

Clip Book

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iRadio @ 08-Apr-2021 07:14 - (breast)

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

RUEPOINTMEDIA

Publication:	northernstandard.ie	**Media Cost (€):**	1
Date:	Friday, April 9, 2021	**Reach**	340
Page:	Link	**Size (Sq. Cm)**	124

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 recieved. ©Rory Geary/The Northern Standard

RUEPOINTMEDIA

Publication:	Northern Standard	**Media Cost (€):**	1089.27
Date:	Thursday, April 8, 2021	**Reach**	13,500
Page:	3	**Size (Sq. Cm)**	247



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 recieved. ©Rory Geary/The Northern Standard

RUEPOINTMEDIA

Publication:	irishtimes.com	**Media Cost (€):**	12684
Date:	Sunday, April 11, 2021	**Reach**	710,600
Page:	Link	**Size (Sq. Cm)**	623

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

RUEPOINTMEDIA

Publication:	Red FM	**Media Cost (€):**	1244
Date:	Sunday, April 11, 2021	**Reach**	192,000
Page:	Link	**Size (Sq. Cm)**	10

Red FM @ 11-Apr-2021 20:40 - (breast)

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 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 got 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

RUEPOINTMEDIA

Publication:	Daily Mirror (ROI)	**Media Cost (€):**	560
Date:	Monday, April 12, 2021	**Reach**	28,633
Page:	Link	**Size (Sq. Cm)**	105

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.

RUEPOINTMEDIA

Publication:	Irish Examiner	**Media Cost (€):**	5822.52
Date:	Monday, April 12, 2021	**Reach**	25,419
Page:	2	**Size (Sq. Cm)**	401



'Don't delay going for cancer check'

Nicole Glennon

When Madeleine McCoole 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 McCoole.

"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 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 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 McAdam's own 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 100k 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 McCoole, it is a cause dear 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, am I going to die?' to 'I've got breast cancer but it's survivable," she said.

Ms McCoole 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.

RUEPOINTMEDIA

Publication:	irishexaminer.com	**Media Cost (€):**	4159
Date:	Monday, April 12, 2021	**Reach**	158,440
Page:	Link	**Size (Sq. Cm)**	836

'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.

Read More

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.”

RUEPOINTMEDIA

Publication:	con-telegraph.ie	**Media Cost (€):**	18
Date:	Monday, April 12, 2021	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	670

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

RUEPOINTMEDIA

Publication:	meathchronicle.ie	**Media Cost (€):**	74
Date:	Monday, April 12, 2021	**Reach**	2,448
Page:	Link	**Size (Sq. Cm)**	1,078

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

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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!

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RUEPOINTMEDIA

Publication:	anglocelt.ie	**Media Cost (€):**	51
Date:	Monday, April 12, 2021	**Reach**	1,700
Page:	Link	**Size (Sq. Cm)**	1,078

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.
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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:

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

RUEPOINTMEDIA

Publication:	Connaught Telegraph	**Media Cost (€):**	1786.67
Date:	Tuesday, April 13, 2021	**Reach**	11,210
Page:	21	**Size (Sq. Cm)**	373



LAUNCH OF FUNDRAISER FOR BREAST CANCER RESEARCH



Garda Fiona Morgan-Coleman, a breast cancer survivor from Shrule, pictured with her children – Callum Coleman (6) and Pearse Coleman (4) – at the launch of the 100k in 30 Days event sponsored by Sherry FitzGerald and in aid of Breast Cancer Ireland. Registrations will open at www.100kin30days.ie on Thursday 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

Do you have an image for this page? Please email it to us at tom.kelly@con-telegraph.ie including a caption and your name and address and we will try to use it.

RUEPOINTMEDIA

Publication:	The Argus	**Media Cost (€):**	1703.95
Date:	Tuesday, April 13, 2021	**Reach**	9,307
Page:	4	**Size (Sq. Cm)**	265



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 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



Cara McAdam and Niall Carroll.

RUEPOINTMEDIA

Publication:	Dundalk Democrat	Media Cost (€):	2723.68
Date:	Tuesday, April 13, 2021	Reach	5,539
Page:	28	Size (Sq. Cm)	587

Blackrock couple's 'pink army' raise €1m for cancer research

MICHELLE O'KEEFFE
editor@dundalkdemocrat.ie

Following the phenomenal success of last year's 100k in 30 Days event, organised by Blackrock couple Niall Carroll and Cara McAdam, this year's bigger and better family-focussed 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 100km 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 and better.

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.

"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 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, 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 incredible prizes to be won throughout the event to include a €3500 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 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 specific 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, 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 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 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.

People can follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days 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

NIALL CARROLL



Steven McKenna, CEO, Sherry FitzGerald with Niall Carroll (left), founder, 100k in 30 Days (from Blackrock, Co Louth) and Aisling Hurley, CEO Breast Cancer Ireland (from Limerick) pictured at the launch of the 100k in 30 Days event sponsored by Sherry FitzGerald in aid of Breast Cancer Ireland

RUEPOINTMEDIA

Publication:	LM FM	**Media Cost (€):**	724
Date:	Tuesday, April 13, 2021	**Reach**	69,000
Page:	Link	**Size (Sq. Cm)**	10

LM FM @ 13-Apr-2021 11:32 - (breast)

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 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

RUEPOINTMEDIA

Publication:	Nenagh Guardian	Media Cost (€):	1708.47
Date:	Saturday, April 17, 2021	Reach	6,502
Page:	11	Size (Sq. Cm)	463



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 Siochána 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



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.

RUEPOINTMEDIA

Publication:	anglocelt.ie	**Media Cost (€):**	30
Date:	Wednesday, April 14, 2021	**Reach**	1,700
Page:	Link	**Size (Sq. Cm)**	641

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

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!

RUEPOINTMEDIA

Publication:	Irish Independent	Media Cost (€):	22834.3
Date:	Thursday, April 15, 2021	Reach	83,900
Page:	6,7	Size (Sq. Cm)	778



'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 used his return ticket Down Under.

"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 the 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 again one measure amongst a number of measures.

"Not one thing is going to solve it. But I 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 required 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 land. 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 about 16pc, 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 sale agreed – McKenna says the mySherryFitz online platform was key in helping the business and its customers navigate the changed 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're all able to work from home, we're all logged onto mySherryFitz," 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 1,000 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 amazing the innovation 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 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."

'I learned a huge amount from the crash – respond quickly, be agile'

'In that first lockdown we still sold over 1,000 properties online'

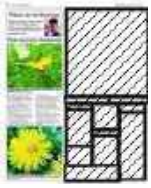


The business of people: Steven McKenna, CEO of Sherry FitzGerald at the launch of the 100k in 30 Days event in aid of Breast Cancer Ireland

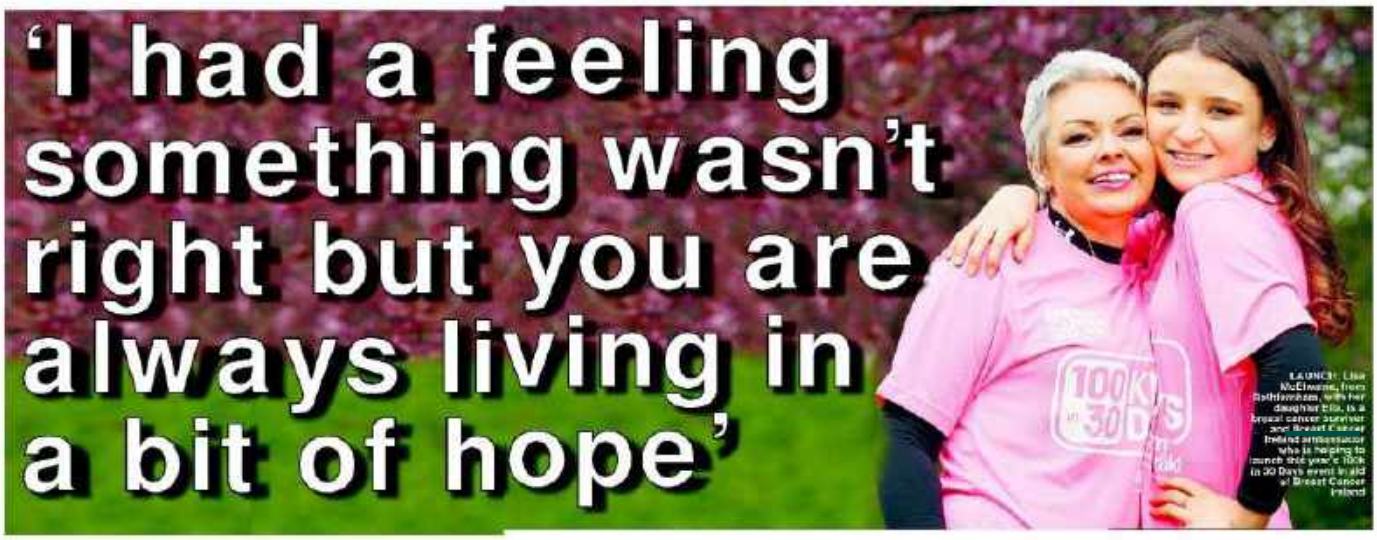
PHOTO: LEON FARRELL/ PHOTOCALL IRELAND

RUEPOINTMEDIA

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'I had a feeling something wasn't right but you are always living in a bit of hope'



LAUNCH: Lisa 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

Mother helps launch 100k in 30 days for Breast Cancer

By **Aimee Walsh**
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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.

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"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.

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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".

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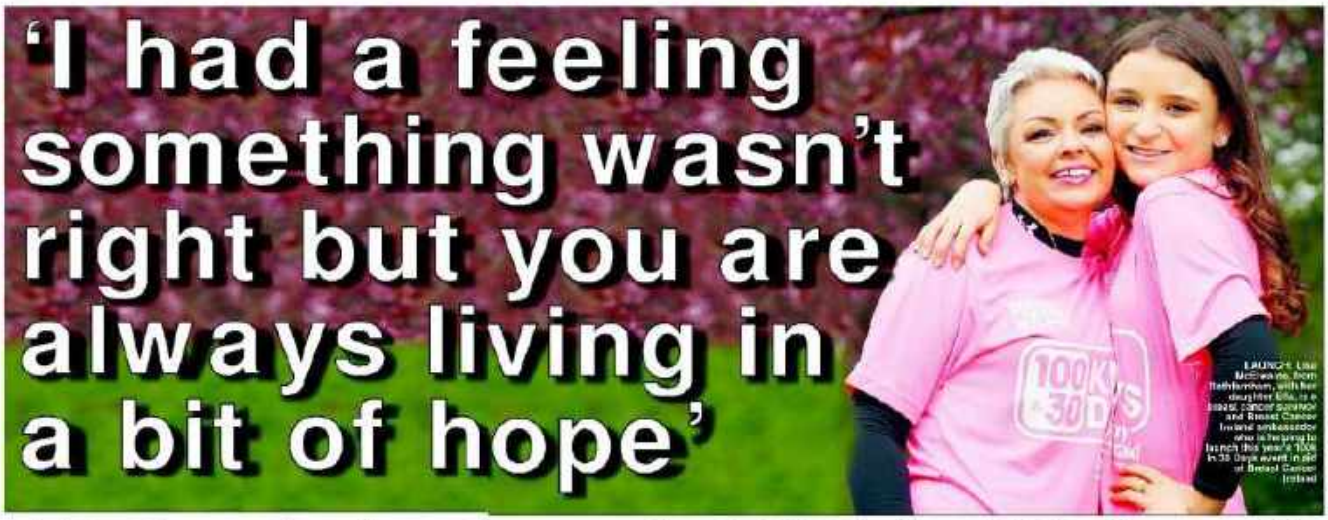
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RUEPOINTMEDIA

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RUEPOINTMEDIA

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RUEPOINTMEDIA

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'I should have gone sooner'

Michael Olney

molney@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 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.

CONTINUED ON PAGE 12

'I should have gone sooner'

CONTINUED FROM PAGE 1



Breast cancer survivor and event ambassador Madeleine McCoole with sons Alec and Aaron at the launch of 100k in 30 Days. PHOTO: LEON FARRELL/ PHOTOCALL IRELAND

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.

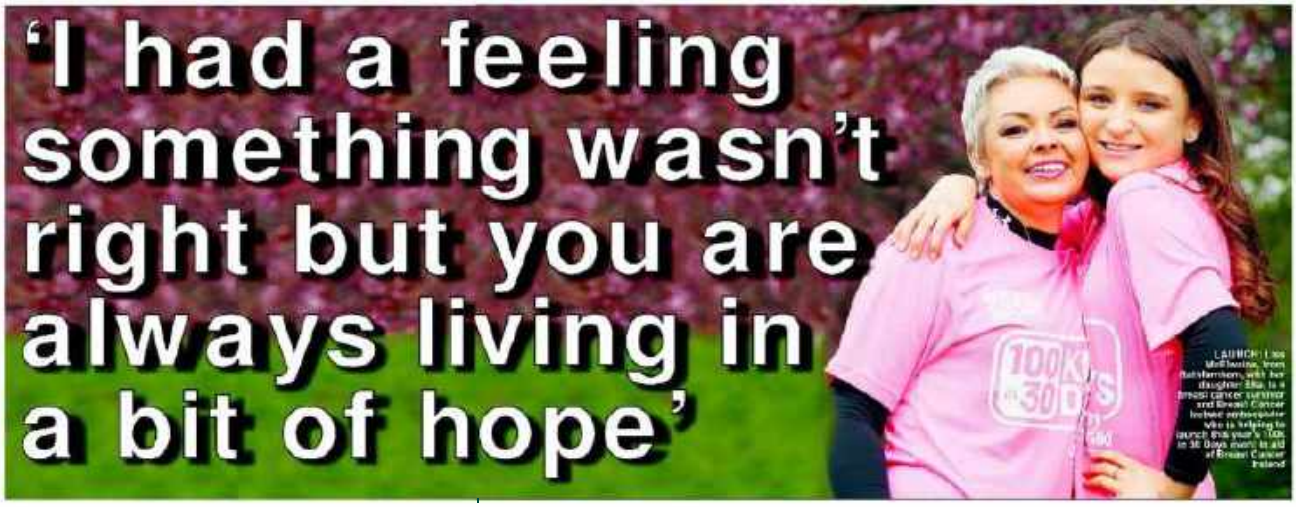
Registration for the event opens today, Thursday, and organisers are urging people to register early to ensure that participation packs and the much loved pink t-shirts arrive in good time.

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.

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€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."

RUEPOINTMEDIA

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Page:	13	**Size (Sq. Cm)**	143



MADELEINE GALVANISES 'PINK ARMY'



Breast cancer survivor and event ambassador of the forthcoming 100kin30days fundraiser in aid of Breast Cancer Ireland Madeleine McCoole launching the big challenge with her two sons Alec (7) and Aaron (5) McGarry by her side. Registration for the national event will open at www.100kin30days.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 focussed 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.

