysat for other people's kids from the age of 15. I'll do anything to keep busy and earn.

What has been your most lucrative job?

My first product, the Magic Hair Brush, has been really successful and great fun. It's nice being an entrepreneur, but the thing that I have worked hardest at and that has paid off, but for charity, is Fashion Relief. We have raised close to €400,000 in less than three years, including the pandemic. That is my proudest work to date.

When did you first feel wealthy?

When Romy was about six or seven, she asked me were we rich. She had a friend whose parents were wealthy. I told her we were comfortable, and that Mum and Dad worked really hard. I loved her reply and think about it until this day? she said: "I think we are rich in happiness, Mum."

And we are? happy, healthy and blessed.

Do you own a property?

Yes. Peter and I bought our current home [in Dublin's Monkstown] in 2002/3. It was in eight flats, and we converted it back to a house, pretty much ourselves. I adore renovating, interior architecture and interior design. This house is my fourth renovation.

Are you better off than your parents?

Yes, I find Revolut and the wallet app on my phone really handy once I don't lose or forget my phone.
Lorraine Keane’s Fashion Relief Pop-Up shop is now open at the Frascati Centre, Dublin. Visit @lorrainekeaneofficial on Instagram for more information.

I’m a spender. Peter jokes that I thought I had to single-handedly spend Ireland’s way out of the recession Caption: Lorraine Keane, main, and with her husband, Peter Devlin, the musician and producer, at the 2019 IMRO Radio Awards, right. Far right, the Keane family home in Monkstown, Dublin and the Crumlin Children’s Hospital, one of the charities Lorraine helps.

I don’t know how my parents managed to rear, educate and spoil seven of us through two recessions in the 1980s. My dad is a full-time musician but was also a property developer before there was such a thing. He bought and renovated properties on the side – it was his hobby. I guess that’s where I get it from. Mum was full-time at home with seven children and no help, just us older ones. She also worked really hard. We had a lot of luxuries growing up, lived in beautiful homes, went on incredible holidays, but we knew that Mum and Dad worked extremely hard for all of it.

**Do you invest in anything?**

Any time I’ve invested in shares, I’ve lost my shirt, so never again. Art, on the other hand, is something I’ve always loved. I bought my first painting at the age of 20 from the Apollo Gallery on Dawson Street – another reason to have to work overtime! The owner, Hugh Charlton, a kind older gentleman, allowed me to buy it “on the drip” and to take it home. I gave him 100 Irish pounds a month for 12 months. I bought most of my earlier paintings from Hugh this way. I still have and love them all.

**What is your financial priority?**

I would always say property. I like bricks and mortar. Even if property goes down in value, over enough time it should come back up. I don’t like handing over my money to anyone else to control. I’ve heard too many stories of people losing big chunks of their pension or it not being worth what it should be.

**What has been your best investment?**

My homes. I always bought “doeruppers”, no matter how small, but in great locations, renovated them and made money on the resale.

And the worst? Shares. And after this pandemic, possibly a wardrobe full of heels I may never wear again. I mean there are a lot of heels!

**What is the most extravagant thing you have bought?**

See above – the shoes.

**What is your money weakness?**

See above again – the shoe bit!

**What is your financial priority?**

Paying our mortgage and having enough money to educate our daughters through school and college.

**What would you do if you won the lottery?**

The first thing I’d do is give a lot of it away, to family, friends and charity. It would be great to give everyone a little help, take the pressure off. Then I’d start my own fashion label, and finally, I’d travel all over the world.

**Do you support any charities?**

Apart from Fashion Relief with Oxfam, I am an ambassador for the Make a Wish Foundation and Breast Cancer Ireland, and I also help the Marie Keating Foundation, Spinal Injuries Ireland and Crumlin Children’s Hospital.

If you were the minister for finance, what one thing would you change? I would insist on gender pay equality and, on the subject of wages, that nurses and midwives get paid more for the incredible lifesaving work they do.

**What is the most important lesson you have learnt about money?**

It’s not the most important thing in the world and certainly doesn’t guarantee happiness, but as a volunteer in the developing world, I’ve seen that it’s a lot better to have it than to be without it.

Lorraine Keane’s Fashion Relief Pop-Up shop is now open at the Frascati Centre, Dublin. Visit @lorrainekeaneofficial on Instagram for more information.

I’m a spender. Peter jokes that I thought I had to single-handedly spend Ireland’s way out of the recession Caption: Lorraine Keane, main, and with her husband, Peter Devlin, the musician and producer, at the 2019 IMRO Radio Awards, right. Far right, the Keane family home in Monkstown, Dublin and the Crumlin Children’s Hospital, one of the charities Lorraine helps.
Today FM @ 14-Jun-2021 12:26 - (breast)

Shake shake shaken off on today FM no last year I spoke to Niall Carroll the man who started the 100 k in 30 days Challenge which went on to raise 1.3 million for breast Cancer Ireland while the pink army is back at it again this year and are set to raise even more money this time around joining me on the line now is the woman who inspired the event Karen McAdam good afternoon to you the afternoon Murray Teri is a great talking tier 0 carollers not be a boot camp later on and the amount of women in the boot camp I go to wearing a pink jerseys is hugely eggs about 4 or 5 girls in as do it already I know it's amazing and yet you are here their problems they read that they're nice and bright some clarity your East to Niall we spoke to Niall again this year Yes the person behind a hurricane 30 days but you inspired him to kick it off again in 2019 Yes and 2019 and December are diagnosed with breast cancer so I read in the middle of my treatment last year and we now have been fantastic the treatment I received so he decided to give something back and set up a 100 came 30 days initiatives again but not realising how big was going to get worse so well fed up in the community you know on a smaller scale than over the last few years and then after that I suppose the two trends drawing level really weird and I suppose he put his heart and soul into it because the breast cancer had arrived to your home and you know it Yeah really change sassy and it really I think the evening whether we are children breast Cancer Ireland is because you know all of the money raised will go towards researching a cure and you know for my specific type of breast cancer they get targeted treatments and all of that was made possible by all the research had been carried out in previous years for us we felt that went very positive thing to do and hopefully I can keep going forwards when they get a diagnosis like that but it won’t be a devastating and often fatal disease that can be very treatable they can be very treatable and Eeyore your back to
The Incredible Real Life Story Behind This Massive Fundraiser

The 100k in 30 days challenge has taken off in a massive way, raising around €1.3 million for Breast Cancer Ireland.

Last year, Mairead met Louth man Niall O'Carrol I who started the event after his family was impacted by a cancer diagnosis. Within 3 weeks of launching it, they had 15,000 people walking over 1 million kilometres and raising an incredible amount of money.

As the Pink Army sets off for another year, Mairead spoke to Niall's wife, Cara McAdam who inspired their journey.

If you want to take part in 100k in 30 days, it couldn't be easier. Head to their website where you can still register and catch up and then get out and about, walking running or wheeling 100k across this month!
BALLINA

Senior Hurling: Our Senior hurlers played Templederry Kenyons in Ballina in the first game of the Co. Hurling League on Sunday. Templederry led at the break 11 to 0-9. Ballina missed a number of scoring chances and would have had the backing of a slight breeze in the second half. However, Templederry moved up through the gears and recorded an easy and deserved win. Ballina 0-12, Templederry Kenyons 4-21.

Ballina will play Lorrha in Round 2 of the County League over the course of the weekend.

Congrats to Kian Donnelly & Cathal O’Donnell who both made their Senior debuts with Ballina. On 2nd June 1963, Dan’s grandfather Jimmy O’Donovan played his first championship game for Ballina (Junior Hurling vs Silvermines) following his transfer from Toomevara. While for Donie & Darragh Wheelan, it was also a first - their first game with the club since transferring in.

Fixtures: Ballina will play 2020 North Junior A Football Final vs Portroe on Saturday 18th June at 7:00pm in Ballina. Ballina will play the 2020 Co. Under 21 ‘B’ Football Final vs Upperchurch/Drombane in Della on Saturday, 26th June.

In Under 19 A Hurling, Ballina have a bye in Round 1 and then will face Kilcommon in Puckane on Wednesday 7th July, followed by a home game vs Toomevara on Wednesday 14th July @ 7:00pm.

We will have League details for the Junior team shortly & hope to have an entry in the League for the Junior C team but confirm your interest with Shane Ryan/John Saige.

Inter-County: Hard luck to the Tipperary Senior Hurlers, Footballers & Camogie teams in their league games at the weekend.

Defibrillator: Many thanks to everyone who contributed to our defibrillator go fund me page. The cost of the defibrillator was €2,150 and we have now received our defibrillator. The importance of a Defibrillator at a club ground was shown on Saturday in Copenhagen. In front of our eyes, we saw Christian Eriksen life saved by a defibrillator and a very fast acting medical team. We want to have our own defibrillator ready should we ever need it or should the community need it. While we have received our defibrillator, it is hugely important, that it is accessible when/if needed. Please contact any of our club officers if you wish to contribute towards the cost of an outdoor case.

BORRISOKANE

Lotto: Next Monday’s jackpot will be worth €9,900. Tickets are available in local shops and on Clubforce.com. Alternatively follow us on Facebook/Twitter. Thank you for your continued support.

Summer Camp: Borriskane Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will return from Tuesday 17th to Thursday 19th August. Three days of GAA sports, including hurling, football & fun, targeting each age group from our U7’s to U15’s. More information will follow.

BUIRGHEAS

North Tipp Online Bingo: continues every Sunday at 8:00pm. To play you can purchase a bingo book www.pallasmarketing.ie/product/north-tipp-bingo or by clicking the link on any of our social media posts. Books are €8 or 2 books for €15. Our snowball jackpot total is €850. In 50 numbers next week and we are down to the last 2 envelopes for guaranteed prize money. We have now given away over €200 since we started. Thanks to Bridget Darcy’s Hair Salon Ballywilliam, The Talbot Bar Nenagh and Lila’s Bar Nenagh who sponsored €25 vouchers which were also given away to some of our lucky players last Sunday. If you would like to sponsor a voucher to be given away, please contact any of our bingo committee or Pallas Marketing or contact @NorthTippBingo on Instagram.

Lotto: Monday, 14th June’s lotto was for a jackpot of €6,000. For updated information on lotto winners, check out any of the club’s social media pages each week. Tickets are €2 each or 3 for €5 and can be bought by clicking on the online link on any of our social media pages or by contacting any club lotto seller. Thanks to all of our lotto organisers for keeping the show on the road each week. We would also like to thank our lotto sponsors, Reidy’s of Newtown, True Beauty, Premier Floor Screed, Youghal Glass and DC Auto Spares for their continued support to the Buirghes CLG along with all of our players.

Healthy Club Group: We still ask members to join our healthy club committee. If you are interested contact club secretary Gemma Flynn 0862259336.

Best Wishes: The club would like to wish senior club hurler Paul Carroll a speedy recovery this week.

Defibrillators: After seeing the scenes at the Euros last weekend, we would like to remind all of our members that there are three defibrillators located in the parish. These are located outside the new building in Kilcooleman, on the wall outside Barry’s of Newtown and at the front door of Burgess National School. Also please note that the Eircode for the hurling field is E45Y176 and we would advise you to save this in your phone for safe keeping.

KILADANGAN

Senior: Hard luck to the Senior hurlers who lost to Clonoulty/Rossmore last Saturday 2/25 to 3/13 in the first round of the County League. Billy Seymour was the scorer of both Kiladangan goals. Teams, scorers, and score tracker is available on the club’s website at KiladanganGAA.com.

Junior: Kiladangan will commence the North Junior ‘B’ League this Saturday 19th June. Keep an eye on the club’s social media pages for fixture details.

Under 19: The Under 19 hurdlers have been drawn in a group with Toomevara and Ballina. The championship will start on Wednesday 30th June where the lids will be away to Toomevara at 7:00pm.

Under 17: On Monday 7th June, the U17 footballers had a 4-9 to 1-8 win over Kilruane in Cloughjordan in their first game of the North/Mid League. They also took on Upperchurch/Drombane on Monday 14th
**KILRUANE MACDONAGHS**

**Under 14:** Our U14 hurlers lost in the 2020 ‘D’ County Final to Fr. Sheehy’s 3-13 to 3-5 in Durnamuck on last Saturday. MacDonaghs led by a point at the interval, but Fr. Sheehy’s finished strongly in the last quarter and were deserving champions. It was a great achievement for our second team to reach the final and they acquitted themselves well against formidable opposition.

**Juvenile Football:** The U17 footballers gave a good account of themselves despite losing to Kiladangan 4-5 to 1-0. The U17 team also took on Toomevara and were defeated 2-4 to 1-4 against the home side in a game that went to extra time.

Our U13 footballers had mixed fortunes in their games against Kiladangan in MacDonaghs Park. In the ‘B’ championship final MacDonaghs prevailed 3-4 to 1-1, while the visitors topped the honours in the ‘C’ championship 4-5 to 3-2.

Last Saturday, MacDonaghs Park was awarded the title of the ‘A’ team coming out on top 4-6 to 1-9 while our third team was also victorious.

**Lotto:** The Jackpot stands at €13,000. Tickets are available from the usual outlets, or you can join on Clubforce.com. Thanks for your continued support.

**Johnny Peters RIP (1950-2021):** The late Johnny Peters was remembered as a popular, highly respected, and most obliging figure in his local community of Kilruane. A man of many talents, he took the boards with the Kilruane Drama Group, was a committed member of the Church Choir and played many a piece with the Ardcroy Woodcarvers. Johnny played hurling and football with MacDonaghs.

In 1979 he was on the U17 football team that won the club’s inaugural title in that grade. Living out of town and forward, he helped himself to 11 in the victory over Silvermines in Roscrea. The following year he captained the side that relinquished the title to Naomh Pádraig in Nenagh. In 1992 he wore the number thirteen jersey on the senior football team that made the historic breakthrough by capturing the divisional title for the first time with a victory over Silvermines in Nenagh. His brother Mattie was also on that successful side.

In 1973 Johnny was a member of the senior hurling panel that reached the North and County finals.

Soon after that he crossed the Atlantic to work in New York. Johnny then headed to Brazil and spent the next twenty years going back and forth between Ireland and Alaska. He enjoyed his time in the last Frontier State and made many friends during his sojourn there. Johnny eventually retired in Beechwood and with his wife Mary raised their family there. When his sons Jack and Darragh started playing with MacDonaghs, Johnny began to take a more active role in the club. He acted as selector with a number of teams and was on the line when the U16 hurling team, captained by his son Darragh, won North and County titles in 2016. He was a faithful follower of the Magpies and enjoyed the success of Jack and Darragh in both the black and white & blue and gold jerseys.

As a mark of respect, the Tipperary hurlers flew at half-mast in MacDonaghs Park, a minute's silence was observed before the U14 County final and the scheduled County League game against Borris-Ileigh was postponed. His coffin was draped in the MacDonaghs colours and, a Guard of Honour flanked the funeral cortège on Johnny’s final journey to Kilruane Church.