RUEPOINTMEDIA

Publication:	Corkman (North Edition)	**Media Cost (€):**	702.78
Date:	Thursday, April 15, 2021	**Reach**	6,911
Page:	1	**Size (Sq. Cm)**	221



Stepping up to the challenge



Breast cancer survivor Madeleine McCoole is event ambassador for the '100k in 30 Days' challenge. She is pictured at the launch of the Sherry FitzGerald sponsored event with Alec McGarry (7) and Aaron McGarry (5). It's in aid of Breast Cancer Ireland and registrations for the national event will open at www.100kin30days.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.

RUEPOINTMEDIA

Publication:	Connacht Tribune	**Media Cost (€):**	2895.62
Date:	Friday, April 16, 2021	**Reach**	20,702
Page:	43	**Size (Sq. Cm)**	481

BALLINROBE

Ballinrobe's 100 years of racing

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

The opening race is the Ballinrobe Racecourse Centenary Year Mares Maiden Hurdle, which goes to post at 4.20pm; followed by the Killeen Sportsgrounds (C and G) Maiden Hurdle at 4.55pm; the McGrath Limestone Works Handicap Hurdle at 5.30pm; the Boyle Sports Mares Handicap Hurdle at 6pm; the Michael Cawe Suspended Ceilings Handicap Hurdle at 6.30pm and the DPD Depot 33 Ballinrobe Flat Race at 7pm.

The final race of the day will be the Connacht Tribune Flat Race at 7.30pm.

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.ballinrobetownafc.com. Instalment 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 Gaelic footballer, Keith Higgins, gave a live chat to underage players from Shrule-Glencorrib GAA Club remotely on MS Teams last week. He answered the many questions put to him and Brian Joyce and Aisling Donnelly were excellent hosts.

Chris McTigue RIP

The death has taken place of Chris McTigue, Walney Island, Barrow-in-Furnace, England. He was a native of Lisduff, Irishtown.

His funeral Mass will be celebrated in St Columba's Church, Walney Island, on Tuesday next, April 20. Enquires to Carey Funeral Directors, Ballindine.

Chris was predeceased by his wife, Sheila, and son, Richard; and is survived by his sons, Mark and Brian; brothers, Frank and Michael; sister-in-law, Geraldine; niece, Clare; nephews, Chris and Aidan McTigue, John, Richard and Tommy Cameron; grandchildren, Daniel, Jack and Ella; daughters-in-law, Catherine and Debbie.

Clothes collection

The Neale LGFA clothes collection will take place tomorrow (Friday) from 9am to 10am; and on Saturday from 3pm to 5pm at The Neale hall.

Donations of clean adult and children's clothing, as well as belts, handbags, and paired shoes are welcome - contact any committee member for assistance.

Mayo Day

Mayo Day will be celebrated this year on Saturday, May 1. It's a virtual festival day again on this occasion with the focus on people and places, as well as 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 friend as 'Q', passed away peacefully in INOVA Fairfax Hospital, Annandale, Virginia, USA, in the care of her daughter-in-law and niece.

A memorial Mass will be celebrated on Tuesday, April 27, at 11am, in St Catherine's of Sienna Catholic Church, 1020 Springvale Road, Great Falls, VA22066. The burial and memorial Mass will be in Ballinrobe later this year.

She was predeceased by her husband, Paul; and brothers, Fr Brendan (The Wirral, England) and Gary (Dublin).

She is survived by her sister, Fin O'Neill (Ballinrobe) and brother-in-law, Rory O'Neill; sister-in-law, Mona; stepchildren, Lynn and Ruth; daughter-in-law, Janel; step-grandchildren, Brian, Brittany, William, Brooke, Brad, Drew, Lauren, Christina, Lina; nieces and nephews, Lorcan, Auveen, Fergal, Edel, Rory, Clare, Jenny, Gerry and Moira; grand-nieces and grand-nephews; the Irish community; and her beloved dramatics friends; as well as a wide circle of relatives and friends.

Draw results

No subscriber chose the relevant numbers - 3, 15, 26 and 35 - in last week's €6,300 Lotto jackpot conducted by Ballinrobe GAA Club. Easter special winners - ASAP/Murphy family and Mary and Michael Langan - received €100 prizes.

There was no winner of last week's €27,000 Lotto jackpot promoted by Shrule-Glencorrib GAA Club. The numbers drawn were 10, 12, 17 and 25, and Ciaran Quinn won the five free lines for this week's draw. The four €25 prizes went to Tom Moffatt, Glencorrib; Ronan Kenny, Charlestown; Claire Murphy, Ramolin, and Steven McHugh, Tuam.

Cara Watson, the winner of the 50:50 draw held by Ballinrobe RFC, received €216.

Angela Glynn, the winner of the 50:50 draw conducted by Claremorris AFC, got €218.

Last week's €6,900 Lotto jackpot promoted by Hollymount-Carramore GAA Club was not won. The numbers drawn were 5, 9, 13 and 20, and the €20 prizes went to Martin Hughes, Tom Fahey and Padraig Walsh.

There was no winner of the €13,000 Hey Presto jackpot promoted by Davitts GAA Club. The numbers drawn were 21, 24, 27 and 28. The €50 prizes went to Shane McMahon, DDAI, Ballindine; Sinead Darby, Irishtown; Gerard Sheridan, Cullane; and Zach Keadin, Irishtown.

There was no winner of last week's €6,900 Lotto jackpot conducted by Claremorris Golf Club, with the following numbers drawn: 12, 21, 25 and 26. The €50 prizes went to Aodán O Caoimh, Achill Sound, and Matt Grimes, Carrigallen.

Becky Kearns won the jackpot game of €5,000 at last week's Garrymore GAA and Gortskehy NS online bingo.

Carmel Keane, the winner of last week's 50:50 draw promoted by Claremorris GAA Club, received €482.

Nobody won the €5,000 jackpot promoted by The Neale GAA Club. The numbers drawn were 15, 16, 21 and 22, and three match three winners - David and Laura Murphy, Richard Mellotte and Vanessa Gibbons - shared €100. Twenty-five match two winners got €2 each.

The €12,000 Lotto jackpot promoted by Garrymore GAA Club was not won. The numbers were 11, 21, 30 and 33, and Bernie Tierney, Roose; Ger Lynskey, Garrymore; and Dermot Kelly, c/o Michael Mannix, won the €50 prizes.

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 Ballymaceogh, 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 Kilgeever parish, Louisburgh, from 1985 to 1992, 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.

His remains were removed from his sister Peggy Ruane's residence yesterday (Wednesday) for a private funeral Mass at noon in St Cronan's Church Balla, followed by burial afterwards in the adjoining cemetery.

He was predeceased by his parents, James and Mary Ellen; and brother-in-law, Martin Ruane.

He is survived by his brother, Padraig; sister, Peggy; sister-in-law, Bernadette; aunt, Liz Fadden; nephews, Joseph, Sean and Enna; nieces, Gráinne, Fiona, Siobhán, Deirdre and Aideen; grand-nephews; grand-nieces; Archbishop Michael Neary and the priests of the Archdiocese of Tuam.

Ballinrobe GAA

Siobhan O'Malley and John Gilrane will be COVID-19 supervisors again at Ballinrobe GAA Club this year.

Sympathy was extended to the Horan family, Ballinrobe and Limerick; the O'Connell

family, Glebe Street; the O'Toole family, New Street; the Daly family, Lough Mask House; the Walsh family, The Neale Road; the McGrath family, Claremorris and Kilmaine; and the Horan family, Hollymount, on their recent bereavements at a meeting of the executive committee of Ballinrobe GAA Club.

At the same meeting, club chairman, John Flannelly, thanked Denise Horan her work on the Club Plan 2021-2026.

Denise, who has agreed to be the Club Plan Implementation Officer for 2021, gave an overview of the Club Plan process over the past 15 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 2026, replaces the current Coaching Plan. The responsibility of executing the plan rests with the club's executive committee.

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

Club for Cora

Cora Staunton, 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 in the community garden through somebody kicking the panels out.



Fiona Morgan-Coleman, a breast cancer survivor from Shrule, 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 this Thursday, and invites participants to walk, jog, run or wheel a total of 100km during the month of June to help raise funds for Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	corkindependent.com	**Media Cost (€):**	16
Date:	Thursday, April 15, 2021	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	604

‘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 Madeine 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.

RUEPOINTMEDIA

Publication:	irishtatler.com	**Media Cost (€):**	9
Date:	Thursday, April 15, 2021	**Reach**	476
Page:	Link	**Size (Sq. Cm)**	723

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-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 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 shoulder 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.

RUEPOINTMEDIA

Publication:	The Carrigdhoun	**Media Cost (€):**	76.26
Date:	Saturday, April 17, 2021	**Reach**	6,000
Page:	11	**Size (Sq. Cm)**	93



Madeleine McCoole (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 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. Photo: Leon Farrell/Photocall Ireland

RUEPOINTMEDIA

Publication:	Connacht Tribune	**Media Cost (€):**	1474.9
Date:	Friday, April 16, 2021	**Reach**	20,702
Page:	8	**Size (Sq. Cm)**	245

IN THE PINK

A local mum and serving Garda is one of the faces behind a major fundraising drive for Breast Cancer Ireland – after surviving her own battle with the disease.

Fiona Morgan-Coleman, who is from Shrule on the Galway/Mayo border, was joined by her two 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. Registrations for the event open at www.100kin30days.ie today (Thursday), and it invites participants to walk, jog, run or wheel a total of 100km during June to help raise funds for Breast Cancer Ireland. Following the phenomenal success of last year's 100k in 30 Days event, organised by Louth couple Niall Carroll & Cara McAdam, which raised over €1.2 million in essential funding for breast cancer research, this year's event has a target of 20,000 #pinkarmy participants and a prize fund of €30,000. Funds raised will go towards a state-of-the-art Clinical Trials Centre, to be housed in the new Breast Cancer Research Centre on the grounds of Dublin's Beaumont Hospital. It will also help to fund 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.



RUEPOINTMEDIA

Publication:	Irish Runner	**Media Cost (€):**	3,349
Date:	Thursday, April 1, 2021	**Reach**	10,400
Page:	46,47	**Size (Sq. Cm)**	10



A runner takes part in the annual Wings for Life global run.

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 13.1, 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 Pieta. You can pick a charity of your choice at registration.

ENTRY FEE: €20

WWW.EVENTMASTER.IE

8. PORTMARNOCK ROAD TO BEACH

MAY 4-8

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

MAY 9, 2021



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

MAY 29–30, 2021

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 CHAELA GONDA VIRTUAL 5 MILER

JUNE 4–11, 2021

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.

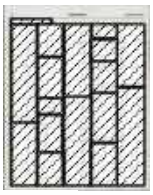
WWW.MYRUNRESULTS.IE




VIRTUAL IRISH
RUNNER
10 MILE
29TH AND 30TH
MAY 2021

RUEPOINTMEDIA

Publication:	Sligo Weekender	**Media Cost (€):**	5972.61
Date:	Thursday, April 15, 2021	**Reach**	6,491
Page:	36,37,38	**Size (Sq. Cm)**	2499



Community notes

ENNISCRONE

ENNISCRONE 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 eail enniscronetourism3@gmail.com.

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 Róisín at 087 3659049.

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. Telephone 096 37444. Mobile: 087 2506773. Email hreddington@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 and 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.

ENNISCRONE-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 Gerry O'Hora can be contacted at 096 36191 or 087 7614971 or priest in residence Canon George McHale at 096 36191 or 087 2945770. 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 8pm; 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 Malachy 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 Kilcawley) 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/afterschool 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 ENNISCRONE: 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 at thewetsuitcompany.ie or call 083 0186088.

BALLYMOTE PHARMACY
Caring for your health

BUNNINADDEN

COMMUNITY PARK: Ballinalack Community Park held their annual AGM online on March 15, 2021. The following officers are in place for the coming year: Dermot Gormanly 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 €110,000. 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 Seán, 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 commitment 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.

BALLINTOGHER

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

Sympathy to Mrs McGoldrick and family, Carnagh, Ballintogher, on the death of her daughter Kathleen McCawley, Dowra, 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 ll 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 o 11am Saturday or purchase online on club.force.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 3357182 or email keithhenrysligo@gmail.com.

SYMPATHY: Sympathy is extended to sisters Kathleen, Ita, Noreen, Yvonne, brothers Tommy, Johnny, Anthony, Kevin and Brendan on the death of their beloved sister Marian Higgins, Finglas, Dublin, and formerly Wardhouse, Tullaghan Co Leitrim. Funeral took place after Mass in the Rivermount parish church Finglas, Dublin, on Thursday, April 8.

ACHONRY FARMERS' MARKET: The market reommenced on Saturday, March 20 and is now continuing every Saturday.

ENROLMENT: St Mary's College Ballisodare are now taking applications for the new school year commencing September 2021. Registration can be done by either phone 071 9167579 or email info@smcb.ie.

FLEADHFEST COMPETITION: Sligo County Board of Comhaltas are organising a Virtual Fleadh Fest competition in April 21. This competition for individuals to compose (A) a traditional dance tune (B) a song with a Sligo theme of a traditional nature. There will be attractive prizes for the winners. The competition is open to all county Sligo home or abroad. Closing dates for entries Friday, April 16. For full details of the competition see the web page of Sligo County Fleadh 2021. For further information or queries contact 086 3916761.

MASS: Mass from the Church of the Sacred Heart and St Joseph Rockfield Coolaney can be viewed online every morning at 10pm and Sturdays 7pm, Sunday 10.30.

BONUS BALL DRAW: The bonus ball draw continues every Wednesday and Saturday nights. The balls can be purchased in O'Grady's shop and PK Meats Main Street Coolaney.

LOCAL TRANSPORT: The Tubbercurry Access Bus travels to and from Sligo every Wednesday morning picking up people at their place of residence travelling via Mullinabreena, Ballinacarrow, Coolaney etc. It arrives at Tesco car park 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 seat call Eileen at 071 9185614.

NOTES: Anyone who has notes and would like to include them in the Sligo Weekender please call 086 1637834 or email christinaclarke265@gmail.com.

BARRY'S PHARMACY
LOCAL FAMILY HEALTH & BEAUTY
Tubbercurry
Tel: 071-9185021

BALLINACARROW

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

BALLYMOTE COMMUNITY PARK BINGO: The bingo takes place every Saturday night at 8pm on Zoom and please note the later time. Great prizees and great fun for all the family, up to €1400 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 Tuesday to 11am on Saturday or purchase online club.

force.com. Search for Ballymote Community Park and select Pay Membership toreveive your book via email. All proceeds go to devloping the park for the communities enjoyment.

BACK TO SCHOOL: Good luck and best wishes to all the students returning to school on Monday, April 12.

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

information contact Keith Henry at 086 3357182 or email keithhenrysligo@gmail.com.

ST LASSARA SCHOOL BALLINACARROW: The school is now enrolling for the school year commencing September 2021. For full details contact either 071 9130350 or email principalstlns@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 07-9167579 or email info@smcb.ie.