Sympathy to his wife Mary, daughters Siobhán and Aoife, sons Jack and Darragh, sister Bridget, brothers Noel, Laddy & Mattie, and extended family.

Teacher: The club extends sympathy to the family of the late Willie Costen, Bobber Shield, Cloughjordan and formerly Ellenboro, Wexford.

**LORRHA**

**Senior Hurling:** Hard luck to the senior hurlers who lost to Portroe in the first round of the County League, 0-27 to 0-18 on Sunday. Seniors are not out next weekend, and will be playing round two the following weekend away to Templederry or Ballina.

**Tipperary:** Hard luck to Brian Hogan, Clogh McIntrye and Celine Guinan who were part of losing Tipperary teams at the weekend.

**Football:** The Under 17’s took on Toomevara in Toomevara on Monday, see social media for result. The U13’s and U15’s both have a bye this week.

**AGM:** The Annual General Meeting will take place on Monday 21st June on Zoom. The link for the meeting will be posted on our social media channels (Twitter and Facebook) during the week.

Our 2021/2022 Euro Millions syndicate will be launched at the meeting.

**Lotto:** The jackpot is at €1,575 with a match 3 prize of €100. You can play online at clubforce.com while lotto envelopes can be dropped off at the clubhouse, at Mulrooney’s The Ferry Kelly’s Rathcabin, or at the Scenic Shop Lorra. If you need lotto envelopes, contact Hubert Duignan (086) 7219599 or Kevin Molloy (087) 6738969.

**MONEYGALL**

**Intermediate:** We began the county league campaign with a 3-16 to 0-16 win against Ballinahinch last Saturday. Our other group matches will be against...
Clonoulty/Rossmore and Drom & Inch in the coming weeks.

Juniors: The north junior leagues are scheduled to get underway this weekend, see north board fixture list for details.

Under 16s: We will play Ballinahinch/Templederry in our first match of the north hurling championship on the 30th June. The other teams in the group are Borrisokane and Borrisoleigh, and matches will be played every week.

Juvenile Football: Well done to our U14s and U13 teams who both started their seasons with wins in the football championships last week, against Borrisokane and Shannon Rovers respectively. The juvenile championships continue this week.

**NEINAGH EIRE OG**

Senior Hurling: Our senior team got their season underway last Saturday when they played Roscrea in round one of the County Senior League. The game finished in a draw, 1-12 each. Our next game is against Thurles Sarsfields on Sunday 27th June.

Junior: Our Junior ‘C’ team will be in action next Saturday in the semi-final of the 2020 North Championship in Moneygall at 7:00pm.

The Junior ‘A’ team are also due to be in action next weekend with the start of the North League – please keep an eye on the club website and social media for fixtures.

Lotto: Monday’s jackpot was €5,500. Thanks to all for supporting our weekly lotto and we ask those that have not yet joined to do so online.

Hurling Wall Fundraising: The fundraising for the new Hurling Wall and Astro Turf pitch continues as we try to meet our target for this phase of the project. We sincerely thank all of those who have donated to date and also to our team of members who have worked hard over the past number of weeks organising these donations. With the work due to commence on the wall in the coming weeks, we ask that you please continue to make your donations, all donations are greatly appreciated.

**Eire Oígs 2021** continued for week three on Saturday. The children enjoyed lots of games and skill challenges at the many fun challenge stations. We look forward to all of these new Oígs progressing to mainstream training in the N50 Games Nursery.

Thanks again to Niall for organising this year’s camp and also to everyone who assisted in ensuring a safe and fun environment for the children to enjoy themselves. Thanks to EBS Nenagh New Mortgages for their kind sponsorship.

Portroe

Under 16 Football: Portroe v Shannon Rovers on Saturday 19th June at 1:00p.m in Portroe.

Under 12 Football: The boys played Kiladangan last Tuesday evening in the Plate semi-final of the football. Result in next week’s notes.

Under 15 Football: Portroe v Eire Og Annacarty on Saturday 16th June 17:00pm in Annacarty.

Under 17 Football: The boys were away to Enny in round 2 of the County Football last Monday and their next game is fixed for Monday June 21st against Aherlow/Latton Cullen at 7:00pm in Limer whence.

Senior Hurling: Well done to the senior hurlers and management on their win over Lorrha in round 1 of the league last Saturday. Portroe 0-27 Lorrha 0-13.

Junior Football: 2020 North Final - Portroe v Ballina in Ballina next Saturday 19th June at 7:00p.m. A limited number of tickets will be available.

Sympathy: Portroe GAA club wishes to express their sincere sympathy to the Ryan family, Ardarragh, on the passing of Jimmy, May he rest in peace.

**SHANNON ROVERS**

Intermediate Hurling: Shannon Rovers got their season off to a good start when they defeated Bredanan 1-19 to 2-15 in the opening round of the County Intermediate Hurling League at Ballinderry last Saturday. Rovers led at half time 0-7 to 0-6. Our next group game will be against Ballyclough or Moyne Templetuohy.

Under 17 Football: In a game of two halves, Shannon Gaels defeated Portroe 3-7 to 0-8 in the first round of the County Under 17 Championship at Ballinderry Sportfield last Monday week. This was a good win when one considers that Gaels were short three players with Matthew Costello, Aaron and Jack McGrath unavailable through injury.

A very strong breeze favoured Portroe in the first half and they led 0-6 to 0-2 approaching half time when Aodhan Kiernan’s goal brought Gaels back into contention. Matthew Hardy’s long range free had the sides level early in the second half as the home side continued to drive through the Portroe defence and the goals arrived with Liam O’Dwyer on target before Fionn Higgins added a third.

Rovers Gaels took on Aherlow/Latton in the second round on Monday 14th June, see GAA scoreboard for result.

Under 15 Football: Fionn Higgins scored 3-4 as Shannon Gaels produced a great display to defeat Portroe 6-8 to 0-4 last Thursday.

Injury hit Rovers Gaels travelled to Portroe with just a bare eleven, but they set out to show their skill with efficiency and hard work. Two early points by Rory Fox set the tone and they led 3-4 to 0-1 after fifteen minutes with Dara Moran grabbing the goal. Approaching halftime Fionn Higgins snatched the second goal and at the break it was 2-5 to 0-2.

Alan Burke’s goal early in the second half helped continue the one-way traffic but in fairness Portroe never gave up, forcing Jamie Horan to make two good saves. Sean Hough was in fine form in his defensive role while Liam O’Dwyer continued popping over the points in front of Michael Gorman finished off a good move for a fine goal towards the end. Rovers Gaels are at home to Clonmel in the second round on Thursday 17th June at 8:00p.m.

Under 13 Football: A good second half was not enough to save the day for our Under 13 side who lost to Moneygall 2-7 to 2-3 at Ballinderry Sportfield last Tuesday. Trailing 2-6 to 0-1 at half time, Rovers...
Gaels went for the jugular on the restart with Rory Fox scoring a goal from a penalty. Two minutes later Jack Hourigan sent a low shot to the net before Ciaran Kennedy added a point to bring Rovers three points of the leaders. However, a stronger Moneymall outfit closed shop and added two points to go five clear before Jack Hourigan replied with a late point.

Under 11 Football: Shannon Rovers Gaels will take on Portroe this Saturday 18th June before we are at home to Lorick on June 26th. All games commence at 11 am.

Meanwhile, our under 15s had a successful day when taking on Borrisokane in a Gaelic Football/Hurling challenge game at Ballinlarry last Saturday. Thanks to Borrisokane for the game.

100km Walk: Almost 100 people have registered or signed up to the 100kms in 30 days challenge, with all funds raised going to direct to Breast Cancer Ireland. Log on to 100km30days.ie and register Ballinderry Community Sportfiled. The 100kms is to be completed during June.

SILVERMINES

Juvenile Fixtures: The U6s & U7s started their Go Games last weekend and will have fixtures ongoing over the next few weeks. Managers will keep you updated.

The U8s are in action this Thursday 17th June v Ballina in Dolla @ 7.30pm.

The U13s will meet Ballina on Tuesday 22nd June in Dolla @ 6.30pm.

Under 5 Nursery: Training every Thursday at 6.45pm. It is open to boys and girls born between 1st January 2015 and 31st June 2017. Anyone who is interested and would like to register can contact Noreen 087 925 6642 for further details.

Cul Camp: Online registration for Cul Camp has already taken place. Thanks to all who registered, and we hope everyone will have an enjoyable week.

TEMPLEDERRY

Lotto: No winner of last week’s lotto.

Next week’s jackpot is €7,200. Results can be viewed very Monday evening on our Facebook, Twitter and Instagram.

Condolences: Our deepest sympathy goes out to Theresa Shanahan and all her family on the passing of her brother Michael Tracey, Borrisokane.

Senior: Congratulations to our senior hurlers who beat Ballina in the first round of the league last Sunday.

TULACH SHEASTA

Máirtín Sinsib: Well done to our senior hurlers who won their opening game in the County Hurling League v Sean Tracey’s on Sunday, 24th to 06/16 in Lacken Park.

Faul 17: Hard luck to our Under 17 Footballers who lost their opening game in the league v JK Brackens 3-8 to 1-7. Their next match is away to Montenay-Borris on Monday evening.

Faul 16: Our Under 15 Footballers had a great win in their match v Nenagh Eire Og last Thursday 2-7 to 0-8. They have now qualified for the North Final on June 24th where they will either win or lose to Ballina v Silvermines which is due to be played this week.

Faul 13: Both of our two football teams played their first match in the North Championship, the A team had a good win over Nenagh Eire Og and qualified for the North Final on June 22nd. The B team had a fantastic match v Templederry which went to extra time before Newport won by a point, 2-2 to 13. They played Burgess in round 2 last Tuesday evening. Check our Facebook page for the results as it was not available at the time of going to press.

Faul 11: We have four under 11 teams this year. Our Purple 2 and Gold 1 teams had away games v Templederry and Kiladangan respectively last Saturday. The children really enjoyed their mornings football in their first matches of the year. Thanks to both Templederry & Kiladangan for hosting the games. Our Purple 1 & Gold 2 teams play Burgess next Saturday in Kilsheelan and our Purple 2 team play Ballinanahinch in Lacken Park.

Ocrannchor an Chlu: Club lotto tickets are available from our stand at Sweeney’s Shop each Friday from 3.30 to 7.00pm and each Saturday from 9.30am to 1.00pm. You can also purchase tickets online through our Smartlotto app. Your support is really appreciated.

UPPERCHURCH

Senior Hurling: The senior team got their league campaign off to a winning start under the stewardship of Liam Dunphy as we beat Drom & Inch at The Regg in the opening game. A first half Paul Ryan goal from a penalty kept us in touch and then in the second half a succession of points ensured we crossed the line ahead after what was a close encounter throughout. Keep an eye on fixtures to see when the next game is. Contact club secretary Joe Lowry to enquire about tickets. The games in the league can be viewed live on our Facebook page stream.

Junior: The Junior A beat Gortnahoe in the opening league game with a mixture of junior and senior players getting game time and ensuring they secured a first win in the first game of the year. An early second half goal gave us some breathing space in a close game, and we finished

need at the full-time whistle.

Tour de Parish 21: Our Tour de Parish fundraiser takes place on June 25th & 26th. We are asking all supporters to complete a walk, run or cycle over any of the seven routes mapped out and make a donation to our development fund on www.gofundme.com/tour-de-parish-21. Alternatively, you can choose your own run, walk or cycle route. The full details of the routes are now available online at our social media platforms and will be posted here next week. Text your name and distance to 0879 655 385.

Advertising Signs: There has been a good response so far as we offer the opportunity to advertise businesses on new signage to be erected in the club grounds for an annual fee. The signs will be in high visibility locations. If you would like to have a sign erected, contact Michael Griffin or Anne Marie Grant.

We want to continually inform members with limited or no access to social media about regular club updates via text. Information on Fixtures, results, events, fundraisers and match tickets will be sent via text message on request. If you are interested in receiving these updates, text your name and number to club Secretary Joseph Lowry 086 241 3684.

Walkway: We are putting emphasis on being healthy and active and staying fit is great to see our walkway in use day and night. The fine weather has meant large numbers use the new facilities to the benefit of all.

We hope people keep fit by playing games and walking and staying healthy and our new facilities provide the means for this. It is now open for all to enjoy.
Cyril Bailey, EBS Mortgages Nenagh, presenting Aine Gilmartin, PRO of Nenagh Eire Og Camogie, with sponsorship for the Eire Ogres Camp held recently for the Juvenile and Camogie Club.
down your way

TERRYGLASS & KILBARRON

100KM IN 30 DAYS
It’s not too late to sign up and start walking. Ballinderry Community Sportsfield Committee have signed up to the 100km in 30 days challenge. This is a fundraiser for Breast Cancer Ireland and the funds raised will go directly to Breast Cancer Ireland. Please log on to www.100km30days.ie and register, choosing Ballinderry Community Sportsfield on the drop-down menu.

MARKET
Lakeshore Community Market will be in Ballinderry this Saturday, June 19, from 10am to 12 noon. Showcasing quality local produce, the market features a range of vegetables, organic eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

SYMPATHY
The death of Lizzie O’Dwyer, Cloonorna, Ballinderry occurred on Friday, June 4th. We extend our deepest sympathy to her brother Con in England and her nieces, nephews, neighbours and friends. Funeral Mass for Lizzie was celebrated in Tarryglass church with burial in the adjoining cemetery. May she rest in peace.
We extend our sincere sympathy to Helen Leenan, Ballinderry, and family on the recent death of her father, Jackie Brennan, Borrisokane. May he rest in peace.

PORTROE

CHURCH NOTICE
Public Masses continue on the usual schedule of Monday, Tuesday, Wednesday and Saturday at 9.30am, Saturday evening at 6pm and Sunday at 10am. Social distancing and face covering applies. Parishioners are reminded that Masses are live streamed every Sunday on www.youcatholic.com/ portroe. Burgess, youghalparishes. Parish envelopes can be left into Fr Ger’s house or Newtown Post Office. Many thanks for your continued support.

PARISH LOTTO
Last week there was no winner. The following were lucky dip (€25) winners: Laucke and Jo Farren, Closheyren; Irene Ryan, L.A. / Tom Ryan, Nicole Timan, Clough; Denise Seymour, Garrykennedy. Portroe GAA, Camogie Club and Parish Hall would like to thank everyone for their continued support. Our lotto is now available online; please download the Clouforce App from the App store or Google Play store.

COUNTY SENIOR HURLING LEAGUE
Portroe senior hurlers got off to a winning start in group 3C of the County Hurling League on Saturday evening last with a 27pts to 18pts win over Lorrha-Dorrha. John Sheedy returning an impressive 0-16 on the day.

ALLIANCE LEAGUES
Tipperary senior hurlers ended their Alliance League campaign on Sunday last with defeat to Waterford in Walsh Park, 3-21 to 2-29. Attention now turns to the Munster Championship semi-final on July 4 where they will face Waterford or Clare. Darren Gleeson’s Antrim wound up their Division 16 campaign with a point to spare over Laois on Saturday last.

PORTROE GAA MEMBERSHIP
Portroe membership is now due. Rates are as follows: Adult plus gym €70; adult player inc gym €60; adult non-player: €50; students and U21: €25; students and U16 plus gym: €50; Juvenile first child: €25; juvenile second child: €15; Juvenile, third child: €10.

GRAVEYARD Masses
Annual graveyard Masses will take place over the coming weeks on the following schedule: Castletown Cemetery, Wednesday June 16, at 7.30pm; Portroe Church graveyard, Sunday, June 27, at 10am; Garrykennedy Cemetery, Friday, July 2, at 7.30pm. In the event of rain, Masses will be celebrated in St. Mary’s Church, Portroe.

SYMPATHY
Deepest sympathy is extended to the family, relatives and friends of the late Jimmy Ryan, Ardrana, who passed away suddenly at home recently. A sportsman of considerable talent in his day, Jimmy’s remains were accompanied to St. Mary’s Church, Portroe, by his many former teammates and friends. May he rest in peace.

MILESTONES FOR FR. SEAMUS
Fr Seamus Gardiner has two major milestones to celebrate currently. Our former parish priest was honoured by Bishop Fintan Monahan on his 85th birthday recently. In addition, on this Friday, June 18, Fr Seamus will be 60 years ordained. This is another major milestone, which in normal times would be celebrated through a large parish event. In these times, however, things are slightly different and Fr Seamus will mark the occasion by joining our parish Mass at 9.30am. All are welcome to participate in the Mass where we will give thanks for six decades of priesthood ministry.

CEMETERY MASS
There was no winner of the £5,900 jackpot on June 7. The lucky dip (€30) winners were Marie Hughes, Carrigatoor; O’Brien Girls, Ogonell; Una Merrit, Kilcolman and Sarah Gilmore, Newtown. The sellers’ prize went to Timmy Hogan. Thank you to all our sponsors, sellers and players for supporting our club lotto.

NORTH TIPP ONLINE BINGO
Bingo continues every Sunday night at 8pm on Zoom in aid of Burgess GAA and Burgess Dakrah Camogie. Books can be bought on https://www.palmsmarketing.ie/product/north-tipp-bingo/ and printed at home to play. Books are £3 each or two for £5. Your support would be appreciated.

SACRAMENTS
Pupils of Youghalparish NS will receive the Sacrament of Confirmation on Thursday, July 8, at 7pm and First Holy Communion on Friday, July 9, at 9am. Burgess NS pupils will receive the Sacrament of Confirmation on Friday, July 16, at 11am and First Holy Communion on Sunday, July 18, at 12.30pm.

NEW BISHOP
Congratulations to Fr Ger Nash, Killaroe Diocesan Secretary, on his appointment as Bishop of Ferns.

SYMPATHY
Sincere sympathy is extended to Ann Woods and family, Ballinliffam, on the death of her brother Paddy Ryan (Luke), Cappamuck, Cappamore, Co.Limerick. May
he rest in peace.

TEMPLEDERY

SYMPATHY
We extend the sympathy of our community to Teresa and Joe Shanahan and family, Cloonfinch, Templederry on the death of Teresa’s brother, Michael Tracy, Fantane. Our sympathy is also extended to Michael’s wife and family. Also to Anne Maher and family, Fantane. May he rest in peace.

SENIOR HURLING
Our senior hurdlers made a winning start to the County League when they defeated Ballina in Ballina on Sunday morning last. We wish them the very best as they continue in the league.

TEMPLEDERY GAA LOTTO
Last week’s draw was held virtually and there was no winner of the Jackpot. This week’s Jackpot is €72,000. Again a big thank you to all the sellers and purchasers of tickets, who are so very loyal, every week to the continuation of the lotto.

TEHRULS

BREAK-INS
Local gardaí are encouraging people to be sure to lock their cars when they are idle after a series of break-ins in recent times. These occurred in a variety of locations in the town and while a man has been charged in connection with them, the gardaí are particularly keen that the public take full precautions to ensure the security of their vehicles.

OLYMPICS LINK
Thurles will have a particular interest in the forthcoming Olympic Games following the qualification of Michelle Finn for the steeplechase event. Michelle hit the qualifying time in Finland and this will be her second Olympics, having also run in Rio five years ago. The Leevale athlete is daughter of Mary and Tommy Finn, formerly of Abbey Road, and is a qualified athlete in his time with many successes to his credit at national and regional level. She is granddaughter of the late Paddy and May Finn, Abbey Road and niece of Dinny, Jimmy and the late Billy Finn, and a cousin of the late Sonny O’Gorman, Inntisfallen Avenue, who was a participant in the 1948 Olympic marathon.

CONFIRMATION
It was announced at the weekend that children of the parish will receive their confirmation at ceremonies held over two days on July 5 and 6, Monday and Tuesday.

First Holy Communion dates are the following Thursday and Friday, July 8 and 9, with the schools again divided to comply with Covid restrictions. The inaugural draw in the new lotto to raise funds to re-roof the church will take place this Thursday, June 17. Because of Covid restrictions the draw is being done online. Lines are €2 each or three for €5 and people can join by logging on to www.thurlescatholic.org and clicking on the Join Lotto button.

SARS IN ACTION
Sarsfields began the competitive hurling season in fine style with four wins in five games. On Sunday morning the defeated JK Bracken’s in the County Senior League. On Wednesday last they got the better of Clonakenny, after extra time, in the Cashel Cup game. Sarsfields will play the senior side on Holy Cross-Ballycalli.

VOLUNTEER APPEAL
Volunteers are needed to support the provision of evening counselling by Accord counsellors. Those interested in helping with this valuable work on weekend evenings should contact 0504-22279 for details.

SCHOOL DEPARTURES
Two valued members of the teaching staff at Coláiste Muire Cois Fhada in town are leaving the school to take up appointments elsewhere. Luke O’Meara, well known hurler with Holycross-Ballycalli, is departing for an appointment in Abu Dhabi while Julianne Butler is moving to Castlerea. Both are thanked for their outstanding service to the school and wished well in their careers.

WALK CLOSED
The river walk by the ‘Swinging Gates’ has been temporarily closed to facilitate roadworks being carried out in the area as part of the Knockavoe development at Slieverose Road, being carried out in conjunction with the development of the old Erin Foods site. This is a very popular walk for locals linking up to the town park and the hope is that the inconvenience for the public will be of short duration.

MONEYGALL & DUNKERRIN

SYMPATHY
The death occurred last week of Ruth Holloway, Killusk. Killusk. Daughter of Eamon and Margaret O’Gorman, formerly Abbey Road, is mourned by her son Jake, daughter Jasmine and sister Ria, her parents and her many relatives in the area. Sympathy is received to draughtsman speaking at the Memorial. A funeral service for Ruth will be held at a later date.

CHIROPODY CLINIC
Monegall Dunkerrin Barna Social Services have organised a chiropody clinic, which will be held in Monegall Healthcare Centre on Monday, June 21, at 2pm.

BORRISokane

MARKET
Lakeshore Community Market will be in Ballinderry this Saturday, June 19, from 10am to 12 noon, showcasing quality local produce.

FITNESS FUNDRAISER
On Monday, June 21, Fittime Fitness will be running a boot camp class at the sports grounds in Borriskane at 7.30 p.m. You can donate however much you want on the night and 100% of proceeds will go to the club. The proceeds will go to the local community, which will be split between the club and the local community. This is a great opportunity to support your local club and contribute to the community.

GAA Lotto
Ours Lotto tickets are available in local shops and on Clubforce.com. Alternatively, follow us on Facebook and Twitter where you can follow the draws. You may also download the Clubforce app. Thank you for your continued support and keep on coming and buying your tickets.

SYMPATHY: Borriskane GAA Club would like to pass on our sincere condolences to the Brennan family.
To Jackie’s beloved wife Eileen (née Kelly) and dear children of Helen, Louise, Francis and Patrick. Sadly missed by his loving wife and family, sons and daughter-in-law, sister Carmel, brothers Noel, Louis and Eamon, extended family, friends and neighbours.
Jackie gave great service to Borriskane GAA. He won medals in both. He later became a great Tipperary promoter for the club and always a keen supporter of Borriskane teams and enjoyed our weekly lottery. Ar dheis Dé go raibh a hanam.
Three days of GAA sports, including hurling, football and fun, targeting each age group from our U7s to U16s. So pencil in the dates and work around your ‘Staycation’. More information will follow in the coming weeks.

CLoughjordan

AMPHITHEATRE
Mary Coughlan, Ireland's greatest jazz and blues singer, will be performing in the Amphitheatre in Cloughjordan Eco Village on Friday, June 25. This event was scheduled to take place last September but was postponed because of the Covid-19 pandemic. All tickets from last year's postponed show are valid for the rescheduled show. A strictly limited audience will be accommodated according to all current health regulations and advice.

CENTENARY BOOKLET
The County MacDonagh Centenary Booklet written by Ger Heffernan and John Hogan, can be purchased at the MacDonagh Museum and also in Sheehy's Gigi bookshop in Cloughjordan. The 50-page booklet is produced by the Tipperary in the Decade of Revolution Historical Society. Included in the booklet are the names of the IRA and RIC men involved in the ambush, maps of the ambush site, photographs of the participants, eyewitness accounts from participants, interviews with descendants and local newspaper reports of the ambush. The MacDonagh Museum is open every Friday, Saturday and Sunday from 2-4pm.

COUNTY FINAL
Well done to the Kilruane MacDonaghs under 14 D hurling team who put up a great performance before losing out to Fr Sheehy's on a 3-5 to 3-13 scoreline in the 2020 county final played in Burt Theatre last Saturday.

RACING
Denis Hogan trained Drummer at 18/1 to win the Leopardstown Handicap at the Leopardstown meeting last Thursday. In a dramatic finish Drummer won by a head from Divine Celt in second place with the favourite Garthano a further nose away in third place.

HURLING
Waterford defeated Tipperary by 2-29 to 3-21 in the final round of the National Hurling League played in Waterford last Sunday. Local player Craig Morgan was introduced as a second half substitute for Tipperary. The next game for Tipperary will be against the winners of Clare and Waterford on Sunday, July 4, in the Munster semi-final.

THE COUNTY HURLING LEAGUE game between Kilruane MacDonaghs and Borris-Ileigh scheduled to be played last Saturday was postponed on a mark of respect to the late Johnny Peters. The game was rescheduled for Monday, June 14.

CHURCH NEWS
Confirmation will take place in Saints Michael and John's Church, Cloughjordan, on September 19, and First Holy Communion will take place on Saturday, September 25.

The Parish Office in Cloughjordan is open Monday, Wednesday and Thursday from 10am to 2pm. Mass cards (birthday and death) Mass cards are available in the Parish Office.

SYMPATHY
The death has taken place of John Peters from Beechwood. Sympathy is extended to his wife Mary, sons Jack and Darragh, daughters Siobhan and Ailish, sister Bridget, brothers Noel, Mattie and Liddy and extended family.

The death has also taken place of Willie Costen, Bóthar Mhuire, Cloughjordan, and formerly from Emishcothy, Co. Wexford. Sympathy is extended to his son William, daughter-in-law Lisa, brothers Harry and John, sister Anne and his grandnephew Lily-May, Kiara, Liam and Phoebe.

LOCAL LOTTO
The jackpot for the next draw in the Kilruane MacDonagh's Lotto is €5,000. Thanks to all subscribers for your continued support.

Ballingarry

COMMUNITY MARKET
Ballingarry Community Market will take place this Saturday at The Picnic Area, with parking at the GAA grounds. Our market will run from 10am to 2pm. We look forward to showcasing a wide selection of food from local producers and vendors, some of whom will be making their debut appearance on the market scene. Keep an eye out for social media platforms and our website www.ballingarry.ie for regular updates.

TIDY TOWNS
Our boxes of flowers have been put out to brighten up the village. We would like to ask that anybody who has a planter near their home would keep it watered for us please.

JOB VACANCIES
There are a number of vacancies on the Community Employment Scheme. If you are interested in applying or require further information please contact Paula on 087-4142614.

Lorrha

LORRHA DEVELOPMENT/TIDY TOWNS
The committee of Lorrha Development/Tidy Tows welcomes and acknowledges the huge effort that has been put into the cleaning up of the village and surroundings on recent Wednesday evenings. It is very heartening to hear that volunteers have been out in such numbers and going about the job with enthusiasm and pride. Has a new day dawned for Lorrha? We sincerely hope so.

LORRHA CAMOGIE
Juvenile teams. Our U14s have two matches completed in their championship with a home win over Ballingarry and a narrow defeat away to Templemore. Next match is Sunday, June 20, v Cahirciveen in Tony Reddin Park.

Our U12s will start their championship v Kilruane, week beginning, June 21. Any girl interested in playing aged 9 and over, please contact Caroline O'Brien on 087 2345697.

Our Junior B team played a very entertaining challenge match v Shirrone during the week with both sides scoring equal scores. Final score 5-18 to 3-18 to Shirrone.

Hard luck to Clodagh McIntyre and the Tipperary Senior team on their narrow defeat in the League semi-final. We look forward to their championship campaign.

COMMEMORATIONS
Commemorations to Brian Hogan and the Tipperary senior hurling team, who came up against a hungry Waterford side in their meeting last Sunday and losing out by five points, their first loss of the season. Final score Waterford, 2-29 to Tipperary, 3-21 in their NHL game. Tipp will now turn their attentions to the Munster championship, which starts on June 27. Elsewhere, Offaly earned their place in the Division 1B league for next year alongside neighbours Tipperary after winning all their league games.

HARD LUCK
Commemorations to Clodagh McIntyre and the Tipperary camogie squad, who lost out to All Ireland champions Kilkenny in the League semi-final on Sunday last. This was real hard luck for Tipp, who were by far the better team throughout the game as they displayed huge intensity to upset the Cats, who played second fiddle for most of the game. However, goals win matches and two very quick goals coming so close to the end of the game were to leave the
Tipp girls trailing by a mere two points, 3-12 to 0-19 on the final whistle. Sport can definitely be cruel. The girls will now turn their attentions to the championship.

TRAINING WITH COUNTY TEAMS
The best of luck to Colm Fogarty, who is training with the U20 county panel and to Darragh Guinan, who is training with the minor panel. We wish them all the best for the season ahead and indeed to all the younger players in the parish who are presently attending trials at various levels. Well done to them all and we wish them well.