ACHONRRY FARMERS' MARKET: The market contiues every Saturday.

ONLINE DONATIONS: An online donation system has been set up on the diocesan website achonrydiocese.org for the offertory collection envelopes, special ollections 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 Mullinabreena, 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 seat call Eileen at 071 9185614.

NOTES: Anyone who has notes and would like to have them included in the Sligo Weekender contact 086 1637834 or email christinaclarke265@gmail.com.

MERVILLE YOUTH AND COMMUNITY CENTRE

COVID-19 LEVEL 5: Remember wash hands. wear a mask outside your home. 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 Micheál Curley, Rosehill. Micheál 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 mervilleycc@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 mervilleycc@gmail.com or hard copy left into the Merville Centre for inclusion in our Local Notes.

CARRAROE

FUTURE NEWS/EVENTS CONTACT: To have events/news items included in Carraroe section contact 087 2222835 or carraroesligonews@gmail.com no later than Monday each week.

ST JOHN'S GAA CLUB: Lotto jackpot €15,750. Numbers drawn: 3, 13, 26, 28. €25 winners were Tony Mooney Cairns Hill, Ina Toolan Coolaney, Imelda O'Sullivan Aughamore, John Green Ferndale. The lotto is available online – visit St John's GAA website. Tickets are available in the following outlets – Molly Fulton's, Canning's, Pearse Road, McMorrow's, Cairns Road, Applegreen, Pearse Road, Cliffords 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 of listed people. After 2pm we will have volunteers travelling roads picking up the 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 3998925, Pat Benson 087 2222835, Dympna O'Loughlin 087 9303540, Mary Dunbar 087 6669533 or email patwbenson1@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 form the records. To sign up for the alert via ordinary text use this system. A) From your mobile phone Text KOMEER to 51155 to securely pay €10 for 12 months service or download the Komeer App for €5 per year.

THANK YOU: Cadra wishes to acknowledge and express our appreciation to Darren Carr of the Well Pet Hospital for the generous donation to assist us 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 pendent

at all times including in bed and shower (its waterproof). Application forms are available from any of the following Bridie McLean 086 3998925, Pat Benson 087 2222835, Dympna O'Loughlin 087 9303540, Mary Dunbar 087 6669533 or email patwbenson1@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 2222835.

DEADLINE TOMORROW: County Board of Comhaltas closing date for entries is tomorrow – for full details see Sligo County Fleadh 2021web 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 Co. Sligo people at home or abroad.

BOTTLE/CAN BANKS IN CARRAROE: We want to thank residents of Carraroe for the respectful use of the Recycling Banks to date. Do not leave rubbish beside the bins. Please note the facility is monitored by recorded CCTV. 24/7.

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. Wine St Sligo. Account Number: 24936. Sort Code: 992104. IBAN/IE33SLRU9921040 2493602. BIC: SLRUIE21XXX.

GURTEEN

RECENT DEATH: The death took place on April 4 at Sligo University of Patricia Durkin née Corcoran, Edmonstown, and late of Seafin, Cloonloo. She will be sadly missed by her husband PJ and family James, Caroline, Noel, Tracey, Seán and Paul, and their families – brothers and sister and a wide circle of relations and friends to whom deepest sympathy is extended. May she rest in peace.

TIRERAGH TRAD FEIS: The Tireragh Branch of Comhaltas Ceoltoiri Eireann 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-eight, under-10, under-12, under-15, under-18 in whistle, flute, fiddle, 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 8765545 or 086 4477787.

SLIGO COUNTY BOARD CCE: 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 if under-18 – email address also title of tune and/or song. It can be performed by composer or other person – generous prizemoney of €250 for each of the two competitions. inquiries-Sligocce. secretary@gmail.com.

EASTERN HARPS: Eastern Harps 50/50 draw held every Monday night – €564 was the prize on Monday night, April 5. Winner was Seán Bruen, Ballinafad..Tickets are €2 each or three for €5 available at Centra 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 28 the jackpot is now at €3,400 Tickets can be bought in the local shops and also online.

CLOONACOOL

NOTES: Please ensure that your notes are sent to cloonacoolnotes@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 water safety as well as the safety of workers. 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 Pieta and Electric Ireland on May 8, 2021, for a special Darkness Into Light sunrise. Even though we can't 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 support enables Pieta to change the lives of thousands of people struggling with suicidal thoughts, or self-harming.

Email info@darknessintolight.ie.

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 Whats.

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 Sligocce.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 ballcourt and picnic area. Anyone wishing to donate should go to idonate.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 Novelty and donate a minimum of €10 per photo entry. Email your name and photograph along with a brief memorable caption for your photograph, stating which category you are entering to carrowcashel@eircom.net before April 30. There are prizes for each category and an overall prize. For more information contact Iris Murphy 086 8258525 or Martin Baker 086 1608334.

SHAMROCK GAELS: 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. Also being launched is a youtube channel which already has a number of games uploaded. Keep an eye out for more content over the next few weeks. The club plan to relaunch club lotto 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 anyone has unreturned tickets, please get them to Mary Quinn immediately. The tickets cost €10 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 carrowcashel@eircom.net or alternatively text or call Iris at 086 8258525.

SLIGO VOLUNTEER CENTRE

CONTACT: You can browse all vacancies on i-vol.ie and check out all of our news on volunteersligo.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 participate in this training, please forward your details to ppn@Sligococo.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 at 071 9114430.

DISCUSSION CAFE VOLUNTEERS: Now for something a bit different – Discussion Cafés Volunteers – Over-65s. 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 Cafes' 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 0481743. 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-Leisure Buddies 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: one 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 087 2566657 or cyrilfeehily@gmail.com.

CONDOLENCES: Sympathy on the death of Marty Duffy, Swinford, to his brother John Duffy, Rathmagurry;

Sympathy to the Gilmartins Cashel on the death of Paddy Egan, Ballymote, 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, Montiagh, and Bernard Duffy, Rathmagurry.

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 Teresa Finan (née Maye, Moylough) and her husband James, Lavagh, 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, Carrarea, Hilary Durcan, Bunncrannagh, Alicia Hayes, Bunncrannagh, and Tracey Haran, Curry Fule. 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 BRETT: Dr Tommy Brett, a native of Bracklagh, 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 is a regular visitor back to Charlestown and maintains strong connections with the town with many family and friends who are still living in and around the Curry area.

FOROIGE CAREERS SEMINARS: Career Coaching Clinics, some starting this week, will allow young people to ask mentors questions about professions they may be considering for the future. Many young people have missed out on work experience and will be considering different subjects that will guide their career choices. The aim of the Clinic is to demonstrate that career paths can vary and to allow young people an opportunity to hear different professional experiences from the same field. Real stories in an interactive platform that will inform, encourage and inspire. You can register through Eventbrite at foroigecareers.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 Ruairi Brennan at 085 1949360 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: Curry Parish church ceremonies will remain online on YouTube at Curry Parish Church from Monday to Friday at 10am and Sunday 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 Programme 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 Oisin at 091 527831 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.

STEERING COMMITTEE FORMATION:

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 desert delivered to your door Monday to Friday in the South Sligo area. Call 071 9181562 for more information between 9am and 1pm. Monday to Friday.

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's. 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 Séamus Birmingham at 087 2489246 or email ctown@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 throighout the Year. These include top tips for anxiety, practising self-care, mindullness, 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.

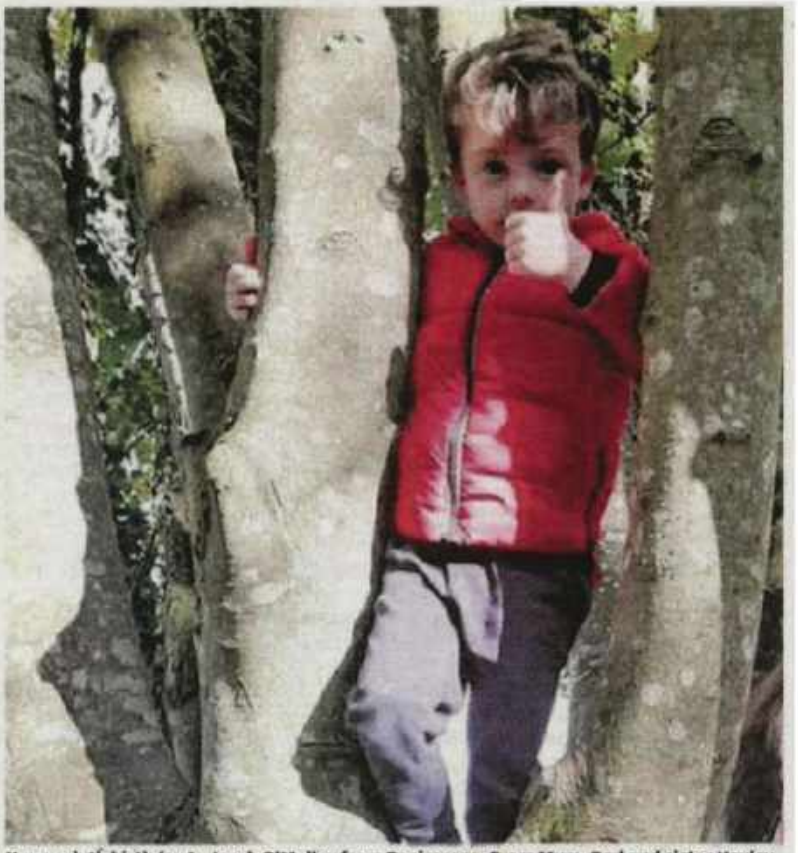
TEXT ALERT: Please remember, your local text alert system is available to all of us to send a message which we feel may be of importance to members of our local Parish Community.

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. Drumcliffe-Rathcormac 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 2954930, Marie Costigan, 087 7883868, Séamus Durcan, 086 3617445, James Giblin 087 9061833, Tom Howley, 087 2200058, and Paul Walsh, 087 8171548.

This poem was composed by Leanne, Kelly and Maisie Haran 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 hair stylist, owing to the lockdown.

MISSING GRANNY'S HUGS

Wait till I tell you about her.
She can be a bit wild
And thats putting it mild
The lockdown hair has gone crazy.
Leaving her eyesight sometimes hazy,
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 bugs.
And finally get some of those much-loved hugs.



Happy sixth birthday to Jacob O'Malley from Enniscrone. From Mum, Dad and sister Hayley.



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 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. 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 realise 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."

RUEPOINTMEDIA

Publication:	Galway City Tribune	**Media Cost (€):**	897.35
Date:	Friday, April 16, 2021	**Reach**	20,702
Page:	21	**Size (Sq. Cm)**	131



Revive Active raises over €50,000 for Breast Cancer Ireland



Pictured are **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 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

Aisling 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"

RUEPOINTMEDIA

Publication:	Killarney Advertiser	**Media Cost (€):**	236.64
Date:	Friday, April 16, 2021	**Reach**	8,000
Page:	30	**Size (Sq. Cm)**	232



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.



WALK: Breast cancer survivor and '100k in 30 Days' event ambassador, Madeleine McCoole from Carrigaline, Co Cork, pictured at the launch of the event in aid of Breast Cancer Ireland. *Photo: Leon Farrell/Photocall Ireland*

"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.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	51
Date:	Friday, April 16, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	450

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.
R egistrations 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

RUEPOINTMEDIA

Publication:	Irish Independent	**Media Cost (€):**	40209.5
Date:	Monday, April 19, 2021	**Reach**	83,900
Page:	31,32	**Size (Sq. Cm)**	1370



Aileen McGeough with her children Senan Hoey (12), Molly Hoey (11), Cian Hoey (8) and Shay Hoey (6)

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 granny Cecelia, our mother's mother, had died young. We knew that our mother Rosie and two of her sisters, Nan and Madge, had breast cancer very young, so it was highly likely that it was going to be hereditary."

Mother of four Aileen McGeough, now 41, discovered she was a carrier of the BRCA1 gene in 2006, a diagnosis which meant her chances of developing breast or ovarian

cancer were hugely increased.

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

"Mammy 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'

From previous page

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 wee boys now; they just rely on you so much. When children are young it's just mammy, everything's mammy. 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 minded; 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, 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.

"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.

"Daddy came out to mind my sister's children; she was taking me up to hospital. I was all 'it'll be fine, I'm grand, and away and good luck'. I remember looking at him sitting at the kitchen table, and he must have been broken. He was just after burying his son and I was going off to have this surgery; just at that moment I felt so sorry for him.

"He knew what he had gone through with mammy, and he didn't want to have to go through that with me."

Her own feelings were extremely pragmatic. "I am 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 have 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 Shay 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, bar coping with the early menopause that set in shortly afterwards.

Last year Aileen had to get an implant replaced, an expected 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 smilingly terms herself something of a hypochondriac who would have a path worn 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 33. 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 *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

'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

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."

RUEPOINTMEDIA

Publication:	nenaghguardian.ie	**Media Cost (€):**	18
Date:	Monday, April 19, 2021	**Reach**	884
Page:	Link	**Size (Sq. Cm)**	745

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 Siochána 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

RUEPOINTMEDIA

Publication:	Woman's Way	**Media Cost (€):**	7,822
Date:	Monday, May 3, 2021	**Reach**	20,762
Page:	52,53	**Size (Sq. Cm)**	10

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 a 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 *Zolodex* 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. WW

Madeleine is a breast cancer awareness advocate and an Ambassador for the 100k in 30 Days event, sponsored by Sherry FitzGerald, in aid of Breast Cancer Ireland.





SideNotes

Consistent and intensive breast cancer 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 30 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"

RUEPOINTMEDIA

Publication:	Mayo Advertiser	**Media Cost (€):**	286.2
Date:	Friday, April 16, 2021	**Reach**	21,000
Page:	1	**Size (Sq. Cm)**	135



Blooming: Fiona Morgan-Coleman, a breast cancer survivor and Garda from Shrule, 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.

RUEPOINTMEDIA

Publication:	Mayo Advertiser	**Media Cost (€):**	674.16
Date:	Friday, April 16, 2021	**Reach**	21,000
Page:	8	**Size (Sq. Cm)**	318



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 Louth couple Niall Carroll and Cara 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-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 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 €3,500 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.100kin30days.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 breast cancer survivor and Garda from Shrule, pictured with her children Callum Coleman (six) and Pearse Coleman (four) at the launch of the 100k in 30 Days event. Photo: Leon Farrell/Photocall Ireland.

TRUEPOINTMEDIA

Publication:	Mayo News	**Media Cost (€):**	1326.78
Date:	Tuesday, April 20, 2021	**Reach**	10,225
Page:	6	**Size (Sq. Cm)**	273



▲ Fiona Morgan-Coleman, a Garda from Shrule who is breast cancer survivor, is 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. Registrations for the national event open at www.100kin30days.ie on Thursday, April 15, and it is open to everyone, inviting 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. Follow ongoing event updates on Instagram @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy. Pic: Leon Farrell/Photocall Ireland

RUEPOINTMEDIA

Publication:	Connaught Telegraph	**Media Cost (€):**	1053.8
Date:	Tuesday, April 20, 2021	**Reach**	11,210
Page:	32	**Size (Sq. Cm)**	220



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.