SYMPATHY
Sympathy is extended to Ann and Mick Reddan and family, Lorrha, on the death of Ann's sister Bernadette Guinan, Ferbane, which occurred recently. May she rest in peace.

SACRAMENT OF CONFIRMATION
Confirmation this year for Lorrha, Redwood and Rathcabbin will take place on Tuesday, August 24, at 7.30 pm. As there is very little time left in this school term and the teachers will kindly be putting the final touches to the preparation, sorting booklets and a small amount of young people involvement, we’d like to invite you and your child to do a prayer to the Holy Spirit, that might go something like this: “The gift of the Holy Spirit that I need at this time is...” Please complete the sentence and get your young person to bring it back to school on Monday, June 18. These prayers will be put into one prayer for the Holy Communion reflection on your confirmation night and we all pray it together.

GOOD WISHES
Best wishes and prayers for Fr Gar Nash, Diocesan Secretary and Pastoral Planning Co-ordinator in the diocese, who has been appointed by Pope Francis as Bishop of Ferns, which comprises mostly of County Wexford.

MARKET
Lakeshore Community Market will be in Ballinrane this Saturday, June 16, from 10 am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, offspring, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

LORRHA MONASTIC TOURS
The history of 1,500 years of Lorrha Monastic Village by local historian James Heenan takes place every Wednesday evening in Lorrha Village at 7.30 pm. The tour features tales of high kings and Vikings, chieftains and heathens as well as myths about monks, monsters and magic.

The tour covers the three local monastic sites: the 11th Century Great Stone Church of Lorrha, 13th Century Dominican Priory and 15th Century Augustinian Priory, Motte and Bailey, Holy Well and Ballinam Stones. Cost is £7 per person. For booking, phone James, 087-2037958.

PUCKANE
WANT TO WIN MONEY?
Kildangan GAA Lotto is now live on Facebook with Monday nights at 9 pm. Details of how to enter are as follows: Just buy £2 per ticket or £5 for three tickets, available at Kennedy's shop, Puckane and Tony's Tipp Top Shop, Ballycommon. Why not enter online at kildangan.gaa.ie/products and there are a number of options as to how long you sign up for. The jackpot currently stands at £16,600. Thanks to everyone for their support and stay safe.

SYMPATHY
To Sandra Ryan and family, Ballyragget, Puckane, on the death of her uncle Seamus Gleenon, Manchester, England and formerly Silvermines, who passed away on June 10.

SCRAP METAL COLLECTION
Kildangan GAA is currently holding a Scrap Metal Collection. Last Saturday was the first day of collection and they hope to continue same over the next few weeks. Already there has been a lot of donations and they have been collected by club volunteers. Ballycommon will be a collecting point next Saturday, June 19, from 9 am onwards. Collection of large items can be facilitated. For further information please contact Art Flannery (Club Chairman) on 086-3375371; Paul Fogarty, 087-3750889; or Seamus Quigley, 086-2722662, or any other committee member.

MASS TIMES RETURN
With Covid restrictions eased Daily Mass continues in both churches. The times are as follows: In St Patrick's, Puckane, Mass will be celebrated on Mondays, Tuesdays and Thursdays at 9.30 am. Vigi Mass in Puckane on Saturday evening at 7 pm. Morning Mass in Carrig will be on Wednesdays, Fridays and Sundays at 10 am.

HURLING
Temporarily lost their final All-Ireland Hurling league game to Waterford at Walsh Park last Sunday with a number of Kildangan hurlers involved. They included Alan Hannon, Willie Connors, Paul Flynn, James Quigley and Barry Hogan. Darragh Egan was selector with the team. Billy Seymour is a member of the panel also.

PORTUMNA
EXPLORE PORTUMNA
A community survey of the biodiversity of Portumna town and immediate surrounds is up and running.

All are invited to get involved, come out, have fun, learn about biodiversity and how to carry out a biodiversity survey. Come on your own with your friends, with your club or with your family.

You will be amazed. Local ecologist Anne Marie Mahon is leading the survey and details of how to get involved can be found on https://www.portumnabio.com/get-involved/

If you have further questions or need help, you can also join the Saturday morning zoom sessions led by Anne Marie.

This survey is being grant-aided by the Community Foundation of Ireland through the local Port Omna Bio Diversification Group. The long-term purpose of the funding is to enhance the already rich biodiversity of Portumna and its immediate surrounds.

A survey to be carried out by the community is the first requirement and is the purpose of the present round of funding. The findings of the survey will then provide the data needed to plan for the further enhancement of Portumna’s biodiversity. Do not miss this opportunity. Do get involved.

TENNIS UPDATES
Portumna Lawn Tennis Club are looking forward to a busy summer of tennis, albeit under continued Government restrictions.

Coaching continues at weekends for both junior and adult players. This is very popular and a great way for players to improve their skills. All levels are catered for and new members are always encouraged to sign up to coaching.

PLC are now offering the Sixth-month membership rates to new or renewing members. The Sixth-month membership commences on July 1st and runs until December 31.

Club night continues every Wednesday from 7.30 until 9.30 pm with a committee member always on duty. If anyone is interested in joining please contact 087-3505067 for further information.

GENEROUS DONATION TO CAMOGIE CLUB
Portumna Camogie Club would like to thank Michael Collins of Collins & Co Solicitors, Dominic Street, Portumna, for his very kind and generous donation of €1,000 to the club. Michael has always...
been a great supporter and his generosity is greatly appreciated by all in Portumna Camogie Club.

PET CLINIC HOURS
Portumna Vet Clinic would like to inform clients that the pet clinic hours, Monday-Friday, remain as 9am - 12pm.

LORRHA MONASTIC TOURS
The History of 1300 years of Lorrha Monastic Village by local historian James Heenan - Tales of High Kings and Vikings, Chiefs and Heathers: Myths of monks, monsters, murders, and magic.

The tour covers the three monastic sites: 11th century Great Stone Church of Lorrha, 13th century Dominican Priory, 15th century Augustinian Priory, Mollee and Bailey, Holy Well and Ballynacrome Stones. Every Wednesday evening in Lorrha Village at 7:30pm, 5€ per person.

For booking, phone James, 087-2081798.

LADIES GET INTO GOLF PROGRAMME
Portumna Golf Club is delighted to announce that a ‘Get Into Golf’ Women’s Programme will run from June 24 to July 29 on Thursday evenings.

The six-week course consists of a mixture of lessons with a PGA Professional and on-course activities with current members of the ladies section - ensuring participants receive both technical instruction and are welcomed socially into the golf club environment. No equipment needed. Cost: €50. To register interest, please email getintolgolfportumna@gmail.com or ring 086-1925466.

This week is Active Schools Week in Carrig NS. The week got off to a great start on Monday morning with Zumba with Christine Nevin for all classes. Junior and Senior Infants are seen here having great fun.
100k in 30 Days event set to grow with Sherry FitzGerald as title sponsor

Following the phenomenal success of last year’ s 100k in 30 Days event, organised by couple Niall Carroll and Caru McAdam, which raised over €12 million in essential funding for Breast Cancer Ireland, Sherry FitzGerald are proud to be this year’s new title sponsor. This year’s event is shaping up to be a bigger and better family-focused virtual event, with over 52,500 #pinkarmy participants already registered!

The national event, which is a fun initiative, aimed at casual strollers, keen walkers, joggers and seasoned runners alike, is open to everyone from ages 4 – 84, and invites participants to walk, jog, run or wheel a total of 100km (or more) during the month of June to help raise funds for Ireland’s leading breast cancer charity, Breast Cancer Ireland.

Proceeds from the event will help to fund life-saving research and the provision of good breast health education and awareness programmes nationwide by Breast Cancer Ireland, who plan to channel funds raised by the #PinkArmy through the event this year into 3 specific areas, namely:

1. The development of a state-of-the-art Clinical Trials Centre, to be based in the new Breast Cancer Research Centre, being built on the grounds of Beaumont Hospital, Dublin, and due to open in Autumn of this year. This new Centre will help translate laboratory findings into newer, more effective, drug therapies for patients into the future.

2. Support for the Breast Cancer Ireland-funded specialist breast cancer Research Nurses in the designated cancer centres all across Ireland, whose role is to collect and collate patient tissue and serum samples into one large centralized resource, accessible to clinicians and scientists nationwide, thus helping to speed up discovery times and research progression from laboratory to clinical trial.

3. Support for the Breast Cancer Ireland Education and Outreach Programmes delivered nationally to schools, companies and community groups. These programmes educate on good breast health, outlining the signs and symptoms to look out for, and also how to properly perform a self-breast examination.

Sherry FitzGerald CEO, Steven McKenna said that their sponsorship of this fantastic event aligns well with their own community-led brand values:

“We’re delighted to contribute in any way that we can to help grow the profile of the event and drive participation throughout the villages, towns and cities in which we operate all across Ireland. It is a privilege to be involved in any initiative that helps to advance a cure for breast cancer – a cause that touches the lives of so many including many of our own friends, family, colleagues and associates.”

Participation in the 100k in 30 Days event is easy – simply register at www.100kin30days.ie.
The Sherry FitzGerald Team in Galway sporting their pink cammy T-shirts.
St John of God’s day centre walk for cancer

Men and women from SJOG Day Centre do the 100k challenge

Out and about raising funds for Breast Cancer Ireland

SJOG day Centre putting their best foot forward for Breast Cancer Ireland

Sending a message of faith to the town
Vitamin sea just the tonic!

WATERSPORT

Eoghan Dinan

The mass gatherings around the Cork Harbour Festival may have had to be cancelled due to the Covid-19 pandemic, but that didn’t stop coastal rowers from still taking in the festival’s flagship event, the Ocean To City rowing race.

The festival promised events on water, on land and at home, with 15 events calling and 29 activities planned around the city and harbour.

It celebrated Cork’s connection with the water, the river and its harbour, and encourages everyone to go explore the wonderful water facilities in our city. It’s only when you don’t live within a short drive of water that you begin to fully appreciate how lucky we are, and how easily we can partake of water sports.

The festival’s Ocean To City race went virtual, allowing spectators to follow participants around the world as they took on the Ocean To City challenge from home.

And with a Covid-hit regatta, ocean coastal rowers were only too eager to take up the challenge, in a safe manner.

Among those were members of Kilmacsimon Rowing Club, who took part in the Cork Harbour Festival Ocean To City race. They were joined by clubs from all over Ireland and also in 10 other countries who rowed five miles (eight kilometres) from their own club or nearby.

Kilmacsimon RC put out three crews, made up of Allish Calnan, Mary Calnan, Anna Bradford, Anna Fehily, Karen O’Brien, Jean Humphreys, Catherine and Kieran Curtin, Tommy O’Herlihy, Martin McCarthy, Seamus Murphy, Padraig McCarthy and Declan O’Sullivan, and mixed the teams up, along with coxes John Scanlon, Helen O’Brien and GJ McMenamin, and watched by Kevin O’Connor in the safety boat.

And in the sunshine they rowed their distance across both the Saturday and Sunday of the June Bank Holiday weekend, from Kinsale to Kilmacsimon and back again to Kinsale, and enjoyed a ‘Tarbert’ day out.

They will take up the oars again very soon to take part in the July Welsh leg of Ocean To City, which will be held on the weekend of July 9-11 (there was also a Scottish leg of the race back in May).

Among those taking part in the June event was Kilmacsimon Rowing Club’s Allish Calnan, a survivor of breast cancer, who has undertaken to row 100km in 30 days across the month of June for Breast Cancer Ireland.

As it stands, Allish has hit the 80km mark and is doing it all on the water, no indoor rowing machines here!

Kilmacsimon Rowing Club members said they are “delighted to be rowing along with Allish in support”.

And we’d all like to row to the end that great cause, and can do so by visiting www.justgiving.com and doing a search for “Allish Calnan 100km in 30 days” and giving what you can.
Three Killnaslimon Rowing Club teams at the starting position for the 2021 Ocean To City race.

Martin McCarthy, Declan O'Sullivan, timmy O'Riordan, Padraig McCarthy, and cox Cola Dunne of Killnaslimon Rowing Club.

Killnaslimon Rowing Club's Jean Humphries, Catherine Carter, Karen Nixon, Allish Calnan, and cox John Scinnell, during Ocean To City.

Allish Calnan, Mary Calnan, Anne Bradfield, Anna Fennelly of Killnaslimon Rowing Club, at Ocean To City 2021.
Kilmacsimon Rowing Club crews take on Ocean to City challenge

Ocean to City a virtual success, and Kilmacsimon RC among those eager to hit the water
The mass gatherings around the Cork Harbour Festival may have had to be cancelled due to the Covid-19 pandemic, but that didn't stop coastal rowers from still taking on the festival's flagship event, the Ocean To City rowing race.

The festival promised events on water, on land and at home on our screens, with 15 events online and 28 activities planned around the city and harbour.

It celebrated Cork's connection with the water, the river and its harbour, and encourages everyone to go explore the wonderful water facilities in our city. It's only when you don't live within a short drive of water that you begin to fully appreciate how lucky we are, and how easily we can partake of water sports.

The festival's Ocean To City race went virtual, allowing spectators to follow participants around the world as they took on the Ocean To City #fivemilesfromhome challenge.

And with a Covid-hit regatta season coastal rowers were only too eager to take up the challenge, in a safe manner.

Among those were members of Kilmacsimon Rowing Club, who took part in the Cork Harbour Festival Ocean To City race. They were joined by clubs from all over Ireland and also in 19 other countries who rowed five miles (eight kilometres) from their own club or nearby.

Kilmacsimon RC put out three crews, made up of Ailish Calnan, Mary Calnan, Anne Bradfield, Anna Fehily, Karen Nixon, Jean Humphreys, Catherine and Kieran Curtin, Timmy O’Riordan, Martin McCarthy, Seamus Murphy, Padraig McCarthy and Declan O’Sullivan, and mixed the teams up, along with coxes John Scannell, Helen O’Brien and CJ McDonagh, and watched by Kevin O’Connor in the safety boat.

And in the sunshine they rowed their distance across both the Saturday and Sunday of the June Bank Holiday weekend, from Kinsale to Kilmacsimon and back again to Kinsale. And enjoyed a “fantastic day out”.

They will take up the oars again very soon to take part in the July Welsh leg of Ocean To City, which will be held on the weekend of July 9-11 (there was also a Scottish leg of the race back in May).

Among those taking part in the June event was Kilmacsimon Rowing Club’s Ailish Calnan, a survivor of breast cancer, who has undertaken to row 100km in 30 days across the month of June for Breast Cancer Ireland.

As it stands Ailish has hit the 40km mark and is doing it all on the water, no indoor rowing machines here!

Kilmacsimon Rowing Club members said they are “delighted to be rowing along with Ailish in support”.

And we’d all like to row in behind that great cause, and can do so by visiting www.justgiving.com and doing a search for ‘Ailish Calnan 100km in 30 days’, and giving what you can.

Caption:
Ailish Calnan, Mary Calnan, Anne Bradfield, Anna Fehily of Kilmacsimon Rowing Club, at Ocean To City 2021..

Caption:
Three teams from Kilmacsimon Rowing Club on the way back from their 5 miles (8km) row..

Caption:
Three Kilmacsimon Rowing Club teams at the starting position for the 2021 Ocean To City race..

Caption:
Kilmacsimon Rowing Club crews undertake Ocean To City row..

Caption:
Kilmacsimon Rowing Club’s Jean Humphries, Catherine Curtin, Karen Nixon, Ailish Calnan, and cox John Scannell.
Today FM @ 21-Jun-2021 19:50 - (breast)

Strong on today FM the pressure on he was out on her 10 kilometre walk and training to deal 100 glamorous in 30 days for breast Cancer Ireland so she and your strong surveyed he deserved that enjoy your walk up the Sun is shining wherever you are and how there was a time when a little bit I'd love to stay and have been 0 in the late E a big honest and I'm sorry that something that did you see that this ban on all in all is not over the moon with the just that he you're listening to doesn't mean brain the same time the Letterfrack link giving the tram line if things do not stand up and applaud being down at me and I cannot be based
Still time to join the Pink Army’s 100k

By MARGARET ROODY

This year’s Pink Army for the 100km in 30 Days in aid of Breast Cancer Ireland has 22,300 participants from all over Ireland and in 24 countries worldwide. In his latest update on social media, 110km in 30 days founder Niall Carroll acknowledged all those taking part and stressed that as the event is only two thirds of the way through, there is plenty of time for people to complete their challenge, or indeed to even start.

He urged those who have completed their 100km to keep going and to encourage family members and friends to finish the challenge.

So far, walkers, runners, and cyclists have logged a total of 520,000km with 2,794 people having already completed their 100km. There is a big emphasis on the big friendly event and a family-friendly event, with special children’s t-shirts and Around 3,000 children are taking part.

Niall gave a special shout-out to the 1,300 breast cancer survivors and those women and men going through treatment for breast cancer who have joined the challenge.

There are also lots of community groups around the country taking part, such as the men and women from the Saint John of God Day Centre (pictured below) who have signed up for the challenge.

Also taking part are the residents and staff of Blackrock Abbey Nursing Home who are completing their challenge with strolls through the village, while the team at Grange Childcare, Drogheda are doing their 100km on Friday using stationary bikes.

People can still register to take part in 100km in 30 days and raise much-needed funds for valuable research into breast cancer. Extra Pink Army t-shirts are also available to purchase for just €10 with all funds going to Breast Cancer Ireland.

For more information, check out www.100km30days.ie.
Public Masses continue on the usual schedule of Monday, Tuesday and Wednesday at 9.30am, Saturday evening at 6pm and Sunday at 10am. Social distancing and face coverings apply. Parishioners are reminded that Masses are live-streamed every day on www.youtube.com/@protoreburrenyoughalparishes. Parish envelopes can be left into Fr Ger’s house or Newtown Post Office. Many thanks for your continued support.

GRAVEYARD MASSES
Annual graveyard Masses continue over the coming weeks on the following schedule: Portroe Church graveyard, Sunday, June 27, at 10am. Garry Kennedy Cemetery, Friday, July 2, at 7.30pm. In the event of rain, Masses will be celebrated in St Mary’s Church, Portroe.

2021 SACRAMENTS
The following dates have been announced for 2021: Confirmation, Saturday, July 10, at 10.30am and 12.30pm. First Holy Communion, Saturday, September 25, at 11am.

PARISH LOTTO
Last week there was no winner. The following were lucky dip (£25) winners: Dermot O’Halloran, Portroe; Tidhy O’Halloran, Portroe; John Hogan, Killarney; Andy McGeehan, USA; Portroe GAA; Camogie Club and Parish Hall would like to thank everyone for their continued support. Our lotto is now available online; please download the Clubforce App from the App store or Google Play store.

PORTROE GAA MEMBERSHIP
Portroe membership is now due. Rates are as follows: adult (private) £70; adult (non-private) £50; student (private) £45; student (non-private) £25; junior first child: £25; junior second child: £15; junior third child: £10.

PORTROE YOUTH CLUB
Due to the increase in numbers attending Portroe Youth Club and the social distancing controls we have in place, additional volunteers are required to support club activities. If anyone is interested in giving an hour or two of their time helping and supervising please contact Kieran (087 2518004) or William (087 2860992) for details. This important social outlet brings young people from the community together through games, events and outings throughout the year.

JUNIOR A FOOTBALL NORTH FINAL
Hard luck to our Junior A footballers who lost out to Ballina in the 2020 Junior A North Football Final on Saturday evening last in Ballina. Final score 2-9 to 0-8.

SÉAMUS Ó RIAIN CUP DRAW
This week Portroe senior hurlers will learn their groupings for the 2021 championship. Each group will have one of the four seeded teams in the draw. Burgess, Lorrha-Dorrha, Newport and Killenaule. The remainder will be selected through an open draw from Portroe, Carrick Swans, Cloneen and Ballina. Cashel King Cormacks, Scan Treacy’s, St Mary’s, Gortnoe, Glengoole, Templederry, Kiladangan B, Thurl’s Sandsfields B and Silvermines.

Cemetery Mass
The annual cemetery Mass will take place in Burgess cemetery on Thursday, June 24, at 7.30pm. There will be no morning Mass in Youghal church on Thursday June 24. In the event of inclement weather, the Mass will be celebrated at 7.45pm in the nearby church. Mass-goers are asked to observe all relevant social distancing measures.

Burgess Cl G lotto
There was no winner of the €5,000 jackpot on June 14. The lucky dip (£10) winners were Claire Walsh, Grattagh; Bridie Kyne, Ballinamoylan; Fr Tim O’Brien, Curriganore and Gabby Reidy, Newtown. The seller’s prize went to John Grace. Thank you to all our sponsors, sellers and players for supporting our club lotto. You can now play our club lotto online at Clubforce.com.

NORTHPOL ONLINE BINGO
Bingo continues every Sunday night at 8pm on Zoom in aid of Burgess GAA and Burgess Duharra Camogie. Books can be bought on https://www.palmsmarketingle.com/product/north-tip- bingos-and-printed-at-home-to-play. Books are £8 each or two for £15. To date £2,750 has been won by players on North Tipp Online Bingo. Your support would be appreciated.

BOOKING OF MASSES
Masses for months’ mind and anniversaries can be booked by phone, text or email to terryglasskilbarron@gmail.com.

CONFIRMATION
The children from Sixth Class in the parish will receive the Sacrament of Confirmation on Saturday, July 10, at 11am in Killarney church.

PORTROE CHURCH NOTICE
the following week.

**TEMPLEDEERRY GAA NEWS**

Our seniors will be out in the league again this weekend. Please see fixtures on the Naenagh Guardian for details. Our Junior B team were narrowly defeated by Burgess in Killcolman on Saturday evening last.

**TEMPLEDEERRY GAA LOTTO**

Last week’s draw was held virtually and there was no winner of the jackpot. This week’s draw will be again held virtually and the jackpot will be €7,400.

**TEMPLEDEERRY NS**

Our school is now closed for the summer holidays. We wish all the pupils and the teachers a very enjoyable holiday and please keep safe during the break.

First Holy Communion The First Holy Communion ceremony will take place in Templemore on Saturday, July 10. The Confirmation ceremony will take place in Templemore Church on Friday, July 9. More details will be issued closer to the time.

**SYMPATHY**

We extend the sympathy of our community to the relatives of the late Pascal Boland, Lattenagh. May he rest in peace.

**CEMETERY MASS**

The annual Mass at Killeary Graveyard will take place on Saturday, July 3, at 6.30pm. All are welcome; seating provided.

**THURLES**

**HOUSING DEVELOPMENT**

A revised application for planning permission for 26 new houses at Dublin Road has been lodged with the county council by Delta Properties Thurlers Ltd. The plan provides for two, three and four-bedroom houses and also includes the provision of footpaths, lighting, drainage and playgrounds, open spaces and active recreational areas, landscaping and all other site associated works. The current application is a revised version of a plan submitted earlier and is available for inspection or purchase at the council’s offices during opening hours.

**GOLDEN JUBILEE FOR FR GEORGE**

Congratulations to Fr George Ranahan, Rector of the Pallotine Fathers, Kickham Street, who recently celebrated the Golden Jubilee of his ordination to the priesthood. Fr George is well-known to the parish as he frequently assists the local clergy in their work and in recognition of this he was made a presentation by Marianne Dwyer, Thurlers Parish Pastoral Council, to mark the occasion. Thurlers parish wishes Fr George many more productive years in his priestly ministry.

**SYMPATHY**

The death occurred last week of Angela Finn, An Culán, Kickham Street, and formerly of Liberty Square. In her 91st year, she was the last of the well-known Finn family and was predeceased by her sisters Ursula, Colette, Mary, Nancy and Frances and her brother Jimmy. Sincere sympathy to her nephews, nieces, and many relatives and friends on her passing. Following Requiem Mass in the Cathedral on Saturday interment was in St Patrick’s Cemetery.

Imelda Hanney, Manna Cottage, Templemore, who passed away last week, was a member of the highly regarded Fielding family of Cloughog and Liberty Square formerly. She was predeceased by her husband Billy and is mourned by his sons Patrick and David, daughters Linda and Rachel, grandchildren, brothers Michael, Mark, Kevin and John, sisters Irene and Katrina and by her many relatives and friends. Following Requiem Mass in Templemore interment was in Loughmore.

The death also occurred last week of Eddie Clooney, The Village, Holycross and formerly of Shalmsbury, Dorset. Sympathy to his wife Biddy (Nokes), daughters Deborah and Lisa, his brothers and sisters and extended family on their sad loss. Cremation followed Requiem Mass in Holycross Abbey.

**SARS IN ACTION**

Sarsfields were doubly engaged in Cahill Cup senior hurling action at the weekend and recorded two victories to qualify both teams for the semi-finals. The A team had to fight hard for a 1-16 to 1-15 win over Moycarkey-Borris at Littletown, having led 0-12 to 0-06 at half-time. The B team had a fine win over Holycross-Ballycahill 0-25 to 0-17 after they led 0-17 to 0-10 at the interval. This was a most encouraging start for the new management team led by coach Mark Dowling (Killeary) with Brendan Carroll and Eamon Walsh selectors.

**ATHLETICS**

Croke athletes did well at the county track and field championships at Templemore with Alex Crowley taking gold in the men’s junior 5,000m. In the ladies junior 1500m, Cathy Dunne won the silver medal while in the men’s senior 5,000m John Fitzgibbon was just outside the medals in fourth place. Well done to all three.

**CATHEDRAL LOTTO**

There was no jackpot winner at the opening draw for the lotto to finance the roof of the cathedral. Entry can be done online but those who have difficulty with that can join by calling to the parish office where they will be facilitated. Lines are €2 each or three for €5.

**FILM-MAKING WORKSHOP**

Become a filmmaker with Thurlers Library’s Smartphone Film Making Workshop for Teens. This one-off workshop will be taught by industry professionals who work in the Irish and UK film industry, and will include scriptwriting, directing, cinematography and editing. This workshop will take place on Zoom on Monday June 28 from 2pm to 4.30pm, places are limited so booking is essential. Email Thurlerslibrary@tipperarycoco.ie to book your space today!

**TOOMEVARA**

**CEMETERY MASS**

The annual Mass at Killeary Graveyard will take place on Saturday, July 3, at 6.30pm. All are welcome, seating provided.

**BORRISokane**

**SACRAMENT OF CONFIRMATION**

This will take place on Thursday, August 26, two groups 7 and 8pm. With Covid restrictions, it will be a low-key event.

**NEED FOR MORE VOLUNTEERS**

We are most grateful to those who volunteer their time and talent to the parish community in so many ways. As we are now in a transitional time in our parishes, we need to invite more people to help.

Thanks to those who volunteered over the past weeks.

A WhatsApp group has been set up for Ministers of Word and Eucharistic, which gives people clarity of dates five to six weeks ahead for planning.

Helping with website and newsletter. This is a new invitation. An interesting website and newsletter is a form of outreach to the wider parish community.

Helping with extensive church grounds. This is another new invitation to keep a regular eye, watering, weeding, picking church grounds in all our churches, just as from time to time people do a clean on the inside of our churches. Additional attention is needed to the grounds to what the parish gets organised on an ongoing basis, especially during the summer.

**COMMUNITY CENTRE**

Borrisokane Community Centre (Beside
The jackpots for the next draw in the Kilrane MacDonaghs Lotto is €3100. Thanks to all subscribers for your continued support.

FOOTBALL FINAL
Best of luck to the Kilrane MacDonaghs under 13 footballers, who contest the North Final against Toomevara this week.

SUMMER CAMP
Cloughjordan FC will be holding a Summer Camp from August 2-4. Camp is available to all children currently in Primary School. Participation is not limited to Cloughjordan FC members. Enquiries to Edan at 056-2770000.

AMPHITHEATRE
Mary Coughan, regarded as Ireland’s greatest jazz and blues singer, will be performing in the amphitheatre in Cloughjordan Eco Village on this Friday, June 25.

CAMOGIE
Best of luck to the Kilrane MacDonaghs intermediate camogie team, who play their opening game in the league against Newport this Saturday, June 26, at 7.30pm in MacDonagh Park, Cloughjordan.

CENTENARY BOOKLET
The Modcren Ambush Centenary Booklet can be purchased at the MacDonagh Museum and in Sheelagh na Gigg Bookshop. The MacDonagh Museum is open every Friday, Saturday and Sunday from 2-4pm.

LOOKING BACK
A meeting was held in Cleary’s Hotel, Cloughjordan, on November 17, 1860, to establish the Cloughjordan branch of the National Land League. Michael Boyton from the Land League Headquarters in Dublin was present at the meeting. The officers elected were: President, Rev Daniel Smith, PP, Vice-President, Michael Fitzgerald (Bantry), Secretary. Michael O’Reilly, Assistant Secretary, Samuel Walton, Treasurer, Michael O’Reilly. Others who attended the meeting included Patrick Kennelly, John Hanie, Con Connolly, James Graham and EH Abraham. Also present at the meeting was Peter E Gill from the Nenagh branch of the National Land League, which had just been established the previous week.

LOURHA
LOURHA CAMOGIE
UI4: Well done to the UI4 girls, who held out for a hard earned draw against Cahir on Sunday evening last in Miltown. Lourha’s next outing is away to Moneygall on Sunday next at 6pm and we wish the girls the best of luck.

UI2: The very young UI2 squad are out in the first round of the championship this Wednesday evening. Good luck to all players and management the best of luck. Any girl interested in playing aged 9 and over, please contact Caroline O’Brien on 087 2345678.