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

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 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.

RUEPOINTMEDIA

Publication:	Westmeath Examiner	**Media Cost (€):**	1029.86
Date:	Saturday, April 24, 2021	**Reach**	5,799
Page:	40	**Size (Sq. Cm)**	221



100k in 30 Days for Breast Cancer Ireland

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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.



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

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 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.

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RUEPOINTMEDIA

Publication:	Western People	**Media Cost (€):**	241.96
Date:	Tuesday, April 20, 2021	**Reach**	14,100
Page:	21	**Size (Sq. Cm)**	46



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 30 Days event sponsored by Sherry FitzGerald in aid of Breast Cancer Ireland.

Registrations for the national event opened at www.100kin30days.ie on Thursday last. The event is open to everyone from ages 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 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 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.

RUEPOINTMEDIA

Publication:	thetaste.ie/wp	**Media Cost (€):**	171
Date:	Tuesday, April 20, 2021	**Reach**	10,200
Page:	Link	**Size (Sq. Cm)**	589

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 the 1st May. 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. Order online Click & Collect via:- Instagram: @lily_and_wild or www.lilyandwild.ie For more information contact:- Tamso Doyle Communications +353 872936357 Editors Additional Info:- Picnic Menu:- Goats cheese mouillette Whipped goatscheese, minted peas with mandarin and Serano picada Charcuterie board Tapas selection of cured meats, marinated olives truffle aioliand roasted peppers Crudites Mixed veg, Newgrange rapeseed oil, cauliflower and almond skordalia dip Tomato and Mozzarella Fresh basil pesto, mayo, vine tomato and buffalo mozzarella on a multi-grain demi-baguette Chicken Caesar Crisp baby gem, butter-poached chicken tossed in creamy hanti dressing and grated parmesan in a rustic demi-baguette Pink meringue nests with hantilly cream and strawberry Potted vanilla cheesecake Biscuit crumb, micro coriander and orange jelly Popcorn & San Pellegrino 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 Contact Details:- Tel: + 353 (86) 3552413 Kevin + 353 (86) 8746972 Davina Website: www.lilyandwild.ie Instagram: @lily_and_wildThe 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.

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RUEPOINTMEDIA

Publication:	The Herald	Media Cost (€):	10068.01
Date:	Wednesday, April 21, 2021	Reach	28,940
Page:	22	Size (Sq. Cm)	541

'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.

"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.

"Daddy came out to mind my sister's children; she was taking me up to hospital. I was all 'it'll be fine, I'm grand, and away and good luck'. I remember looking at him sitting at the kitchen table, and he must have been broken. He was just after burying his son and I was going off to have this surgery; just at that moment I felt so sorry for him.

"He knew what he had gone through with mammy, and he didn't want to have to go through that with me."

Her own feelings were extremely pragmatic. "I am 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 have 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 Shay 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, bar coping with the early menopause that set in shortly afterwards.

Last year Aileen had to get an implant replaced, an expected 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 smilingly terms herself something of a hypochondriac who would have a path worn 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 33. 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 *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."

RUEPOINTMEDIA

Publication:	Westmeath Independent	**Media Cost (€):**	930.6
Date:	Saturday, April 24, 2021	**Reach**	7,726
Page:	40	**Size (Sq. Cm)**	220



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.

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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.



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

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.

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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 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.

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	9125.37
Date:	Saturday, April 24, 2021	**Reach**	6,502
Page:	42,43,44	**Size (Sq. Cm)**	2473

down your way

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.https//100kmin30days.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

Shannonside Improvement Association Ltd Community Employment Scheme have upcoming vacancies in the following areas – Ballinderry, Terryglass, Carrigahorig. 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 2021/2022. 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.

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 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.

BOOKING OF MASSES

Masses for month'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.

PORTROE

CHURCH NOTICE

Parishioners are reminded that

Masses are live-streamed every day on www.youtube.com/c/portroeburgessyoughalparishes. 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 lotto numbers were: 6, 9, 11, 30. There was no winner. The following were lucky dip (€25) winners: Roy Breen, Garrykennedy; Ella Ryan, LA, c/o Tom Ryan; Jason and Darren Ahern, Cloneybrien; John Hogan, Killoran. 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 26th, Juvenile training; National Hurling League, May 9th; 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.

SYMPATHY

Sympathy is extended to Anne Hickey, Curragh and to all the family, relatives and friends of Mary McCormack, Ryninch, 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

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,100 jackpot on April 12th. The lucky dip (€30) winners were Sarah O'Callaghan, online; Jonathan Maher, online; Tracey Hynes, online and PJ Carey, 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, Ryninch, Ballina. May she rest in peace.

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TEMPLEDERRY

SYMPATHY

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

TEMPLEDERRY 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 also 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 Bohernanave 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 Sarsfields 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, Turtulla, occasioned great regret. A member of the teaching staff at Gaile National School for over 30 years, she was predeceased by her husband Jim and is mourned by her family Michael, John, James, Robert and Louise. Following Requiem Mass in Moycarkey, interment took place in St Peter's new cemetery, Moycarkey.

The death took place in Dublin of Austin Fogarty, Balbriggan and formerly of Iona 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, Bohernamona 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. Semple Stadium will reopen for action on May 15th when Cork are visitors in round two of the National Hurling League. The following week Tipp 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 Sharon Keoghan. The other members of the organising committee included Matty Cullen, Aruna Ast, Zonja Metohu, 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 €9,000. If not won, next Monday night's jackpot will be worth €9,100. Our lotto tickets are now 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!

GAA CLUB COVID ASSISTANCE

Please contact Margaret Mary O'Dwyer, 085 718 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!

CLOUGHJORDAN

CLOTHES COLLECTION

Kilruane MacDonaghs camogie club and the Kilruane MacDonaghs juvenile club are organising a clothes collection. Clothes can be left at the pavilion in MacDonagh Park, Cloughjordan, on this Wednesday, April 21st, from 7.30-8.30pm; 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 5.45pm. Hopefully this game will be televised on RTÉ.

GUARDIAN SPORTS AWARD

Congratulations to Noel Conroy, from Ballygibbon, who won a Nenagh Guardian Sports Award for 2020. Noel, who is a member of the Cloughjordan Gun Club, won the Irish Close/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 Glenahilty to Middlewalk, will be resurfaced later this year. Representations are also being made to the county council to have safety barriers erected along the R491 between Kyle Cross and Glenahilty 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 Zoffanien, trained by Denis Hogan, to win the McGrath Limestone Works Handicap Hurdle at the Ballinrobe 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 never 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

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

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

LORRHA

LATE MICHAEL (MICK) O'MEARA

The peaceful death occurred at his home on April 1st of Michael O'Meara, New Zealand, and formerly The Pike,

Rathcabbin, brother of the late Danny. Mick was one of seven children born 86 years ago to Paddy and Kate O'Meara. Shortly after he left school in Rathcabbin, Mick went to Canada where he spent the following five years before returning home in 1959. However, it wasn't long before he was on the move again and this time he went to Australia where he spent a number of years before eventually settling in New Zealand. He never forgot his relatives and friends in Rathcabbin and he returned home on many occasions, spending up to six or seven weeks enjoying the company of those he visited.

He is survived by his wife Denise, family Patrick and Elisa, John and Melissa, Michael and Lynda; sisters Jane Buffini (Dublin), Peggy Dolan (Birr), Mary Morris (Templemore); brothers Patrick and Martin (Dublin), brothers in-law, sisters in-law, grandchildren, nieces, nephews, cousins, neighbours and many friends both in New Zealand and Rathcabbin. At Mick's request, a private funeral was held on Wednesday, April 7th, in New Zealand. May Mick rest in peace.

SYMPATHY

Sympathy is extended to Brendan Flynn and family, Carrigahorig, on the death of his sister Margaret (Maur) Gleeson, Salthill, Galway. Margaret passed away unexpectedly at home on Saturday, April 10th. Predeceased by her beloved husband Michael and her brother John, she is survived by her family, Kathryn, Judy, Annemarie and Michael; sister Ann Clifford, brothers Fr Eamonn (Largs, Scotland) and Brendan, grandchildren, sons-in-law, sisters-in-law, brothers-in-law, nieces and nephews, the extended Gleeson and Flynn families, neighbours and friends. After funeral Mass in the Church of Christ the King, Salthill, on Wednesday, April 14th, burial took place in Rahoon cemetery. May Maur rest in peace.

NORTH TIPP PLOUGHING OFFER SYMPATHY

North Tipperary Ploughing committee offer their sympathies to Willie Mooney and family, Borrisokane, on the death of his wife, Florrie, which occurred recently. May she rest in peace.

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 (0879673124), Hubert Duggan (0872185995) or Kevin Molloy

(0876738986).

Our juvenile club are running a car treasure hunt on the bank holiday weekend, Sunday, May 2nd, beginning at the clubhouse at 2pm. Contact Colm Kennedy (0868170633) or Kathleen Duffy (0868694528) for details.

CAMOGIE PRIZE WINNERS

Lorrha Camogie Club wish to extend thanks to all who supported their recent fundraiser, which raised €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. A donation to the Jigsaw charity will be made in the coming days.

The prize winners in the draw were: First, zipped top - Dympna and Willie Fogarty; second, Lorrha jersey - Eveleen Cleary; third, gear bag - Simon Dagg accountancy services; fourth, small prize - Pamela Guinan, while the participant's prize of a training top was won by Kayleigh Ryan.

ENROLMENT

Scoil Lua Naofa Lorrha is accepting enrolments for the 2021/22 school year. Application forms can be downloaded from the school website www.lorrhans.ie, by email to the school at luanaofa@gmail.com or by calling the school at (090) 9747295 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

10.30am on Sunday - www.twitch.tv/borrisokaneparish or www.killaloediocese.ie/parish/borrisokane/

Weekday Masses: Tuesday, Thursday and Friday at 10am are available on webcam.

Terryglass will have a recording of Sunday Mass -www.terryglass/kilbarron https://bit.ly/3bhnxfj

Our churches remain open daily for private prayer.

ANNIVERSARY MASSES

Anyone wishing to book an anniversary Mass please contact the Parish Office on 090-9747009. 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 Accord.ie or phone 01 5053112.

SUPPORT

A Covid-19 support line is available for older people and is managed by ALONE, 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 Samaritans: Ph 116,123, Text 087 2609090, email jo@samaritans.ie. Pieta House: Ph 1800 247 247, text HELP to 51444. Aware: Ph 1800 804 848, email supportmail@aware.ie.

PUCKANE

SCHOOL ENROLMENT

Scoil Chill an Daingin 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 06724030 or email kiladanganns@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 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 meditation.

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 Tipp Top Shop, Ballycommon. Why not enter online at kiladangangaa.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 McClearn, 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 entreprenurs and a new meeting and social space for the community.

Councillor McClearn 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 McClearn 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 plan is adapted it cannot be changed before 2028. Councillor Jimmy McClearn said that after the present plan was adapted a number of property owners were disappointed with the zoning; now this 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 McClearn 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 2548723 or by email at jimmymcclearn@yahoo.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 (5-15yrs), starting on Sunday May 2nd and runs for four Sundays (May 2nd, 9th, 16th, 23rd). One-hour sessions with tennis coach Dermot Sheils. 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 083-8704333. With Covid-19 restrictions our numbers will be limited so early booking is essential.

The committee are also delighted to inform members that the 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. Text 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 achieved 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 Donelan 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 organising activities for First, Second and Third Year students. Each year group was given the opportunity to complete an activity circuit. A 99 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 Latteragh woods photographed by Ann Canning.



Pictured at Holycross Community Walkway in relation to the awarding of a LEADER grant totalling €40,860 to St Michaels Community Network for the development of their community walkway. From left: Jim Finn (NTDC Chair), Tony Lanigan (NTDC), Michael Ryan (Committee), Margaret Comerford (Committee), Michael Murray (NTDC), Maura Carey (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 McClearn.



A beautiful evening on Lough Derg captured by Brenda Barry.



Lily Talbot happy to fork-feed her foxy friend in her garden. The photograph was taken by Shirley Talbot.



Children from Abbey Village, nearPortumna, feeding Snowy the lamb - Jane Behan, Grace Killeen, John Kelly, Emily Behan, James Killeen, Stephen Kelly and Joseph Kelly.

RUEPOINTMEDIA

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Camogie Round-Up

BURGESS/DUHARRA

Registration: is now open for the coming season. Current members can log into www.foireann.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.pallasmarketing.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 road map 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 nominees 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. There will be huge amount of grant's available for later phases and when complete we will have a facility as good as any club in the country.

Similar to other clubs that have taken on such a large development, the first phase is to look for donations from our members and supporters. As the club is a registered charity it can claim back €666 for every €1000 donated by PAYE workers. Donations in excess of €250 will qualify for this tax rebate and will also see your family name placed on a Club Development Jigsaw which will be mounted in the clubhouse. All donations big or small will go a long way to achieve this fabulous development. Your support is greatly appreciated.

Membership: As we welcome the recent government announcements which will allow the return to play for underage from 26th April, we are putting plans in place to welcome all our underage teams back to our pitches. In order to prepare for this we would like to remind you that membership is due and for insurance purposes all players need to be registered members. Membership can be paid at www.foireann.ie.

We hope to bring the U6s back a couple of weeks after the U8s and upwards return first.

PORTROE

Membership: can be purchased online through Foireann, 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 vaild. Parents/Guardians of new players will have to register on the Foireann 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, Foireann system or the return to play protocols contact the Sinead Ryan, Club Secretary on 0873523375.

SHANNON ROVERS

100kin30days: Ballinderry Community Sportsfield Committee have signed up to do a 100km in 30 days Challenge, with all funds raised going to Breast Cancer Ireland.

Log on to www.100kin30days.ie and register, choosing Ballinderry Community Sportsfield. The 100kms is to be completed in the month of June and is open to all ages.



Nenagh Éire 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.

RUEPOINTMEDIA

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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.



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

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 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.

RUEPOINTMEDIA

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Health Wise

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.

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!

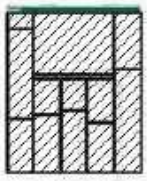
Register at www.100kin30days.ie



Madeleine McCoole, breast cancer survivor, is this year's 100k in 30 Days Event Ambassador.

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GAA ROUND UP

BALLINA

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.foireann.ie. If you used Foireann 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 Paudie Sheehy 0863111781 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://savealife.communityheartprogram.com

Referees: With the return to play around the corner, games will hopefully start coming thick and fast. The club has two referees, 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 McKeogh. There can't be games without referees.

BORRISOKANE

Lotto: Next Monday's jackpot will be worth €9,100. Tickets are available in local shops and on Clubforce.com. Thank you for your continued support.

Covid Assistance: Contact Margaret Mary O'Dwyer 0857186081 for any assistance you may need.