NEW CATHAOIRLEACH
Well done to our parish man councilor Michael O’Meara, who has been elected unopposed as the incoming Cathaoirleach of Nenagh Municipal District Council at a recent district meeting. We also congratulate Cllr Ger Darcy who was elected unopposed as teasaí Cathaoirleach. Well done to both men and we wish them the best of luck in the year ahead.

CURES FROM THE PAST
Between 1937 and 1938, more than 50,000 Irish school children were enlisted to help record and preserve stories handed down from their parents, grandparents, and neighbours. This was to become one of the most ambitious and successful folklore projects of that era and it is now housed in the National Library. Here is an example. Jesters, a little, blue, cup-shaped flower is a cure for jaundice, cough-grass for a cold, buttercup for a disease known as heartburn, chickweed for a swollen joint. House leek was used for sore eyes and colts-foot for a sore throat. Food or drink left behind by a ferret was a cure for whooping cough. Garlic boiled in milk is a cure for a cough. For a person suffering from whooping-cough the cure was to go out under a donkey or to eat some of the food that a ferret would leave after him. If a person had warts on the hand and accidentally came across a stone with a little hole and water in it and washed the wart in the water they would disappear. The cure for a sty on the eye was to point a goosberry thorns at the eye for three days. The cure for ringworm was for the seventh son or daughter to rub their hand to the affected part for three days in succession. These medicines/cures are no longer necessary but are used nowadays owing to development of doctors’ and hospital treatment. Very interesting to note how far medicine has developed.

SAFE SUMMER HOLIDAYS
Now that the three schools in the parish have closed for the summer holidays we wish both students, staff and parents a safe and enjoyable summer break and hope all can return in September to a different environment than that experienced since March 2020. Enjoy the break all and keep well.

CONFIRMATION
The Lough Derg RNLI Lifeboats Volunteers were called into action for the second time in 24 hours last Friday afternoon. It was shortly after 12.30pm when they went to the assistance of two people on a 28-foot cruiser aground north of Drimmington Point close to the north-eastern end of the lake. When the crew got to the casualty vessel they found that the cruiser hire company were already trying to refloat the cruiser.

SCRAP METAL COLLECTION
Kilcardoun GAA is organising a scrap metal collection at the moment. Last Saturday was the first day of collection and they hope to continue same over the next few weeks.

Roscrea Trail Blazers
On Thursday night last the Blazers headed to Lough Derg, the Millennium Cross and Touritina. The weather was perfect for a walk along the lake. This is a great place to go for a moderate to easy walk. This Thursday, June 24, sees the blazers heading to a new walk in the town. The walk is for the health of the cabbage and will take place at 6.45pm.
Still time to join the Pink Army's 100k

Participants at the Saint John of God Day Centre participating in the 100km in 30 days

This year's Pink Army for the 100k in 30 Days in aid of Breast Cancer Ireland has 22,808 participants from all over Ireland and in 34 countries worldwide.

In his latest update on social media, 100km in 30 Days founder Niall Carroll thanked all those taking part and stressed that as the event is only two thirds of the way through, there is plenty of time for people to complete their challenge or indeed to even start.

He urged those who have completed their 100km to keep going and to encourage family members, neighbours and friends to finish their challenge.

So far, walkers, runners, and wheelers have logged a total of 962,000km with 2,938 people having already completed their 100km. There is a big emphasis on this year's challenge being a family friendly event, with special children's t-shirts and around 3,000 children are taking part.

Niall gave a special shout out to the 1,300 breast cancer survivors and those women and men going through treatment for breast cancer who have joined the challenge.

There are also lots of community groups around the country taking part, such as the men and women from the Saint John of God Day Centre (pictured below) who have signed up for the challenge.

Also taking part are the residents and staff of Blackrock Abbey Nursing Home who are completing their challenge with strolls through the village, while the team at Grange Childcare, Drogheda are doing their 100km on Friday using stationary bikes.

People can still register to take part in 100k in 30 days and raise much needed funds for valuable research into breast cancer. Extra Pink Army t-shirts are also available to purchase for just €10 with all funds going to Breast Cancer Ireland.
Natalie and Colm champs!

Rowing Club, winner in 2015/16, 2016/17 and 2017/18 (Lee Rowing Club) - and wish them well at the Olympic Games in Japan, as well as the other members of the Irish Olympic rowing team.

Results:

Winners:
Mom: Colm Hennessy, Shandon BC
Women: Natalie Long, Lee Valley RC

Section winners:
Mo: Colm Hennessy, Shandon BC, 8:34.1
M: Stephen O’Sullivan, Shandon BC, 8:34.1
Mc: Brian Hackett, Lee RC, 8:34.1
Mc: G. Brady, Shandon BC, 8:34.1
Mc: Albert Maher, Commercial BC, 8:34.1
Mc: Brian Hackett, Commercial BC, 8:34.1
W: Aine O’Mahony, Farran RC, 8:34.1
W: Roisin Merz, Shandon BC, 8:34.1

Row in behind Allish and her 100km in 30 days fundraising goal

Best of luck to Allish Colman, who is well into her month of rowing 100km in 30 days for Breast Cancer Ireland. The Kildare Shandon Rowing Club member recently took part in her challenge in the Ocean To City rowing challenge, and has been rowing through the kilometres before taking on the 30km mark.

Allish hit the 78 km mark on the Friday night and will continue rowing today and tomorrow, Monday and Tuesday to complete the 100km. It is planned that Allish will complete her journey on Tuesday, having rowed 100km within the month of June. A great achievement, for a great cause.

Allish is pictured here with her teammates at the Ocean To City row.

To support Allish on her fundraiser visit www.justgiving.com and search for ‘Allish Colman 100km in 30 days’.

Natalie Long of Lee Valley Rowing Club also won the Cork Sculling Ladder time trial on Saturday in a time of 7:24.2, ahead of 2010-2011 winner Jessica Leader of Shandon Boat Club in a time of 7:29.6, followed by Aine O’Mahony of Farran Rowing Club in third in a time of 7:36.4.

In total 116 scullers competed and it was great to see so many at The Marina. Including some familiar faces from Cork Sculling Ladder events. Among them was world champion Seanal Quinn, who has competed in many Cork Sculling Ladder events since his inception in 1971, and all scullers were delighted to get back on the water and compete.

It is now hoped to host the 50th Cork Sculling Ladder in late September or early October, and with luck this will happen and the competition will run until the following Spring.

All at the Cork Sculling Ladder congratulate former winners of the Cork Sculling Ladder - Roman Beres (UCC Rowing Club), winner of the 2014/15 and 2015/16 (Lee Rowing Club) - Cork Sculling Ladder, and Margaret Crean (UCC
Some of the Kilmacsimon Rowing Club group who took part in 2021 Ocean to City Cork leg.

Competitors taking part in the 40th Cork Sculling Ladder Time-Trial.

40th Cork Sculling Ladder Time-Trial winners Natalie Long of Lee Valley BC and Colin Hanaway of Shandon BC with event organizer Pat O’Riordan.
Ailish rowing 100km in 30 days for Breast Cancer Ireland

Clubmates row in behind fundraiser by Kilmacsimon Rowing Club member Ailish Calnan, who is well into her month of rowing 100km in 30 days for Breast Cancer Ireland. The Kilmacsimon Rowing Club member recently took part with her clubmates in the Ocean To City #fivemilesfromhome rowing challenge, and has been powering through the kilometres before and since.

Ailish hit the 75km mark on Thursday night and will continue rowing today, tomorrow, Monday and Tuesday to complete the 100km. It is planned that Ailish will complete her journey on Tuesday, having rowed 100km within the month of June. A great achievement, for a great cause.

To support Ailish on her fundraiser visit www.justgiving.com and search for 'Ailish Calnan 100km in 30 days'.

Caption:
Ailish Calnan of Kilmacsimon Rowing Club, who is fundraising for Breast Cancer Ireland by rowing 100km in 30 days.
2KM From Home app wins special PMI award for speedy response to Covid restrictions

An online tool that enables people to identify their individual lockdown travel limits, 2KM From Home, has been revealed as the winner of the Special Covid-19 Response Award at the Ireland Chapter of Project Management Institute’s (PMI) National Project Awards, held in partnership with PwC. Developer Dave Bolger created the 2KM From Home website on the evening of 27 March 2020, following the government’s announcement that day of travel restrictions to curb the spread of Covid-19. The website’s map allowed the public to easily visualise what radius they could travel and exercise within under the then-2km limit and was adapted to include other distances as restrictions evolved. On the first day of operation, over 800,000 people visited the site. Speaking about the awards, Jackie Glynn, President of the Ireland Chapter of PMI, said: “Over the past year, we have seen exceptional work and resilience from those working within all facets of the project management industry, in circumstances unlike any experienced before. From prioritising public health here and overseas to pivoting services to ensure customer experience, we were truly impressed by the standard of the submissions. Jackie Glynn, PMI Ireland Chapter president, at the National Project Awards virtual ceremony.Jackie Glynn, Ireland Chapter of PMI president and Féilim Harvey, partner in PwC, heading up their Portfolio and Programme Management Practice in Ireland.Féilim Harvey, partner at PwC and head of PwC portfolio and programme management practice in Ireland; Taragh Loughrey-Grant, presenter and ceremony MC and Jackie Glynn, president of PMI Ireland Chapter Naoise Culhane Dave Bolger and presenter Taragh Loughrey-Grant ahead of the Ireland Chapter of Project Management Institute’s National Project Awards “The winners announced today exemplify the best in our profession and highlight the myriad benefits effective project management brings to an organisation. “The response to this year’s Covid-19 Response Award was also phenomenal, with almost 3,000 public votes cast for our shortlist of worthy entrants. Our winner 2KM From Home is a project that has had a tangible impact on our day-to-day lives. “In March 2020, there was so much uncertainty about the practical implications of the newly introduced travel restrictions. Dave Bolger analysed the issue, and within 24 hours, had delivered an easy-to-use platform that solved an immediate problem facing the public in Ireland, and globally.” In a first for the event, and after a hiatus last year, the awards were held virtually and hosted by RTE producer and journalist Taragh Loughrey-Grant. During the broadcast, Loughrey-Grant commented on those shortlisted for the Special Covid-19 Response Award, describing them as “the real heroes who were working behind the scenes to help us all in those early dark Covid days”. A further five winners, all excelling within the project management discipline, were also announced at the virtual awards ceremony. The Project Management Office (PMO) of the Year was awarded to Revenue PMO for the team’s “comprehensive approach to developing and imbedding project management ways of working across the organisation”. Jonny Mooney of Expleo, who was highlighted for his “great ability to use both the science and the art of project management to achieve project success”, was recognised as Project Professional of the Year. The Private Sector Project of the Year was awarded to Bank of Ireland – Retail Ireland for its End-to-end Customer Transformation Programme, which heralded a transformation of Bank of Ireland’s systems and culture. The award for Project Management for Social Good went to the Royal College of Surgeons Ireland for its Pan African Paediatric Surgery E-Learning Platform, a free-to-use service which supports the training of much-needed paediatric surgeons across Africa. XX (TBA) was voted by attendees live on the night of the awards as the Project Managers' Choice, chosen from the finalists of the other five categories. Féilim Harvey, partner in PwC, heading up their Portfolio and Programme Management Practice in Ireland, and Awards sponsor, said: “PwC is delighted to once again support the National Project Awards celebrating project management excellence throughout Ireland. “Project managers are integral to success in Irish business. The last 12 months was full of challenges – for example, our recent research found that six in ten Irish project managers reported a delay in project delivery due to Covid-19. Despite the challenges, Ireland’s project management industry is resilient and confident about the future. Respondents reported a step-up in digital transformation, greater agility and better decision-making, along with greater operational efficiencies. Today’s winners are a true reflection of that agility and adaptability.” Jackie Glynn expressed her appreciation to the judging panel for their work in selecting the winners. She also thanked the National Project Awards’ sponsors – PwC, along with Aspira, Breast Cancer Ireland, Institute of Public Administration and Progressive Financial Services. Addressing attendees of the virtual ceremony, Glynn commented on the impact of the pandemic on the project management profession: “Amid the disruption, pain and loss of 2020, the global pandemic provided a rare window into the future of business as it unfolded in real time – developing vaccines at record speed; providing the technology that enabled remote school and work; and keeping millions of people fed, clothed, entertained and in touch with ramped-up digital services. The scope and speed of change was unprecedented, accelerating digital adaptation by as much as five years in a 12-month period. “And at the heart of all this change, the people who turn ideas into reality – Project Managers.” * Panel: Project management award winners Winners of the Ireland Chapter of Project Management Institute’s National Project Awards 2021, in association with PwC, are: – Special Covid-19 Response Award (sponsored by PwC): 2KM From Home – Project Management for Social Good (in association with Breast Cancer Ireland): RSCI (Royal College of
Developing vaccines at record speed; providing the technology that enabled remote school and work; and keeping millions of people fed, clothed, entertained and in touch with ramped-up digital services. The scope and speed of change was unprecedented, accelerating digital adaptation by as much as five years in a 12-month period. “And, of course, developing a 2km website.”

Dave Bolger added, “In a world where everything was changing at breakneck pace, the 2KM website provided people with the clarity they needed to know what they could travel and exercise within under the then-2km limit and was adapted to include other distances as restrictions evolved. On the first day of operation, over 800,000 people visited the site. Speaking about the response to this year’s Covid-19 Response Award was also phenomenal, with almost 3,000 public votes cast for 2KM From Home.”

“In March 2020, there was so much uncertainty about the practical implications of the newly introduced travel restrictions. Dave Bolger analysed the issue, and within 24 hours, had delivered an easy-to-use website that allowed people to identify their individual lockdown travel limits. An online tool that enables people to identify their individual lock-down travel limits, 2KM From Home, has been revealed as the winner of the Special Covid-19 Response Award at the Ireland Chapter of Project Management Institute’s (PMI) National Project Awards, held in partnership with PwC.

Developer Dave Bolger created the 2KM From Home website on the evening of 27 March 2020, following the government’s announcement that day of travel restrictions to curb the spread of Covid-19. The website’s map allowed the public to easily visualise what radius they could travel and exercise within under the then-2km limit and was adapted to include other distances as restrictions evolved. On the first day of operation, over 800,000 people visited the site. Speaking about the response to this year’s Covid-19 Response Award was also phenomenal, with almost 3,000 public votes cast for 2KM From Home.”

2KM From Home app wins PMI award for response to Covid rules

The National Project Awards 2021 held in partnership with PwC recognised Ireland’s forward-thinking project managers and teams.

This year’s winners of the Ireland Chapter of Project Management Institute’s National Project Awards have been announced. An online tool that enables people to identify their individual lockdown travel limits, 2KM From Home, has been revealed as the winner of the Special Covid-19 Response Award at the Ireland Chapter of Project Management Institute’s (PMI) National Project Awards, held in partnership with PwC.

Dave Bolger, the creator of 2KM From Home, said at the awards ceremony, "The website allowed every person to easily visualise what radius they could travel and exercise within the under the then-2km limit and was adapted to include other distances as restrictions evolved. On the first day of operation, over 800,000 people visited the site."

Speaking about the National Project Awards, Jackie Glyn, president of the Ireland Chapter of PML, said, “Over the past year, we have seen exceptional work and resilience from those in all parts of the project management industry, in circumstances unlike any experienced before. From prioritising public health here and overseas to providing services to ensure customer experience, were truly impressed by the standard of the submissions.”

The winners announced today exemplify the best in our profession and highlight the myriad benefits effective project management brings to an organisation.

“The reaction to this year’s Covid-19 Response Award was also phenomenal, with almost 3,000 public votes cast for our shortlist of worthy entrants. Our winner 2KM From Home is a project that has had a tangible impact on our day-to-day lives.”

In March 2020, there was so much uncertainty about the practical implications of the newly introduced travel restrictions. Dave Bolger analysed the issue and, within 24 hours, had delivered an easy-to-use platform that solved an immediate problem facing the public in Ireland, and globally.

“A first for the event, and after a hiatus last year, the awards were held virtually, hosted by RTE producer and journalist Taraigh Loughrey-Grant. During the broadcast, Loughrey-Grant commented on the announcement: "The Great Irish Project Awards, describing them as the ‘real heroes who were working behind the scenes to help us all in those early dark Covid days.’”

A further five winners, all excelling in the project management discipline, were also announced at the virtual awards ceremony. The Project Management Office (PMO) of the Year was awarded to Revenue PMO for the team’s comprehensive approach to deploying and embedding project management ways of working across the organisation.

The recipient was Peter Sheehan, who said: “The emphasis on project management in Ireland and shows that project managers are confident about the future. There is a clear trend towards investment in digital technologies to enable project management as we adjust to the new ways of working. While Covid-19 has caused widespread disruption, our research shows it has also provided an opportunity and an opportunity to reconfigure our business models for the long term.”

Glyn expressed her appreciation to the judging panel for their work in selecting the winners. She also thanked the National Project Awards sponsors – PwC, along with Aspria, Breast Cancer Ireland, Institute of Public Administration and Progressive Financial Services.

Addressing attendees, she commented on the impact of the pandemic on the profession. “This year’s PMI award has also provided a window into the future of business as it unfolds before our eyes – developing and rolling out vaccines; providing the technology and tools that enable remote work and keeping millions of people entertained and in touch with enhanced digital services.”
National Project Awards winners

Winners of the Ireland Chapter of Project Management Institute’s National Project Awards 2021, in association with PwC, are:
- Special Covid-19 Response Award (sponsored by PwC): 2KM From Home
- Public Sector Project of the Year (sponsored by Institute of Public Administration): Tallaght University Hospital- Reeves Day Surgery Centre Project
- Private Sector Project of the Year (sponsored by Progressive Financial Services): Bank of Ireland – Retail Ireland End-to-end Customer Transformation Programme
- PMO of the Year (sponsored by Aspira): Revenue PMO
- Project Professional of the Year (sponsored by Ireland Chapter of PMI): Jonny Mooney of Expelco

Jackie Glynn, Ireland Chapter of PMI president and Fáilimí Harvey, partner in PwC, heading up their Portfolio and Programme Management Practice in Ireland

Dave Bolger and presenter Taragh Loughrey-Grant ahead of the Ireland Chapter of Project Management Institute’s National Project Awards

Jackie Glynn, PMI Ireland Chapter president, at the National Project Awards virtual ceremony
Félim Harvey, partner at PwC and head of PwC portfolio and programme management practice in Ireland, Taragh Loughrey-Grant, presenter and ceremony MC and Jackie Glynn, president of PMI Ireland Chapter.
RTE 2FM @ 27-Jun-2021 08:15 - (breast)

You can't do this now read you to join us I love that sound so much it is Tom Brennan Cavan Naas by side right here on 2fm with myself Laura Fox and sitting in the wonderful Africa, 0 this weekend I hope that you're keeping well it is just coming up on 20 past date and he's got away from Glass animals and that chain card amassed walls and loads of you texting in to say that you were out at the minute do 100 k in 30 days challenge for brusque breast Cancer Ireland and looking for a really upbeat charts has absolutely no problem of fair play T T Hickey £ the pavements and I will keep James gone on the offensive not just a barbecue this is a summer barbecue with the 3 for 12 euro grow arrange cheese our best-ever burgers succulent lamb kebabs force more is the ultimate in GUI GUI chocolate indulgence A 12 year-old girl range However Ms offer on select products in-store for details at Bank of Ireland we understand the helm is whether Harty's but it's also where two people become 5 their attics become bedrooms and for closed spaces become a from plans to make room for new memories get the space you've always wanted
‘Cancer felt like a ticking time bomb’

BRAVE MUM’S FUNDS APPEAL

A BREAST cancer survivor is one of an army of women who are each walking 100km this month to raise €1.2 million to fight the deadly disease.

Tara Clancy discovered when she was just 21 that she had the cancer gene BRCA1, and three years later had a double mastectomy to save her life.

That was 11 years ago and the mother of two has made the battle to find a cure for breast cancer her life mission.

A proud ambassador for Breast Cancer Ireland and the Pink Army, she is one of 23,000 women who have walked 100km in 30 days for the month of June all over Ireland and beyond for the cause.

Tara (34), from Drogheda, Co Meath said: “We want to beat the €1.2m we raised last year and hopefully we will.

Hope

“There are still a few more days to go so I would urge people to please donate to Breast Cancer Ireland.

“I am one of the lucky ones. I discovered I had it early.

“The BRCA1 cancer gene and BRCA2 are gene mutations that can increase a woman’s chance of developing breast cancer by 60 to 85 per cent throughout their lifetime. It also significantly increases the risk of ovarian cancer.

“There are mutations that also increase the risk of breast and prostate cancer for men.”

Tara told how she always knew the decision to have a double mastectomy at

COURAGE: Tara Clancy (inset) with mum Caroline and daughter Emma

24 to reduce the risk of breast cancer was the right one.

She revealed: “It was a decision I always knew the answer was yes to. I undertook three years of checks but the mental toll of waiting for results was starting to weigh heavily on me and I was starting to think about my future.

“I have had a few bumps and bumps along the way but we never regretted the decision to have the surgery and to have the best possible life for my family.

Risk

“I felt like a ticking time bomb as the years went on. I will never forget being wheeled into surgery and my father kissing me on the forehead and telling me he was so happy I was doing this.

“The support from my family and friends has helped me stay very positive throughout all of this.” People can donate at www.100kin83days.ie
IRELAND CHAPTER OF PROJECT MANAGEMENT INSTITUTE’S NATIONAL PROJECT AWARDS WINNERS ANNOUNCED

2KM From Home, the online tool that enables people to identify their individual lockdown travel limits, has been revealed as the winner of the Special Covid-19 Response Award at the Ireland Chapter of Project Management Institute’s (PMI) National Project Awards, held in partnership with PwC.

Developer Dave Bolger created the 2KM From Home website on the evening of 27 March 2020, following the Government’s announcement that day of travel restrictions to curb the spread of Covid-19. The website’s map allowed the public to easily visualise what radius they could travel and exercise within under the then-2km limit and was adapted to include other distances as restrictions evolved. On the first day of operation, over 800,000 people visited the site.

A further five winners, all excelling within the project management discipline, were also announced at the virtual awards ceremony. The Project Management Office (PMO) of the Year was awarded to Revenue PMO for the team’s “comprehensive approach to developing and imbedding project management ways of working across the organisation”. Jonny Mooney of Expleo, who was highlighted for his “great ability to use both the science and the art of project management to achieve project success”, was recognised as Project Professional of the Year.

Public Sector Project of the Year went to the Tallaght University Hospital for its Reeves Day Surgery Centre Project which saw the opening of a new 3,460 sq m facility to eliminate long wait times for routine day surgery and increase elective day surgery activity.

The Private Sector Project of the Year was awarded to Bank of Ireland – Retail Ireland for its End-to-end Customer Transformation Programme, which heralded a transformation of Bank of Ireland’s systems and culture. The award for Project Management for Social Good went to the Royal College of Surgeons Ireland for its Pan African Paediatric Surgery E-Learning Platform, a free-to-use service which supports the training of much-needed paediatric surgeons across Africa.

Chapter of Project Management Institute’s (PMI) National Project Awards in association with PwC are (l-r) Jackie Glynn, Ireland Chapter of PMI President, Special Covid-19 Response Award winner Dave Bolger; and Féilim Harvey, Partner in PwC, heading up their Portfolio and Programme Management Practice in Ireland.

Speaking about the award-winners, President of the Ireland Chapter of PMI Jackie Glynn, said: “Over the past year, we have seen exceptional work and resilience from those working within all facets of the project management industry, in circumstances unlike any experienced before. From prioritising public health here and overseas to pivoting services to ensure customer experience, we were truly impressed by the standard of the submissions. The winners announced today exemplify the best in our profession and highlight the myriad benefits effective project management brings to an organisation.

“The response to this year’s Special Covid-19 Response Award was also phenomenal, with almost 3,000 public votes cast for our shortlist of worthy entrants. Our winner 2KM From Home is a project that has had a tangible impact on our day-to-day lives. In March 2020, there was so much uncertainty about the practical implications of the newly introduced travel restrictions. Dave Bolger analysed the issue, and within 24 hours, had delivered an easy-to-use platform that solved an immediate problem facing the public in Ireland, and globally.”

Féilim Harvey, Partner in PwC, heading up their Portfolio and Programme Management Practice in Ireland, and Awards sponsor, commented: “PwC is delighted to once again support the National Project Awards celebrating project management excellence throughout Ireland.

“Project managers are integral to success in Irish business and our ability to remain agile and competitive. This has been tested more than ever over the last twelve months through the pandemic. Project Managers have responded to this challenge and we have seen amazing projects undertaken to keep our people safe; to reach customers in different way through lockdown; and indeed to allow many of us to work from home.

“PwC is delighted to be part of recognising the impact our project management community has made this year through the National Project Management Awards and we have commissioned a very special Covid-19 Response Award, showcasing the projects that have made a real difference for us all in responding to the pandemic.

“Our recent 2021 Project Management Pulse Survey underlines the resilience of project management in Ireland and shows that project managers are confident about the future. There is a clear trend towards investment in digital technologies to enable project management as we adjust to the new ways of working. Whilst Covid-19 has caused widespread disruption, our research shows it has also provided momentum and an opportunity to
reconfigure our business models for the long term”.

Ms. Glynn expressed her appreciation to the judging panel for their work in selecting the winners. She also thanked the National Project Awards’ sponsors — PwC, along with Aspira, Breast Cancer Ireland, Institute of Public Administration and Progressive Financial Services.

Winners

Special Covid-19 Response Award (sponsored by PwC): 2KM From Home


Public Sector Project of the Year (sponsored by Institute of Public Administration): Tallaght University Hospital – Reeves Day Surgery Centre Project

Private Sector Project of the Year (sponsored by Progressive Financial Services): Bank of Ireland – Retail Ireland – End-to-end Customer Transformation Programme

PMO of the Year (sponsored by Aspira): Revenue PMO

Project Professional of the Year (sponsored by Ireland Chapter of PMI): Jonny Mooney – Expleo
Kilmacsimon Rowers back in action in home waters

With regattas still off the agenda for the time being, Kilmacsimon Swimming and Rowing Club has maintained their competitive edge by taking part in the Cork Harbour Festival & Ocean to City race over the June Bank Holiday weekend, which this year was a timed event with rowers from across Ireland and 19 other countries vying for the best times in the five mile race conducted in home waters. Three teams from Kilmacsimon took part in the two day festival including Ailish Calnan, a survivor of breast cancer who rowed 100km every day in June in support of Breast Cancer Ireland. The next club outing will be for the Welsh leg of the Ocean to City journey over the weekend of 10 and 11 July.
Blackrock Abbey staff and residents pink army!

BY OLIVIA RYAN

Blackrock was awash with pink joy last week as residents of Abbey Nursing Home did their part for the 100k in 30 days fundraiser for Breast Cancer Ireland.

Staff and residents took part in the sponsored walk from the nursing home down into the village.

Blackrock Abbey kept all of their Facebook followers up to date with the event, posting: This is our #pinkarmy leaving Blackrock Abbey Nursing Home this morning, heading off to the village of Blackrock as part of the #100kIn30days for #Breastcancerireland. The group is made up of residents, staff and family members. Thank you to staff who came in from off duty to help out with this great initiative. Everyone wore as much pink as we could get our hands on and the residents were busy getting flags ready to decorate the wheelchairs!

The 100k in 30 days campaign was launched by Blackrock's Niall Carroll, following his wife Cara's diagnosis with breast cancer.

The campaign has been such a success that it is now running in 31 countries across the world, raising much needed funds for breast cancer research, but also awareness about the disease.

For further information, check out the Louth based campaign on Facebook, 100km in 30 days.
Residents and members of staff at the Abbey Nursing Home who are taking part in the 100km in 30 days charity event in Blackrock.
Walking The Cadger’s Pass

By MARGARET ROODY

HERRINGS, music and walking was the order of the day on Saturday June 19 when the tradition of women carrying fish across the mountain from Cineath to Ravensdale and then into Dundalk was recalled as part of a project aimed at preserving old place names on the Cooley Peninsula.

Groups of walkers set out from the Old Post Office in Ravensdale, and from Tullagh Bridge, Cineath, making their way along route known as the Cadger’s Pass meeting at the Cloch Ard na gCarta.

According to Seamus Murphy, one of the walk organisers, the word ‘cadger’ goes back to the 1400s and means pretty much the same as bawker, peeler or haddock, or the South Armagh term pardyke, or margoire in Irish.

The path across the mountain was taken by women who would have carried two stone weight (13kg) of herrings in a creel, wrapped in another half-stone of seaweed to keep them looking fresh for the customers in Dundalk market.

The walk was part of a Heritage Council-funded project to map the lesser-known place names of Cooley, with a drone filming footage of the walkers as they crossed the mountain.

The two groups, led by David and Aidan Kerr, were joined by Jock McCarrick Brown Bullers who had taken a route from the west, met at Cloch Ard na gCarta, which was traditionally a place for stopping off where the women played cards.

Traditional musicians, fiddle player Gerry O’Connor and Tommy Fegan, tin whistle, accompanied the walkers from Anavenna and played a few tunes at the rock. 