BUIRGHEAS

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.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. 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 Kilcoleman 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 lotto seller.

Registration: Burgess Senior & Juvenile club registration is open online. If you haven't yet registered, visit www.foireann.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 0861506132 or Secretary Gemma Flynn 0872359336

Best of Burgess: Last week's episode of The Best of Burgess stared 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 episode 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 week's entertainment is sorted. To catch up on the first 3 episodes and for more info on who will be staring 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. These 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 - Newtown.

Supporting Local: Ballywilliam native Paddy Ryan of the GagaMuller 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 €5,000 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.

KILADANGAN

Lotto: There was No winner of the Monday 12th April €15,000 jackpot or the Second Chance €500 Draw.

We would urge people to sign up for the lotto online at kiladangangaa.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 will be streamed live on the Kiladangan Facebook page every Monday at 9pm.

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) - €80; Student (with Gym & Lotto) - €150; Non-Playing - €30; Non-Playing & Lotto - €110; Non-Playing, Lotto & Tipp Draw - €200

You can purchase online at kiladangangaa.com/membership_products or contact registrar Fergal Hayes 0861506266.

Community Help: If anyone in the local area is in need of necessities then please do not hesitate to get in contact with Clair Byrne 0872240005; Art Flannery 0863577571; Seamus Quigley 0862726262; Paul Fogarty 0873790889; Michael Quinn 0872548583

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

Condolences: We extend our sympathies to the Slattery family, Ballyanny, on the sad passing of Sinead's husband Adrian King (New Zealand). May he rest in peace.

KILRUANE MACDONAGHS

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.foireann.ie (returntoplay.gaa.ie) before the first session. A text in relation to Registration has been forwarded to all parents/guardians.

Membership: fees for 2021: Players U18 - €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 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.

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 0834880823.

Clothes Collection: The Camogie & Juvenile Clubs have teamed up to organise a Clothes Collection. Clothes can be left at MacDonagh Park on the following dates: Wednesday 21st April 7.30-8.30pm; Wednesday 28th April 7.30-8.30pm; and Wednesday 5th May 7.30-8.30pm. Your support would be appreciated

Sympathy: The club extends sympathy to John McCarthy, Coolnamona on the death of his wife Dympna and to Nola Flynn, Bantiss on the death of her sister Josephine Flynn, Queens, New York and formerly Borrisokane.

LORRHA

Juvenile Car Treasure Hunt: Our juvenile club are running a car treasure hunt on the Bank Holiday Sunday, 2nd May, beginning at the clubhouse at 2.00pm. Contact Colm Kennedy 0868170633 or Kathleen Duffy 0868694528 for details.

Lotto: The lotto jackpot is at €4,650 with a match 3 pot of €120. You can play online at clubforce.com while lotto envelopes can be dropped off at the clubhouse, at Mulrooney's Gala, Kelly's Rathcabbin, or at the Scéal shop Lorrha. If you need Lotto envelopes, contact chairman Joe Dolan 0879673124, Hubert Duggan 0872185995, or Kevin Molloy 0876738986.

Euro-Millions: With our current term up in May, the club will be re-running the Euro Millions lotto fundraiser this year. The prize pot is above the €4,000 mark as things stand, let's hope we have so more luck before the end of next month.

Clean-up: Thanks to all who contributed to our clean-up around the pitch and facilities last weekend.

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, involving the clearing away of the bank at the town end of the field and the seating around the inside pitch, is now well under way and this will pave the way for the building of the new Hurling Wall and Astroturf 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 where donors can avail of the Tax Exemption scheme. Details of this scheme and the planned Jigsaw/Mural 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 if 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 €4,700. 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 at www.nenagheireog.com.

Membership: for 2021 is now due and with a new deadline date of May 31st we are asking that our players and supporters please pay their membership over the coming weeks. Foireann is the new GAA registration system and while membership should still be paid through Clubforce or to any Committee member, members must set up their own registration on Foireann. Information on how to do this is available on the club website and details have also been shared via the various player WhatsApp Groups. Families should also set up their own registration on Foireann.ie.

With the return to training starting for juveniles at the end of April and hopefully all other groups in May, it is important that all players, both juvenile and adult, look after the payment of their membership in the coming weeks.

Return To Play: All our juveniles are very much looking forward to returning to training which is looking increasingly like next week. We will let everyone know what days we are training once it is organised with the field committee.

Please encourage the boys to practice when they can over the next few weeks. There are a huge number of boys nationally that struggled for motivation in all sports over the past few months and we are very conscious of this and will be very mindful of the boys. We hope every available boy will return and hope to gain extra boys as well.

It's a very exciting time for the club with huge developments taking place in the field at present. When the boys return to training, they will see all the work going on for the hurling wall and Astroturf which is anticipated will be completed by the end of June. Remember to transfer your donations and let your funding representative know you have done so for tracking purposes.

Garda Vetting: Reminder to get your Garda vetting up to date please. 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 at https://gaa.flowforma.com/Lists/Forms/NewForm.aspx?FlowId=7

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 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 GAA Clubs Draw: In further good news, the 2020/21 Tipperary GAA Clubs Draw will recommence this Friday night. There are six monthly draws remaining in the current draw year, and all will take place by early August. Each draw will be broadcast live on Tipp FM.

Membership: is available through our website and Facebook page. Adult Player - €70; Player & Partner - €80; Adult Non-Player - €40; Adult Non-Player & Partner - €60; Family (parents plus dependent children) - €80; Student - €35; Juvenile - €20.

Lotto: Our lotto jackpot now stands at €3,950. 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.

PORTROE

Membership: Portroe Senior and Juvenile clubs along with the Camogie Club will hold Membership evenings over the next few weeks. Players and members are encouraged to pay their membership at anyone of these evenings which will be communicated by club text. Membership fees remain unchanged from last year and are as follows: Adult & Gym - €70; Adult Player including Gym - €50; Adult Non-Player - €25; Student & U21's - €25; Students & U21's including Gym - €50; Juvenile 1st child - €25; Juvenile 2nd child - €15; Juvenile 3rd child and thereafter - €10.

Please note that it's necessary for all adult committee members and officers, team mentors and players to be fully paid members of each club. Any player who's not a paid-up member is not covered by insurance in the event of injury.

Online Lotto: As the GAA/Camogie/Parish Hall Lotto gets ready to launch online on Tuesday 4th May, the Clubforce app can be downloaded from Google Play or the App store so people can be ready to play online.

Guardian Sports Awards: Congratulations to Darren Gleeson, Antrim Senior Hurling manager, who was named as one of the winners of The 2020 Guardian Sports Awards last week.

Tipperary Draw: The 2020/2021 Tipperary Draw will resume this Friday April 23rd with the 6th draw live on Tipp FM from 8.30pm. All outstanding money can be given to promoters ASAP as the 2021/2022 draw is expected to begin around the end of September. Thank you for your continued support.

Sympathy: The club wishes to express sympathy to Anne Hickey and family on the passing of her mother Mary McCormack. May she rest in peace.

ROSCREA

Underage Training: will return the week commencing 26th April. Training times will be confirmed on Social Media sites.

Membership: is now due and is to be paid through the online Foireann system. Details of which are on our Facebook page.

Lotto: Our Lotto is now available online. See our social media pages for the link to play. Sale of tickets online closes at 8.00pm on night of draw. Tickets are also on sale in Keane's newsagents and Brendan Moloney's. Next week's jackpot is €16,750.

Online Bingo: Play online bingo, via Zoom, in association with Roscrea Hurling Club and Roscrea Community Hall. Starting Sunday 25th April at 8.00pm sharp. €2,000 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 10pm on Saturday nights.

SHANNON ROVERS

100KM Walk: Ballinderry Community Sportsfield Committee have signed up to the 100kms in 30 days challenge with all funds raised will go directly to Breast Cancer Ireland. Please 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.

Return To The Playing Fields: With the Covid lockdown restrictions lifted gradually It is hoped to return to the playing fields after 26th April. But first of all we must make sure all the GAA protocols are put in place just like 2020. Vetting of our coaches and registration of players is very important. It is important that everyone logs in to their Foireann account and submits their health questionnaire for each person 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 Registration: We are delighted to welcome back our juveniles to Dolla next week. Due to the restrictions, we will coincide registration with your child's return to training. Registration forms are being distributed to the local schools. Membership will be €20 for your 1st & 2nd child, with family membership of €50 for 3 children upwards. If possible, please have the exact payment in an envelope with your child/children's name.

At present, we are due back on Monday 26th April with our U7, U9, U11, and U17's and on Tuesday 27th April with our U13 and U15's. Managers will be in contact this week regarding training times. We have introduced a new nursery group this year, the U5's. These children will not be returning for a couple of weeks but if you can register them on the above nights, it would be appreciated as we need to get an idea of numbers to ensure we have enough coaches in place.

Juvenile Return to Play Health Questionnaire: There has to be a number of safety measures implemented to protect our players/coaches when returning to play. We would appreciate your cooperation in order to ensure the safe return of everyone to the field. While we have a responsibility as club officers to ensure the safety of your child and our coaches, you, as a parent/guardian have the responsibility of ensuring the safety of your child and others. No player can come to the first training session until the parent/guardian completes the Return to Play Health Questionnaire for their child/children @ https://returntoplay.gaa.ie. This is a very important part of the process as the information will be required by the HSE for contact tracing in the event of an outbreak of Covid in the club. You will be able to use the same login details as last year or you can set up a new login/password.

Scrap Metal Collection: Silvermines GAA club will hold a Scrap Metal Collection on the May Bank Holiday Weekend, April 30th, May 1st & 3rd. These are the items that are suitable for collection, old farm machinery, white goods i.e.: washing machines, cookers, and Tumble dryers (no fridges, freezers, or bulbs of any sort), copper tanks or piping, galvanise, steel, bicycles, slides or old cars and domestic and industrial scrap including batteries, cars, tractors, and all types of lead-based batteries.

If anyone would like to donate it, it can be dropped into Dolla GAA field or alternatively contact Chairman Colm Maher 0879802524 (Capparoe area); Tim Ryan 0852403321 (Silvermines/Dolla area) and John Sherlock 0876983280 (Ballinaclough area). The collection/drop off times will be 2pm to 7pm on Friday 30th April, 9am to

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.

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 play 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 Starr, Mitchel Street, Nenagh 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.

TULACH SHEASTA

Ar ais ag imirt: 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.

Ballrafocht: C.L.G. 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, returntoplay.gaa.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 0863872556 or Juvenile Secretary Ray Meaney 0872618649.

Membership packages available this year are as follows: Adult Player - €70, Juvenile Player - €50, Adult Non-Player - €25, Our new Family Package for €130 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 could 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 dheis Dé 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.

RUEPOINTMEDIA

Publication:	The Nationalist (Kildare Edition)	**Media Cost (€):**	281.6
Date:	Tuesday, April 20, 2021	**Reach**	4,245
Page:	3	**Size (Sq. Cm)**	128





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 from1 May

LILY & Wild, a new food business set up by husband and wife team Kevin and Davina Walsh,are lauching 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

RUEPOINTMEDIA

Publication:	Leitrim Observer	**Media Cost (€):**	789.36
Date:	Wednesday, April 21, 2021	**Reach**	6,487
Page:	33	**Size (Sq. Cm)**	156



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 have shown graduates of PLC are more likely to succeed in a 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 fetchcourses, course code 310661 and apply online: https://www.fetchcourses.ie/course/finder?sfcw-courseId=310661

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 McCawley's LCVP 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 'Hotel Catering and Tourism Day'. We would like to thank their teachers Ms McCauley, Ms Traynor and Ms Shanley for helping with these successful events.

HEALTHFEST

Drumshanbo VS Leaving Certs, 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 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.

RUEPOINTMEDIA

Publication:	RTE 2FM	**Media Cost (€):**	9420
Date:	Thursday, April 22, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

RTE 2FM @ 22-Apr-2021 09:13 - (breast) Part 1

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 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

RUEPOINTMEDIA

Publication:	RTE 2FM	**Media Cost (€):**	1946
Date:	Thursday, April 22, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	864

RTE 2FM @ 22-Apr-2021 09:13 - (breast) Part 2

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 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

RUEPOINTMEDIA

Publication:	RTE 2FM	**Media Cost (€):**	533
Date:	Thursday, April 22, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

RTE 2FM @ 22-Apr-2021 09:29 - (breast)

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

RUEPOINTMEDIA

Publication:	Irish Food	**Media Cost (€):**	3246.75
Date:	Thursday, April 1, 2021	**Reach**	4,000
Page:	30	**Size (Sq. Cm)**	555



Above and beyond

Glanbia's sustainability programme addresses social as well as environmental issues

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 2015, the company aimed to reduce water use intensity by 8% 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 emission reduction (10%) through renewable electricity procurement.



Waste

In 2015, 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 redistributed 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 in 2021, with water audits at its most material sites. Following this, target-setting for water and packaging usage will be conducted in 2021 to inform 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 2050.

Waste

Glanbia considered 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 brand level, it is taking action on plastics, beginning by analysing the data behind its packaging footprint. Consumer-facing packaging baselining work will be completed in 2021 with targets to be advised by the end of the year.

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 Mullan, 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.

Aisling Hurley CEO of Breast Cancer Ireland said: "Glanbia's support has made a massive difference in our race for a 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 us 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 65,208 km in total.

RUEPOINTMEDIA

Publication:	Dundalk Leader	**Media Cost (€):**	440.45
Date:	Wednesday, April 21, 2021	**Reach**	18,000
Page:	4	**Size (Sq. Cm)**	115



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).

RUEPOINTMEDIA

Publication:	echo.ie	**Media Cost (€):**	221
Date:	Friday, April 23, 2021	**Reach**	6,800
Page:	Link	**Size (Sq. Cm)**	1,171

‘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 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 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 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:

RUEPOINTMEDIA

Publication:	Offaly Independent	**Media Cost (€):**	890.63
Date:	Saturday, April 24, 2021	**Reach**	13,040
Page:	17	**Size (Sq. Cm)**	221



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.



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

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 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.

RUEPOINTMEDIA

Publication:	goss.ie	**Media Cost (€):**	307
Date:	Saturday, April 24, 2021	**Reach**	6,800
Page:	Link	**Size (Sq. Cm)**	1,699

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.

RUEPOINTMEDIA

Publication:	kildare-nationalist.ie	**Media Cost (€):**	3
Date:	Thursday, April 22, 2021	**Reach**	340
Page:	Link	**Size (Sq. Cm)**	359

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.

RUEPOINTMEDIA

Publication:	laois-nationalist.ie	**Media Cost (€):**	4
Date:	Tuesday, April 27, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	356

Raffle raising funds to provide Level 3 Hospice in Midlands

By Joe BarrettBreed 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 €1,4500 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.

6th Prize: A hamper from Kilbeggan Organic Foods worth €50.