In all, around a hundred walkers answered the call to follow The Cadger’s Pass, with some using it as an opportunity to get some steps in for the 100km in 30 days challenge in aid of Breast Cancer Ireland.
Into the Sunlight....Joanne Hughes, Anne Thompson and Phil Quigley at the start of the Cadger’s walk from Ravensdale.
Seamus Murphy tells the story of the Cadger’s Walk at the start of the walk from Ravensdale.

Aidan Kerr, Ken Woods, Helen Woods, Joanne Hughes, Edel O’Rourke, Martina McEneff and Margaret McDermott at the start of the Cadger’s walk from Ravensdale. Picture: Ken Forde/www.news pics.ie
Mary McDonald checks the fastenings of Susan McArdie's 'herring' at the start of the Cadger's walk from Ravensdale.
TARA'S MISSION TO FIND BREAST CANCER CURE

BY JOHN KIERANS

Tara Cloney is the bravest of the brave.
She discovered when she was just 21 she had the cancer gene BRCA1, and three years later she had a double mastectomy to save her life.
That was 11 years ago and Tara has made the battle to find a cure for breast cancer her mission in life.
A proud ambassador for Breast Cancer Ireland and the Pink Army, she is one of 22,000 women who have walked 100k in 30 days for the month of June all over Ireland and beyond, and hopes to raise over €2 million for the cause.
Tara said: 'Myself, my amazing mother Caroline McBride and my four year old daughter Emma Louise have been out walking in our pink tee-shirts every night. I'd say people are sick looking at us.'
'We want to beat the 2 million we raised last year and hopefully we will.
'There are still a few more days to go so I would urge people to please donate to Breast Cancer Ireland.'
'I am one of the lucky ones, I discovered I had it early.'
The BRCA1 cancer gene and BRCA2 are gene mutations that can increase a woman's chance of developing breast cancer by 60 to 80% throughout their lifetime. It also significantly increases the risk of ovarian cancer.
'These lovely gene mutations also increase the risk of breast and prostate cancer for men.'
Tara, 34, from Drogheda, Co Meath, (she lives on the Meath side of town) is married to the 'luckiest man in the world' and has two young kids.
She told how she always knew she should have a double mastectomy at 24 to reduce the risk of breast cancer was the right one.
She said: 'It was a decision I always knew the answer was yes to. I undertook three years of surveillance and checks but the mental toll of waiting for results was starting to weigh heavily on me and I was starting to think about my future.'
'I have had a few lumps and bumps along the way but never regretted the decision to have the surgery and to have the best possible life for my family.'
'I felt like a ticking time bomb as the years went on. I will never forget being wheeled into surgery and my supportive father kissing me on the forehead and telling me he was so happy I was doing this.'
The support from my family and friends has helped me stay very positive throughout all of this.
'Unfortunately there is a dark history with cancer in our family just like many other and I feel privileged to have these options but some of my family didn't have that chance.'
'I will be having my ovaries and fallopian tubes removed this year to reduce my risk of ovarian cancer and hopefully close the chapter on my BRCA1 journey.'
Mum Caroline said: 'I am so proud of Tara, she is a brave, wonderful woman. We can not raise enough money for this cause. Cancer just affects so many people.'
Tara, Caroline and Emma Louise have raised €4,000 between them so far.
She also has family members across the world taking part in Denmark, Australia and America.
You can donate at www.100kint30days.ie.
Tara Cloney with her mother, Caroline McBride.
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She discovered when she was just 21 she had the cancer gene BRCA1, and three years later had a double mastectomy to save her life.

That was 11 years ago and Tara has made the battle to find a cure for breast cancer her mission in life.

A proud ambassador for Breakthrough Breast Cancer Ireland and the Pink Army, she is one of 22,000 women who have walked 10k for 80 days for the month of June all over Ireland and beyond, and hope to raise over 1.2 million for the cause.

Tara said, ‘Myself, my amazing mother Caroline McBride and my four year old daughter Emma Louise have been out walking in our pink tee-shirts every night. I’d say people are sick looking at us.

‘We want to beat the 1.2 million we raised last year and hopefully we will.

‘There are still a few more days to go so I would urge people to please donate to Breast Cancer Ireland.

‘I am one of the lucky ones, I discovered it early.

‘The BRCA1 cancer gene and BRCA2 are gene mutations that can increase a woman’s chance of developing breast cancer by 60 to 80% throughout their lifetime. It also significantly increases the risk of ovarian cancer.

‘These lovely gene mutations also increase the risk of breast and prostate cancer for men.

‘Tara, 23, from Drogheda, Co. Louth, (she lives on the Moth estate) is married to the ‘luckiest man in the world’ and has two young kids.

‘She told how she always knew she had a double mastectomy at 21 to reduce the risk of breast cancer was the right call.

‘She said, ‘It was a decision I always knew the answer was yes to, I undertook three years of surveillance and checks but the mental toll of waiting for results was starting to weigh heavily on me and I was starting to think about my future.

‘I have had a few lumps and bumps along the way but never regretted the decision to have the surgery and to have the best possible life for my family.

‘I felt like a ticking time bomb as the years went on. I will never forget being wheeled into surgery and my supportive father kissing me on the forehead and telling me I was so happy I was doing this.

‘The support from my family and friends has helped me stay very positive throughout all of this.

‘Unfortunately there is a dark history with cancer in our family just like many other and I feel privileged to have these options but some of my family didn’t have that chance.

‘I will be having my ovaries and fallopian tubes removed this year to reduce my risk of ovarian cancer and hopefully close the chapter on my BRCA1 journey.

‘Mom Caroline said, ‘I am so proud of Tara, she is a brave, wonderful woman. We cannot raise enough money for this cause. Cancer just affects so many people.‘

‘Tara, Caroline and Emma Louise have raised €4,000 beating them so far.

‘She also has family members across the world taking part in Denmark, Australia and America.

‘You can donate at www.kind10day.ie.'
Connect Credit Union host Walkathon

The village of Blackrock has gone pink!

The energy and enthusiasm surrounding the 100k in 30 Days is palpable. In line with this, the staff at Connect Credit Union, Blackrock, organised a Walkathon in aid of Breast Cancer Ireland last week.

Two treadmills were set up outside the credit union office on the main street. Together the team walked and ran over 200km across Thursday and Friday and raised €1,000 in collection buckets.

To add to the excitement, a member of the Connect Credit Union Board of Directors, Jackie Agnew, called down to compete in a 5k race with the 100k organiser Niall Carroll on Friday evening.

There was great excitement on the street as staff and family members cheered on the two men who pushed the treadmills to their limits, running at 18k per-hour.

Also present during the day was 100k in 30 days brand ambassador Tara Cloney, who called down over lunch to help clock up the kilometres.

Throughout June, the Connect Credit Union team individually walked over 100km each by engaging in team walks around the village of Blackrock and Clogherhead.

In support, Connect Credit Union have sponsored a €3,500 holiday voucher for the 100k in 30 days, as well as eight children’s prizes.

To be in with a chance to win, the prize members of the pink army have to complete the 100k.

Niall Carroll will announce the winner of this fantastic prize on Wednesday, June 30.

Commenting further, Norman Mc Donnell noted: “It was a pleasure to be able to sponsor such an amazing cause that originated in our local village of Blackrock.

“We are delighted to be able to give back to the community via our sponsorship programme.”
Despite a difficult year where uncertainties with Covid-19 limited the ability to raise funds for charitable organisations, the team managed to organise an amazing 30-day event throughout June with individuals taking part from all over the world.

Check out some of the pictures from the 30k on Connect Credit Union’s social media accounts.

That’s Connect Credit Union on Facebook, Instagram, Twitter or LinkedIn.

The Connect team would also like to say a huge thank you to all those who kindly donated over the course of the two days.

Norman McDonnell and staff members at Connect Credit Union in Blackrock who took part in a 100K 30 Day Walkathon to raise money for Breast Cancer Ireland. Picture: Aníbhir Eoin Mac Hearn
Saying ‘I do’ after cancer journey

Helen Cuddigan was diagnosed with breast cancer in 2019 and has shared her story with us previously. CHRIS DUNNE finds out her latest news getting wed!

SOMETIMES, it’s not all about the destination. When Helen Cuddigan was diagnosed in July 2019 with ductal breast cancer, she found the diagnosis and subsequent treatment scary. But having seen her little sister, Clare, and her own brave battle through the same journey, she knew she’d come to the end of it too and move forward with her life.

“I was blown away by the community spirit,” says Helen, who is married to Louis and Matilda. The family live in Ballycotton.

“Friends and neighbours dropped soup and juice on my doorstep while I was going through chemotherapy. It made a huge difference.”

A few from her family, friends, and her Ballycotton family, who lived by her back and thin, too did someone else.

“The wonderful Michael and I have actually been friends since when I did the Ballycotton Cookery course in 1989.”

Something was stirring.

“A friendship turned into romance that surprised us both, but that I am normally grateful for.”

“They married this week in a magical lockdown humanist ceremony in the Drawing room of Ballycotton House. In accordance with Level 3 restrictions, only their witnesses and Helen’s children were there to see.

“We did, however, have candles and photos present, representing our families unable to attend and loved ones no longer with us,” Helen said.

The couple cemented their loyalty and devotion to each other, the double-edged pledge made all the sweeter now that Helen is cancer-free.

“Now was there too of course” says Helen, alluding to her loyal canine friend, who walks with her beside the soothing waters of Ballycotton Bay in all weathers.

“I made our primal wedding day special. The day was magical, the kids and our witnesses in the beautiful drawing room,” says Helen, who looked resplendent in a magnificent emerald green gown.

“It was an idyllic day.

“I remember, just two years ago, having to hear the news that nobody wants to hear, that you want to spread the good news for everyone’s sake,” says Helen.

“It is so lovely to have good news to share with Michael and I believe it is important for me and others to share our joyful journey.

The couple are positive thinkers, looking at the glass half-full.

“We are big believers of the power of a positive attitude and what you hold in your mind, you bring into your life.”

Helen, with positive thinking, caught her breast cancer in time.

“Because of my sister, I was watching out and I did the check,” says Helen.

“The mammograms didn’t show up anything. When I found a tiny lump, because of my sister’s history, I had an ultrasound at the Breast Clinic.”

Waiting for the results is not nice.

“I was out of my mind worrying, not sleeping,” says Helen. “The diagnosis is incredibly shocking but you get on with it.”

What was the treatment plan?

“My treatment schedule, under the watchful eye of Professor Sean R. O’Reilly, consisted of estrogen-receptor positive sessions of chemotherapy fortnightly and my progress was extremely good. Largely because I cascaded so quickly. So I was one of the lucky ones.”

She was lucky in life and lucky in love.

Throughout her chemotherapy, I was able to continue working at Ballycotton House in my port time role as marketing support,” says Helen.

“I kept going, even though the going got tough.

“I was advised during treatment to work at the office. With a plan in place and Ballycotton family being part of it, things were made so much easier for me.”

Helen was cooed on with tender loving care.

“I am incredibly grateful for the love, support and strength that my family and my Ballycotton family gave me throughout the scary journey I went through.”

“Getting married at Ballycotton House was a dream come true.”

Helen had more than a little help from her friends who befriended all those who receive a cancer diagnosis.

“The Dalbaid centre CUI and ARC were with me every step of the way,” says Helen.

“They provided an invaluable source of information, guidance and comfort. The Ladies in Pink introduced me to ‘Look Good, Feel Good’ when I was losing my hair, eye-brows and eyelashes. I attended all of their makeup classes and learned that making an effort to look good made me feel better inside and outside.”

Helen, optimistic and positive, wanted to help others in the same boat as herself. Some of you may remember our BSI? (Stirrer all about her Wig & Taal Bath at the Blackford in Ballycotton. In October 2019, half way through her treatment—which raised funds for Breast Cancer Ireland. Helen won a repairman in a fun charity pub quiz. This was something I wanted to do long before my own diagnosis,” she says.

In memory of my beautiful friend and BCI volunteer, author Emma Hannigan, The night was a huge success and a welcome distraction. Emma would have loved it too.”

Helen displayed the bright side of life.

“I wore nail varnish to hide the black and blue nails and a big smile on my ‘big girl’ pants, just as Emma would have advocated. I also got on with life as normal.”

With her man by her side and her supporters on-hand, Helen won the battle against breast cancer in late November, 2019. But the journey wasn’t over.

The next stage of her journey was a double mastectomy to reduce the risk of cancer recurring,” says Helen.

Professor Mark Corrigan, who had been so supportive, laid out my treatment, informed me that the operation was booked for after Christmas, on Thursday, January 14.

“Having always been a positive,
person, I was grateful for everything and everyone in my life, especially my incredible partner Michael and my children Louis and Matilda.”

She hit a bump on the road. “All of a sudden, out of the blue I hit a slump. I felt paralysed by a dark ‘what now?’ and ‘what the hell was that feeling?’ The guilt of being one of the ‘lucky ones’ consumed me.”

ARC House promptly came to the rescue.

“I rang them and they encouraged me to come in straight away.”

They understood.

“I felt so relieved.”

The counselling and therapy provided by the staff and the volunteers at ARC House helped Helen continue her journey and get over the bump on the road.

Taking the next step in early January, she was adamant she’d go to the ball again.

“I’d been involved in organising the annual Ballycotton RNLI Fundraising Gala dinner at Ballymaje House for the past seven years, I was adamant that I and my new double Ds would be at the Gala Dinner on January 31st.”

The dream team raised £50,000 for Ballycotton RNLI.

Then the pandemic struck.

“I was advised to take extra precautions.”

“I was separated from my Ballymaje family and with work gone, the world as we knew it changed instantly.”

The fear of the unknown resurfaced.

“After a Mother’s Day picnic last year, I woke up the next morning with a pain in my back and shortness of breath,” says Helen.

“I didn’t know what was wrong.”

She suffered a Pulmonary Embolism.

“I had to say goodbye to Michael and my family going in the ambulance,” says Helen.

She had a surreal week in isolation in CUH where she once more witnessed the dedication of the hospital staff.

She also witnessed the kindness of friends and neighbours when she got home to Ballycotton.

Friends and family united and left meals, cake and levers on her doorstop. It took a village to mind me! I yielded to relaxing, healing and cocooning.”

Continuing her arduous journey towards a happy ending, Helen went through further challenges, having to have a breast implant removed due to infection.

But now she’s on the road to full health and happiness.

“I’m sea swimming at sunrise, keeping fit, walking, loving the beach,” she says.

Mini and Monk are in their own perfect cocoon.

“Michael is the perfect man to have around you,” says Helen.

“That’s why I had to quickly marry him!”

She wants to celebrate the road she has travelled, reaching her happy place. “We look forward to celebrating with family and friends when it is safe to do so.”

It’s lovely to have good news to share! Michael and I believe it is important for me and others to share our hopeful journey.

Helen: Cadiogan with her children Louis and Matilda, who live in Ballycotton.