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

RUEPOINTMEDIA

Publication:	Leinster Leader	**Media Cost (€):**	841.32
Date:	Tuesday, April 27, 2021	**Reach**	5,778
Page:	4	**Size (Sq. Cm)**	164





Kevin and Davina Walsh of Lily & Wild. Profits from picnic baskets ordered from the new Naas catering business during May will benefit Breast Cancer Ireland. PICTURE: ANTHONY WOODS

Picnics for Breast Cancer Ireland

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 mouillette, 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.

RUEPOINTMEDIA

Publication:	The Echo	**Media Cost (€):**	1168
Date:	Wednesday, April 28, 2021	**Reach**	9,449
Page:	16	**Size (Sq. Cm)**	146



In the next edition of Wow!



Meet the Cork woman at the helm of successful broadcasting business



Why I'm walking 100km for Breast Cancer Ireland



Crosshaven native shares the magic of 'voice vibrations'

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	3287.79
Date:	Saturday, May 1, 2021	**Reach**	6,502
Page:	40,41	**Size (Sq. Cm)**	891



Camogie Round-Up

BORRIS-ILEIGH

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 8's and 10's will train on Wednesdays at 7.00pm. The Under 12 will be out on Tuesdays and Fridays at 7.00pm while our Under 14's will train on Mondays and Wednesdays at 7.00pm and on a Saturday morning at 11am. The Under 16's are out on Tuesdays at 7.00pm 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.

Membership: is due to be paid by the 13th of May. This can be paid online on the registration system called Foireann, or by contacting registrar Siobhán Groome 0872900569. Membership fees are as follows: Full playing - €60, Under 18 playing - €35, Full non-playing - €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. We'll 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 €20 and one lucky envelope has our big €100 prize. To get your book for next Sunday 2nd May go to: www.pallasmarketing.ie/product/north-Tipp-bingo

Registration: is now open. Current members can log into wwwfoireann.ie. Please ensure your profile is completed. New members contact 0833102223 or 0834321777 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.

Membership: can be purchased online through Foireann.ie, which is the Return to Play system used for filling out the Health Questionnaire for training/matches last year. Your username and password should still be valid. Parents/Guardians of new players will have to register on the Foireann 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, Foireann system or the return to play protocols contact Sinead Ryan 0873523375. A registration night will be held on Tuesday 4th May between 7 & 8pm in the clubhouse.

SHANNON ROVERS

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 & 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 ballinderrysportsfield2021@gmail.com.

Membership: Registration is now open online at www.foireann.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. New U5/U6 players are invited to attend the first training on Saturday, 1st May at 10am, or come along 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: savealife.communityheartprogram.com

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 referee. If you are interested, contact Gerard McKeogh.

Investors Draw: was held on Saturday. Congratulations to our winners and thanks for your support: 1) Majella Kennedy - €1,000; 2) Marie Elliot - €100; 3) Margaret O'Sullivan - €100; 4) Kevin and Una O'Callaghan - €50; 5) Brian Grogan - €50; 6) Fergus Breen - €50

BORRISOKANE

Lotto: Next Monday's jackpot will be €9,200. Tickets are available in local shops and on Clubforce.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 we let 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.

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 8.00pm. To play just 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. 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 26th of April's lotto was for a jackpot of €5,300. 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.foireann.ie and

follow the steps to create your account. Anyone experiencing difficulties can contact Registrar Tricia Gibson 0861506132 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 staring 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.gaa.ie or by contacting Child Protection Officer Una Dunne – 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 and his partner Sinead on the birth of baby Fiadh last week.

Well wishes: The club would like to extend our best wishes to Philip Austin who retired from the Tipperary Senior Football panel. Philip has been a great servant to the county and we were delighted to see him walk away with a Munster title under his belt.

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 €500 Draw on April 15th last.

We would urge people to sign up for the lotto online at kiladangangaa.com. You can also enter the lotto in the shops and restaurants in the parish.

Membership: You can purchase online at kiladangangaa.com or contact registrar Fergal Hayes 0861506266.

KILRUANE MACDONAGHS

Juvenile AGM: A very successful Annual General Meeting of the Juvenile Club was held last Friday 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 - Barney Naughnane; Fitness & Agility Officer - John Casey.

The following managers were appointed: U17 - Mick Cleary & Cathal McIntyre; U15 - Brian England; U13 - Aidan Ryan; U11 - Brian Gaynor; and U9 - 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 Club Executive made the prudent decision to pause the scheduled commencement of underage training. The situation will be reviewed at the weekend.

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 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 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 you can join on Clubforce.com. Thanks for your continued support.

Hurl Repairs: All players who require hurls repaired can contact Cian Darcy 0834880823.

Clothes Collection: The Camogie & Juvenile Clubs have teamed up to organise a Clothes Collection. Clothes can be left at MacDonagh Park on Wednesday, 28th April and Wednesday, 5th May from 7.30-8.30pm. Your support would be appreciated.

Sympathy: The club extends sympathy to the family of the late Very Rev. Canon Liam Ryan, Holycross. Fr. Liam refereed the 1978 County senior final when Kilruane MacDonaghs overcame Roscrea.

LORRHA

Juvenile AGM: was held last Thursday week on Zoom. The Officers elected are as follows: Chairperson - Colm Kennedy. Vice-Chairperson - Tom Kennedy. Secretary - Kathleen Gleeson; Assistant Secretary - Caroline O'Brien.

The following management teams have also been confirmed: U11 - Colm Kennedy, Jimmy Donoghue, Brenda Ryan, and Marie Clare Fogarty; U13 - Martina Duffy, Rob Fitzgerald, Paddy Reddin and Paudie Kennedy; U15 - Jimmy Dunne, Kevin Hough, Micheal Kennedy and Trish Broderick; U17 - John Madden (selectors tbc); U7/9: rota 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 starting back along with a Covid declaration. Let's hope for another successful and enjoyable year ahead.

Juvenile Car Treasure Hunt: Our juvenile club are running a Car Treasure Hunt this Sunday, 2nd May, beginning at the clubhouse at 2.00pm. Contact Colm Kennedy 0868170633 or Kathleen Duffy 0868694528 for details.

First Aid and CPR Training Course: Takes place on Thursday, 6th May at 6.30pm. Contact Colm Kennedy 0868170633 or Kathleen 0868694528 to take part.

Lotto: The jackpot is at €4,650 with a match 3 pot of €120. You can play online at clubforce.com while lotto envelopes can be dropped off at the clubhouse, Mulrooney's Gala, Kelly's Rathcabbin, or at the Scéal Shop Lorrha.

EuroMillions: With our current term up in May, the club will be re-running the EuroMillions lotto fundraiser this year. The prize pot is above the €4,000 mark so let's hope we have so more luck before the end of next month.

NENAGH 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 presence of Covid in the locality. The situation will be reviewed weekly, and updates will be issued via the various WhatsApp groups. Training slots, days 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 town end and the seating around the main pitch, is under way and this will pave the way for the building of a Hurling Wall and Astroturf area. The completion date will hopefully be June/July.

This phase will be funded by donations from members and supporters under the Tax Exemption scheme. Details of this scheme and the planned Jigsaw/Mural to be erected are available on our development brochure which is on the Club website. This phase of the fundraising is being 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 pledged 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.nenagheireog.com.

Membership: is now due and with a new deadline of May 31st and should be paid on Foireann.ie.

Tipperary Draw: returned with the 6th draw taking place on Friday. The club had two winners with Helen & John Spillane winning €500 and Donie & Ciaran O'Brien winning €200 in the confined 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 set up without your GAA Garda vetting being up to date

PORTROE

Return to Play: Our Juvenile Club has postponed the return to play. There has been a serious Covid-19 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 Hall Lotto continues each Tuesday night. Our online Lotto will launch on Tuesday 4th May. Download the Clubforce app to buy your lotto tickets online.

SHANNON ROVERS

Ballinderry Sportsfield Committee: want to open its facilities to all our Community and develop into a multi-purpose Centre. We intend to deliver health & wellbeing information and programmes directly to all ages within our community. The intention is that the facility will become

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.

100KM Walk: Ballinderry Community Sportsfield Committee have signed up to the 100kms in 30 days challenge, and all funds raised will go directly to Breast Cancer Ireland. Log on to www.100km30days.ie and register. The 100kms is to be completed during June. This event is open to all ages.

Return To Play: The Under 15s & 13s return to the training field on Monday. The schedule is as follows: Mondays at 7pm - U13 & U15: Wednesdays at 7pm – U7, 9 & 11's: Thursdays at 7pm - U15: Saturday at 11am – U11 & 13; Sunday at 11am - U17.

We must make sure all the GAA protocols are put in place just like 2020. Vetting of our coaches and registration of players is very important. It is important that everyone logs into their Foireann account and submits their health questionnaire for each person 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: There has been a serious Covid 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 had distributed registration forms and an information letter via the three local schools. We ask that you please hold onto them until we do return to Dolla as we will use the same method for registration as we had outlined in the letter. If anyone has any questions, contact Noreen 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 i.e. washing machines, cookers, tumble dryers (no fridges, freezers or bulbs), copper tanks or piping, galvanise, steel, bicycles, slides or old cars and domestic and industrial scrap including batteries, cars, tractors and all types of lead based batteries.

If anyone would like to donate it can be dropped into Dolla GAA field or alternatively contact Chairman Colm Maher 0879802524 (Capparoe area); Tim Ryan 0852403321 (Silvermines/Dolla area) and John Sherlock 0876983280 (Ballinaclough area). The collection/drop off times will be 2pm 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.

Lotto: Silvermines GAA lotto has a jackpot of €3,500 and the club are appealing to all members to play 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 three tickets (recurring weekly).

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 sympathies to our senior coach Cormac McGrath and all his family on the sad passing of his grandmother.

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: Thanks 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.

RUEPOINTMEDIA

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Date:	Saturday, May 1, 2021	**Reach**	6,502
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down your way

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 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. All suggestions welcome. Bigi linn!

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.https//100kmin30days.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/ 0876567099 with any queries.

SCHOOL ENROLMENT

Kilbarron NS is now accepting applications for enrolment for the school year 2021/2022. 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.

BOOKING OF MASSES

Masses for Month'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 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. 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

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,200 jackpot on April 19th. The lucky dip (€30) winners were Christy Quigley, Creggane; Claire O'Sullivan, Ballina; Julie O'Donovan, Tullamore Park and Pat O'Flaherty, Youghalarra. The seller's prize went to Liam Gillespie. Thank you to you all for your continued support of our club lotto.

ARRA HISTORICAL & ARCHAEOLOGICAL SOCIETY LECTURE

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TEMPLEDERRY

BACK TO SCHOOL

It is brillant to see all the pupils back at school in Templederry National School. Of course the weather being good is a help also as the children can get outside for activity etc. Due to unforseen circumstances juvenile training had to be postponed until perhaps later in the week under strict new guidelines. When it does resume please adhere to whatever guidelines are in place and make it a safe return for everyone.

THURLES

TOWN REDEVELOPMENT

The plans for a €3.2 million development of a Market Quarter adjacent to the Source Arts Centre provide for a nineteenth 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 grounds of St Patrick's College, now Mary I third level facility, and 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 now 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 Commeragh 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 (Jacksie), daughter Amelia, son Conor junior, 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, Bohernananve. Well-known in sporting and musical circles, John was secretary of the North Tipp and District Soccer League for many years and also its PRO. In his younger days he was an accomplished hurling goalkeeper playing with both Sarsfields and Fennellys. 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.

Noelie Maher, Kennedy Park, who died last week was a member of the Maher(Whitehead) family of Innisfallen 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 mourned by his wife Noreen, daughters Anne, Mary, Patricia, Denise and Noreen, his brothers Martin (Musha), John, Benny and Charlie, sisters Mau, Joan and Nancy, grandchildren and by a wide circle of relatives and friends. Interment was in St Patrick's Cemetery following Requiem Mass in the cathedral.

The death occurred last week in Ardeen 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 mourned 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 'Bainne' family, Glenbane Lower, and prior to his studies for the priesthood worked in Dwan's Mineral Waters company and served as secretary of Mid Tipp 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 Thurles 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 Wednesday 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.tipperary@gaa.ie.

BORRISOKANE

CHURCH NEWS

Sunday Masses can be viewed on webcam. Borrisokane: 7pm Saturday and 10.30am Sunday - www.twitch.tv/borrisokaneparish or www.killaloediocese.ie/parish/borrisokane/

Terryglass will have a recording of Sunday Mass at www.terryglass/kilbarron https://bit.ly/3bhnxfj.

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 Killaloe Diocesan Website - thanks to those who do so.

ROLLOUT 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 LoCall: 1850 24 1850 , 8am to 8pm, Monday to Sunday. Please have: your PPS number, Eircode, 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 €9,100. If not won, next Monday night's jackpot will be worth €9,200. Our lotto tickets are now 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.

GAA CLUB COVID ASSISTANCE

Please contact Margaret Mary O'Dwyer, 085 718 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!

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 in life 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 Borrisokane 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 fashioned throughout his life and particularly through nearly a century-long afterlife. Ann Dolan is Associate Professor of Modern Irish History in TCD and Will Murphy is lecturer in the School of History and Geography 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 Modreeny Ambush, local man Ger Heffernan will deliver an illustrated talk on the Modreeny Ambush.

To register for the above online events, email macdonaghweekend@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 Kilruane MacDonaghs camogie club and juvenile club continues on this Wednesday, April 28th, from 7.30 to 8.30pm and on Wednesday, May 5th, from 7.30 to 8.30pm at the pavillion in MacDonagh Park, Cloughjordan. Thanks to all who donated clothes at last week's collection.

JUVENILE AGM

At the recent AGM of the Kilruane MacDonaghs juvenile club the following officers were elected: Chairman - John Jones; Vice-Chairman - Brian Gaynor; Secretary - Yvonne Kennedy; Child Welfare Officer - Yvonne O'Looney; PRO - Gilbert Williams; Coaching Officer - Barney Naughnane; Fitness and Agility Officer - John Casey; 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 Kilruane MacDonaghs Lotto is €2,300. Thanks to all subscribers for your continued support.

GAA

Club underage training did not resume at MacDonagh Park, Cloughjordan on last Monday (April 26th) due to the Covid spike in the Nenagh area. The situation will be reviewed again this 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, Eircode, 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 Tipp hurlers will have their second game against Cork in Semple Stadium on Saturday week at 7.30pm. All Tipp fans will be eager to see the Premier County progress this year. The best of luck to our own parish club players, Patrick 'Bonner' Maher and Brian Hogan.

In the football, Tipp play Limerick in the Gaelic Grounds on May 15th at 5pm. Borrisokane club man and long serving Tipperary player Philip Austin bade farewell to the scene last week. Philip is wished all the best in his retirement.

In the Littlewoods Ireland National Camogie League, Tipp seniors and intermediate panels also return to training. In round one, Tipp seniors play Cork on May 15th while the intermediates will also play Cork on May 15th.

The best of luck is extended to our own parish club player Clodagh McIntyre.

ANZAC DAY IN LORRHA

Sunday last April 25th was Anzac Day and a very low-key and brief wreath-laying ceremony took place in Lorrha at the Martin O'Meara VC memorial. See story on page 16 of this week's paper.

ENROLMENT

Scoil Lua Naofa Lorrha is accepting enrolments for the 2021/22 school year. Application forms can be downloaded from the school website www.lorrhans.ie, by email to the school at luanaofa@gmail.com or by calling the school at (090) 9747295 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 meditation.

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 Tipp Top 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, sweeping and removing moss, etc, on the footpaths. Tasks which will be undertaken in the next few weeks are replacement of dilapidated 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, Damian O'Brien, Noel McNulty, Hilda Fahy and, this year, Leo Smith, TY Co-ordinator, Portumna Community School. Noel Mullery, GCC, always at the other end of the phone to assist. It 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 Ivan 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 saying 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. Well, now we ask that you 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, UK, 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/WinaQuad or contact Daniel on 087 2832098.



'Red Robin' seat at Springfort Cross, Nenagh, in the evening sunshine, photographed by Anna O'Brien.



Paddy Daly in Cappanasmear Lane, Borrisokane, photographed by his grandson Luke.



Sixth Class pupils at Ardcroney 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.

RUEPOINTMEDIA

Publication:	kildarenow.com	**Media Cost (€):**	44
Date:	Wednesday, April 28, 2021	**Reach**	7,140
Page:	Link	**Size (Sq. Cm)**	232

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 mouillette, 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.

RUEPOINTMEDIA

Publication:	leinsterleader.ie	**Media Cost (€):**	29
Date:	Wednesday, April 28, 2021	**Reach**	4,760
Page:	Link	**Size (Sq. Cm)**	232

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RUEPOINTMEDIA

Publication:	irishcentral.com	**Media Cost (€):**	0
Date:	Wednesday, April 28, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	1,040

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 r egister 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”.

RUEPOINTMEDIA

Publication:	Limerick Leader	**Media Cost (€):**	1464.01
Date:	Saturday, May 1, 2021	**Reach**	13,420
Page:	3	**Size (Sq. Cm)**	281



Walking trails and virtual runs on the agenda for this bank holiday weekend

DAVID HURLEY

E: david.hurley@limerickleader.ie

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, 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.

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, 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.



The recently completed mural of Dodo Reddan is included in one of the walking trails

RUEPOINTMEDIA

Publication:	midlands103.com	**Media Cost (€):**	2
Date:	Thursday, April 29, 2021	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	81

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:

RUEPOINTMEDIA

Publication:	independent.ie/regionals/kerryman	**Media Cost (€):**	38
Date:	Thursday, April 29, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	363

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.

B reed 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.

RUEPOINTMEDIA

Publication:	limerickleader.ie	**Media Cost (€):**	337
Date:	Friday, April 30, 2021	**Reach**	21,420
Page:	Link	**Size (Sq. Cm)**	566

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 LEARN MORE

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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." by Taboolaby Taboola Buzz Treatment

Remember Grace Jones? Try Not To Smile When You See Her Now

Buzz Treatment

Undo

Care by Volvo

Elektrisk XC40. For en fast månedspris. Abonner nå på nett.

Care by Volvo

Undo

Details of all three trails are available on Limerick.ie/Riverfest.

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.

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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.

RUEPOINTMEDIA

Publication:	wlrfm.com	**Media Cost (€):**	4
Date:	Friday, April 30, 2021	**Reach**	4,760
Page:	Link	**Size (Sq. Cm)**	54

Breast Education and Awareness Webinar – Wednesday 5th May.

The Solas Cancer Support Centre is hosting a 'Breast Education and Awareness Webinar' on Wednesday 5 th 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

RUEPOINTMEDIA

Publication:	The Irish Field	**Media Cost (€):**	4,072
Date:	Saturday, May 1, 2021	**Reach**	10,396
Page:	15	**Size (Sq. Cm)**	10

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

TRUEPOINTMEDIA

Publication:	The Echo	**Media Cost (€):**	1568
Date:	Tuesday, May 4, 2021	**Reach**	9,449
Page:	14	**Size (Sq. Cm)**	196



In Wednesday's Wow!



BUILDING A BUSINESS
Meet the Cork woman at the helm of a hugely successful broadcasting company



SURVIVING CANCER
Carrigaline-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

The Echo

RUEPOINTMEDIA

Publication:	Westmeath Examiner	**Media Cost (€):**	591.82
Date:	Saturday, May 8, 2021	**Reach**	5,799
Page:	46	**Size (Sq. Cm)**	127



GREAT LIMERICK RUN VIRTUAL 2021



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 is 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!

RUEPOINTMEDIA

Publication:	Dundalk Democrat	**Media Cost (€):**	2737.6
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Aileen supports 100k in 30 days after cancer journey

PATRICK FLAHERTY
patrick.flaherty@dundalkdemocrat.ie

Back in 2013 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 actor due to her testing positive for the BRCA1 gene, something which put her at an extremely high risk of getting either the breast or ovary forms of the disease.

This would have been the first time many of us would have heard of BRCA1, but for one Louth family the effects of this gene had been taking a toll on their loved ones for as long as they can remember.

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 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 her 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 McGeough when speaking about how she and her sisters reacted to their family's situation.

"I suppose from my late teens, early 20s 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 on 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, 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 any more 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 telling 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 aunties memory alive as we are their voice now" stated McGeough.

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.

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 MCGEOUGH



Aileen McGeough (breast awareness advocate & 100k in 30 Days Event Ambassador) with her children Senan Hoey (12), Molly Hoey (11), Cian Hoey (8), Shay Hoey (6)

RUEPOINTMEDIA

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WLR FM @ 04-May-2021 15:27 - (breast)

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

RUEPOINTMEDIA

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I was young, fit and healthy ...but I still got breast cancer

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 McCoole, 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 was a bit of swelling after it was removed and a little scar tissue."

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 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, joggers and seasonal runners of any age. See https://www.breastcancerireland.com/events/100k-in-30-days/

> 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.

> I treasure all the moments and imperfections... I am grateful for how lucky we are.



Madeleine with sons, Alec, seven and Aaron, five.



Madeleine and husband Adrian.



Carrigaline-based mum of two, Madeleine McCoole, 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

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	3704.76
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gaa round-up

BALLINA

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 draws from Tuesday 27th April to Friday 21st May. Good luck to us all and thanks for your support. An email will issue to all those we 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 before each session. A help video on return to play is available on our website http://Ballina.Tipperary.GAA.ie.

Membership: We are appealing to people to pay their membership via: www.foireann.ie. If you used Foireann last year to play, 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 Paudie Sheehy 0863111781 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 bottle 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://savealife.communityheartprogram.com

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, strummer etc, we will find a job for you on Saturday. Some vital policies should be read at www.ballina.tipperary.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 Maolain 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 €9,300. Tickets are available in local shops and on Clubforce.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.

BUIRGHEAS

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.pallasmarketing.ie/product/north-Tipp-bingo or by clicking the link on any of our social media posts. 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 AGM will take place on May 19th. Further details to follow.

Return to play: From Monday 10th May, all teams can finally return to Kilcoleman for training in pods of 15. All players need to ensure that their membership is up to date by logging Onto www.returntoplay.gaa.ie. We would love 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.foireann.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. Social membership will give you a lot of benefits including 10% off at Gold Standard physio 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 0872359336

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.

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 our well wishes and a speedy recovery to David Seymour after his recent injury. We look forward to David being back in action in Kilcoleman soon.

Fundraiser: A GoFundMe link has been set up for 9-year-old Joey Moran who is a student in Youghalarra NS. Joey is currently battling cancer having already undergone surgery and with another one upcoming. 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. We would like to wish Joey all the best and we will be thinking of him and his family over the coming weeks and months.

KILADANGAN

Darkness into Light: Kiladangan 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 gofund.me/8df52544.

Lotto: There was no winner of last week's €15,100 jackpot or the Second Chance €500 Draw. We would urge people to sign up for the lotto online at kiladangangaa.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 Kiladangan Facebook page every Monday at 9.00pm.

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 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 follows: Adult Playing (with Gym) - €130;

Adult Playing (with Gym & Lotto) - €200; Student (with Gym) - €80; Student (with Gym & Lotto) - €150; Non-Playing - €30; Non-Playing & Lotto - €110; Non-Playing, Lotto & Tipp Draw - €200.

You can purchase online at kiladangangaa.com or contact registrar Fergal Hayes 0861506266.

Inter-county: Best of luck to the Tipperary Senior Hurlers as they commence their 2021 campaign this Saturday 8th May when they take on Limerick in LIT Gaelic Grounds. There is a large Kiladangan involvement with Darragh Egan as coach/selector whilst Alan Flynn, Willie Connors, Barry Hogan, James Quigley, Billy Seymour, and Paul Flynn members of the panel.

KILRUANE 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 commencement of underage training for another week. The situation will be reviewed 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 U18 - €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 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.

LORRHA

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 Foireann.ie.

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 veterans of treasure hunting Sarah & Seamus King. Second place also went to those who are well seasoned when it comes to treasure hunting, Pascal Horan & Sinead 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 and CPR training course: takes place on Thursday 6th May at 6.30pm. Anyone wishing to do the course contact Colm Kennedy 0868170633 or Kathleen 0868694528.

Lotto: The jackpot is at €4,950 with a match 3 pot of €160. You can play online at clubforce.com while lotto envelopes can be dropped off at the clubhouse, Mulrooney's Gala, Kelly's Rathcabbin, or at the Scéal shop Lorrha. If you need Lotto envelopes, contact chairman Joe Dolan (0879673124), Hubert Duggan (0872185995) or Kevin Molloy (0876738986).

Euro-Millions: With our current term up in May, the club will be re-running the Euro Millions lotto fundraiser this year. The prize pot is above the €4000 mark as things stand, let's hope we have so more luck 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 fields 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 Breen 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 - €70; Player & Partner - €80; Adult Non-Player - €40; Adult Non-Player & Partner - €60; Family (parents plus dependent children) - €80; Student - €35; Juvenile - €20.

Lotto: Our lotto jackpot now stands at €4,250. Our 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. We are very grateful for your support.

NENAGH EIRE OG

Development/Fundraising: With the preliminary work on the hurling wall well under way, we are also under way 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 and hopefully the target for this phase will be reached shortly. Further information can be had from Liam Heffernan, Mary Jo O'Reilly, or Anne Kennedy.

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 Foireann can also be found here. Membership can also be paid at training.

Condolences: We extend our sympathies to the family of Ollie Sherlock who passed away last week. Ollie's son David captained our Junior 'C' hurlers who won the North title in 2010 and his late son Michael also played both juvenile hurling and football with the club. Ar dheis Dé go raibh a anam.

St Conlon's Presentation: The Nenagh Éire Óg Healthy Club walking group recently did the Jerusalema Challenge as part of their fundraiser for St Conlon's Nursing Home. The group raised €2,673 and the cheque was presented recently in St Conlon'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 set-up without Garda vetting.

ROSCREA

Underage Training: has returned. Training times are on our Social Media sites.

Membership: is now due and is to be paid through the online Foireann system. Details of which are also on our Facebook page.

Lotto: Our Lotto is now available online. See our social media pages for the link to play. Sale of tickets online closes at 8.00pm on night of draw. Tickets are also on sale in Keane's newsagents and Brendan Moloney's. Next week's jackpot is €17,050.

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. 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 Kilbiller, 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 hurled 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 McLoughney, and Eddie McLoughney (Kiladangan) and Jerry Hough (Toomevara).

Funeral mass took place in St. Patrick's Puckane on Saturday, followed by internment in Kilodiernan Cemetery. The red and white adorned his coffin.

Willie will be sadly missed by his wife Una, brother Mick, his sisters in law Greta and Eileen, his nieces, nephews, grandnieces, grandnephews, relations, neighbours, and 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 & wellbeing 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 any person in order that we can put a programme together. Suggestions can be e-mailed to ballinderrysportsfield2021@gmail.com.

100km Walk: Ballinderry Community Sportsfield Committee have signed up to the 100kms in 30 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 & 15; Wednesday at 7.00pm - U7, 9 & 11; Thursday at 7.00pm - U15; Saturday at 9.45am; U7 & 9; Saturday at 11.00am - U11 & 13; Sunday morning at 11.00am - U17.

We must make sure all the GAA protocols are put in place. Vetting of coaches and registration of players is very important. It is important that everyone logs in to their Foireann 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 of 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) - €40; 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 SHEASTA

Ar ais 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.

RUEPOINTMEDIA

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down your way

TERRYGLASS AND KILBARRON

SYMPATHY

Our deepest sympathy is extended to the Slattery families, Coolbawn, on the recent death of their uncle Willie Slattery, Puckane, and formerly Kilbillier. 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 ballinderrysportsfield2021@gmail.com. All suggestions welcome. Bigi Linn.

100KM IN 30 DAYS

Ballinderry Community Sportsfield Committee have signed up to the '100 Kilometes 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.https//100kmin30days.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/ 0876567099 with any queries.

SCHOOL ENROLMENT

Kilbarron NS is now accepting applications for enrolment for the school year 2021/2022. 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.

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

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 10th, we will resume Mass in our churches from Saturday, May 15th, in Kilbarron at 8pm and in Terryglass on Sunday, May 16th 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.

Masses for Months Mind and anniversaries can be booked by phone, text or email to terryglasskilbarron@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/c/portroeburgessyoughalparishes. 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, Glencrue; John Sheary, c/o Spar, Portroe, Susan O'Brien, Cloneybrien, Lily Creamer, 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 Bynre and the Tipperary senior hurlers, who face Limerick in the first round of the Allianz Hurling League on this Saturday, May 8th, and to 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, Droum, Portroe, who passed away recently. May she rest in peace.

BURGESS

MASS TIMES

Public Masses with 50 persons in attendance will resume on May 10th. Weekday Mass will be in Portroe church on Monday, Tuesday, Wednesday and Friday at 9.30am and on Thursday at Youghalarra church. Weekend Masses will be as follows:

Saturday - Portroe at 6pm and Youghalarra at 7.30pm. Sunday: Portroe at 10am and Ballywilliam at 11.15am.

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,300 jackpot on April 26th. The lucky dip (€30) winners were Ger O'Dowd, online; Ann McCormack, Gortmore; John O'Dwyer, Pallasmore and Shane Maher, Ballywilliam. The seller's prize went to Christy Griffin. You can now play our lotto online at Clubforce.com by following the four easy steps. Thank you all for your continued support.

NORTH TIPP ONLINE BINGO

Bingo takes place every Sunday night at 8pm on Zoom in aid of Burgess GAA and Burgess Duharra Camogie. Books can be bought on https://www.pallasmarketing.ie/product/north-tipp-bingo/ and printed at home to play. Books are €8 each or two for €15. Your support would be appreciated.

TEMPLEDERRY

SYMPATHY

We extend the sympathy of our community to Sean Murray and family, The Orchard, Templederry, on the death of Sean's brother Jerry Murray which occured in England.

Our sympathy is also extended to Kieran Kennedy and family and the Ryan/Shanahan family Latteragh. May he rest in peace.

EASING OF COVID RESTRICTIONS

Now that Covid restrictions are being lifted we will see a return to Mass with the number of 50 people only allowed.

The restrictions will be removed on Monday, May 10th, and the full details of opening Churches will be printed in next week's paper and newsletter.

TEMPLEDERRY NATIONAL SCHOOL

With all the children now back in Templederry National School we wish them and their teachers etc., a very safe few weeks ahead.

GAA LOTTO

This week's draw was again held virtually and there was now winner of the Jackpot. Next week's Jackpot will now be €6,000. A big thank you to those who are running the virtual lotto now each Monday night.

JUVENILE TRAINING

With the restrictions on juvenile training now lifted it is brilliant to see the excitment of all the children coming once again to the hurling field. A big thankyou to all those who are now attending to training 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 Bohernanave, and celebrations of the event will be held later in the year. To mark the occasion, a booklet is being produced by the parish, which will record the details of the opening and the special occasions there along the way. Parish Priest Fr Jim Purcell is appealing to parishioners who may have material such as photographs or newspaper clippings or recollections relating to the church to make them available for inclusion in the booklet. They can be handed in at the parish office in Cathedral Street.

VANDALISM AT PARK

The skateboard section of the town park is closed at present because of vandalism. A section of the ramp was ripped up, rendering is unusable, and it will remain so for a time until a specialist company comes in to repair it. It is disturbingly disappointing to see such an amenity abused in such a manner and anyone with information regarding the incident is asked to report it to the appropriate authorities.

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, LIT, Thurles Campus, had been sharing their experiences on this latest production prior to Peg's passing last year. Proceeds from the book go to the children's charity Barnardos.

RECENT DEATHS

The death occurred at the weekend of Tom Sheedy, Turtulla. A native of Cullahill, Roscrea, Tom gave a lifetime of service to Iarnrod Éireann and was a bus inspector with Bus Éireann at his retirement. Predeceased by his wife Kathleen in January, he is mourned by his children John, Marita, Majella and Catherine, his grandchildren, brothers and sisters and many friends in the community. Following Requiem Mass in the Cathedral on Sunday interment was in St Patrick's cemetery.

The death also occurred last week of Ann St John, 51, Collins Park. A native of Wexford, she was a prominent figure in the local ICA. Sympathy to her husband Joe, sons Thomas and Kevin, daughter Evelyn, grandchildren and many relatives and friends on their sad loss. Following Requiem Mass in the Cathedral, interment was in St Patrick's cemetery.

Douglas Lambe, Highfield Court, who passed away last week, lived in England for many years before retiring to Thurles with his wife Frances (née Cantwell, Iona Avenue), some years back. Sympathy is extended to his wife and other relatives on their sad loss. Cremation followed Requiem Mass in the Cathedral.

The death of Oliver O' Donnell, Holycross Road, occurred last week. A native or Rosegreen, Oliver spent many years in New York where he was heavily involved with the Tipperary Association there and in GAA affairs. He retired to Holycross Road, Beakstown, some years back and is mourned by his wife Eileen, sons William and Brendan, their mother Audrey, his brother Anthony and sister Margaret, and to his many friends, to whom sincere sympathy is extended. Cremation followed Requiem Mass in Holycross Abbey.

Bridget Byrne, Collins Park, who passed away last week, was a popular figure in the community and was predeceased by her husband Billy. Sympathy is extended to her relatives and friends. Following Requiem Mass in the Cathedral, interment was in St Patrick's cemetery.

EASING OF RESTRICTIONS

The further 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 Hough, Tombricane, to his loving wife Emby, 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 €9,200. If not won, next Monday night's jackpot will be worth €9,300. Our lotto tickets are now 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!

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'Unbelievables would say, 'Enjoy yourselves'.

Training times for each grades as follows: U11s - 6pm, Tuesday and Thursday; U13s - 6pm, Monday; U15s - 7pm Tuesday; U17s - 7pm, Wednesday; U7s and u9s - 6pm, Thursday.

U11 - Children born 2011 and 2010; U9 - Children born 2012 and 2013; U7 - Children born 2014 and 2015.

GAA CLUB COVID ASSISTANCE

Please contact Margaret Mary O'Dwyer, 085 718 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.

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 week evenings.

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 website interesting, we would love to hear from you.

Books noticed: Fr Seán McDonagh, a Nenagh native, has a new book on 'Robots, Ethics and the Future of Jobs'. Derek Scally's book, 'The Best Catholics in the World', is a lively review of the Catholic faith in Ireland.

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, sees 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.

CLOUGHJORDAN

INTERCOUNTY HURLING

Intercounty hurling matches resume next Saturday, 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 Cloughjordan Heritage Group presented two free online events as part of the annual Cloughjordan 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 Cloughjordan Drama Group, was presented. The play was based on the events that took place in Jacob's Factory during the 1916 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 Heffernan will deliver an illustrated talk on the Modreeny Ambush, which took place on June 3rd 1921.

LOCAL LOTTO

The Jackpot for the next draw in the Kilruane 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. The times of the bus service (Monday-Saturday), which replaces the train service, are as follows: from Cloughjordan to Limerick at 10.50 and 19.47, and from Limerick to Cloughjordan at 6.30 and 16.55. From Cloughjordan to Ballybrophy at 7.55 and 18.11, 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, 1907 (Feast of the Ascension) a big hurling and Tug-of-War

tournament in aid of the Nenagh Feis took place in the Showgrounds, Nenagh. Bands from Ardcroney, Portroe, Toomevara and Silvermines entertained the large attendance. The entry fee to the field was six pence, and one shilling 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 Youghalarra defeated Clareen by 2-6 to 0-1. In the Tug-of-War competition there was an entry of 12 teams including a team from Lahorna De Wets. The teams from Ballingarry and Shinrone qualified for the final of this competition.

RUGBY

Munster will play Ulster in the Guinness PRO14 Rainbow Cup second round on this Friday, May 7th, at 20.15 in Thomond Park. Ben Healy from Rapla 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, 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.

LORRHA

SENIOR CITIZENS' FREE LESSONS

Are you a senior citizen that would like to know how to learn about using the computer or even updating your skills? Age Action, Ireland's leading advocacy organisation for older people and ageing, 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 an app 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 01-4756989. 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, Killeen, on the death of his brother-in-law, Mike Davis, Birr, who passed away on May 1st in Tullamore Hospital. After 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

Lorrha 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 planting projects. Our sincere appreciation to all.

BIRTHDAY GREETINGS

Many congratulations to former parishioner Jimmy Styles, Kilbarrack, Dublin on the occasion of his 90th birthday last week. Born and raised in Cullagh, Rathcabbin, Jimmy went to work in Dunlin 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 county. Well done, Jimmy, and you are wished many happy returns.

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 Colm Kennedy, 086 817 0633, or Kathleen Gleeson on 086 8694528 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 16th. More details later. In the meantime Masses are available as follows: Sunday Masses can be viewed on Webcam from Borrisokane at 7pm Saturday and 10.30am, Sunday, www.twitch.tv/borrisokaneparish or www.killaloediocese.ie/parish/borrisokane/.

Weekday Masses - Tueday, Thursday and Friday at 10am on webcam.

Terryglass will have a recording of Sunday Mass at www.terryglass/kilbarron https://bit.ly/3bhnxfj.

Our churches remain open daily for private prayer.

First Friday Mass on May 7th will be celebrated at 10am via webcam.

The month of May is traditionally the month of Our Lady. You are invited to recite The Rosary during the month.

BLESSING OF YOUNG PEOPLE

Killaloe Diocese Youth Ministry presents a blessing for all young people of the diocese, primary, secondary and college age, on Sunday, May 9th, at 12 noon. It will be available for viewing on www.killaloediocese.ie and all diocesan social media platforms including YouTube. There are lovely scenes from Mount Saint Joseph Abbey, Roscrea, Ennis and from Star of the Sea Church, Quilty, including scenes by the sea.

ANNIVERSARY MASSES

Anyone wishing to book an anniversary Mass please contact the Parish Office on 090-9747009. 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 Accord.ie or phone 01 5053112.

SUPPORT LINE

A Covid-19 support line, managed by ALONE, is available for older people. There are 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 Samaritans: Ph 116,123, Text 087 2609090, email jo@samaritans.ie. Pieta House: Ph 1800 247 247, text HELP to 51444. Aware: Ph 1800 804 848, email supportmail@:aware.ie.

ENROLMENT

Scoil Lua Naofa, Lorrha, is accepting enrolments for the 2021/22 school year. Application forms can be downloaded from the school website www.lorrhans.ie, by emailing to the school at luanaofa@gmail.com or by calling the school at (090) 9747295 and we can drop a form to you in the post.

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.

PUCKANE

LATE WILLIE SLATTERY

It was with sadness that the parish learned of the passing of Willie Slattery, Puckane, and formerly Kilbiller, Coolbawn, on Thursday last, April 29th. 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, Puckane.

In his early life he hurled with Shannon Rovers, winning North and County Under 15 hurling medals in part of the successful four-in-a-row triumph from 1945 to 1948.

Having developed into a very good full back, Willie 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 on July 8th 1956. A number of familiar faces made up the team including Albie Bourke (SR), PJ Starr (do), Billy McLoughney and Eddie McLoughney (Kiladangan) and Jerry Hough (Toomevara). Galway won.

Funeral Mass took place in Saint Patrick's, Puckane, on Saturday last followed by interment in Kilodiernan Cemetery. The red and white of Shannon Rovers adorned his coffin.

Willie will be sadly missed by his wife Una, brother Mick, his sisters-in-law Greta and Eileen, his nieces, nephews, grandnieces, grandnephews, relations, neighbours and many many friends. May he rest in peace.

DAILY MASS

With Covid restrictions eased, Daily Mass returns. 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.

SCHOOL ENROLMENT

Scoil Chill an Daingin 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 before Friday, April 12th. Any queries please phone 06724030 or email kiladanganns@gmail.com.

WANT TO 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 Tipp Top Shop, Ballycommon.

Why not enter online at kiladangangaa.com/products and there are 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 Kiladangan personnel involved with Tipperary senior hurlers who take on Limerick in the opening round of the Alliance Hurling League next Saturday.

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 Level 5 lockdown that initially was to run for one night but ending up running for three months.

Sean Nolan, Chairperson of MDA stated: "We were 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 recess and halt events until the autumn. Sean Nolan said he was echoing all who played, by thanking both Theresa Harney 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.

ROSCREA

RECENT DEATHS

Eileen Bourke, Melrose, Nenagh; Roscrea and formerly of Norebrook, Clonakenny (retired public health nurse), died peacefully on April 30th at University Hospital Limerick. Predeceased by her parents Annie and James, brother Tom, sister-in-law Esther and her nephew Jamie. Sadly missed by her loving nieces Áine Bourke, Brigette Martin and Evelyn McGrath and their partners Liam, Johnny and Eamon; grandnieces Laura, Grace, Hannah, Lucy, Sarah and Katie Mai; 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, Barna, Shinrone and late of Roscrea, died peacefully at home on April 29th, surrounded by his loving family. Predeceased by his father Harry. Deeply regretted by his mother Mary, brothers Richard, Kevin, Terrence and Dean, sister Ann, sisters-in-law, nieces, nephews, relatives, good neighbours and large circle of friends. Cremation service took place at Shannon Crematorium last Saturday.

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 the craic, enjoy a cuppa and to buy and sell their stock. It's 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 weanling 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 Younge, 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 087-3906067 for any further information.



Rubbish collected on just a half-mile stretch of the Nenagh-Thurles Road recently. PHOTOGRAPH: MARGARET STONE



Well done to everyone who turned up in Ballingarry 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, Ailie, 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.

RUEPOINTMEDIA

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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 McCoole, 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

was a bit of swelling after it was removed and a little scar tissue."

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 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,

joggers and seasonal runners of any age. See https://www.breastcancerireland.com/events/100k-in-30-days/

Caption:
Madeleine with her sons will be running 100K in 30 Days in June. Picture: Leon Farrell/Photocall Ireland.

Caption:
Madeleine with her sons Alec McGarry (7) and Aaron McGarry (5), who live in Carrigaline, County Cork. Pictures: Leon Farrell/Photocall Ireland.

Caption:
Madeleine McCoole with husband Adrian McGarry and their children Alec and Aaron Picture:: Leon Farrell/Photocall Ireland.

RUEPOINTMEDIA

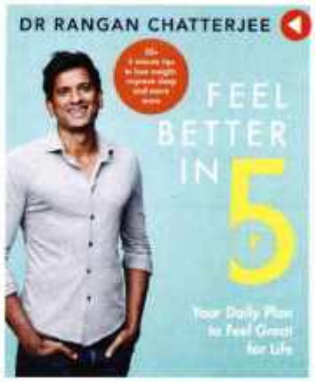
Publication:	VIP Magazine	**Media Cost (€):**	13,514
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LITTLE THINGS TO LIFT THE MOOD, BY BIANCA LUYKX



MOOD TO CRUISE

Most of us would love nothing more than to get away from our life as it is now. To get off our little bit of land – even if just for a bit – would be different, if anything. So, imagine our excitement when we heard that Dublin Bay Cruises is back cruising, having just launched it's 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.



HEALING MOOD

I'm all about the quick fix. Of course, the quick fix never truly fixes it, but if, 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 iTunes most downloaded podcasts, *Feel Better, Live More* 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.



"Gerry is a modern-day sage. This book will change your life for the better"

DAVID & STEPHEN FLYNN, THE HAPPY PEAR



PICNIC MOOD

Picnic with benefits? Yes, please! Launched in lockdown by Kevin and Davina Walsh, these Take-Away picnics in aid of Breast Cancer Ireland, will be available at weekends during the month of May. Collection is from Naas Racecourse from a funky vintage Citroen van and costs start at €25 per person. Also catered for vegans and vegetarians, there is a lovely children's menu, too. Order via Instagram: @lily_and_wild or lilyandwild.ie.

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'Reilly and Conor Mulligan of boxofwine.ie - Ireland's first "tailored to your taste" wine subscription company, have teamed up with Wineport Lodge to create a very special sommelier's selection with notes in perfect harmony. Taking 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!



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 any time of the day and best of all: a selfie mode for quicker and easier selfies. We want one – now! €100, FUJIFILM stockists nationwide.





NAIL IT MOOD

Nail the new DIY 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 per increase in customers since 2019. Easy to follow, we had salon-worthy nails in an hour. semilac.ie.

RUEPOINTMEDIA

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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 threated 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 telling 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 aunties 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.

RUEPOINTMEDIA

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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 caters 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 caters 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 –

RUEPOINTMEDIA

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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. Balfe's 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

VIEW ALL

Meet Model and Mental Health Activist Adwoa Aboah

1 day ago BY

THE GLOSS

VIEW ALL

The Most Surprising Thing I Learned During Counselling

16 mins ago BY

THE GLOSS

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Five Places to Procure Your Picnic Supplies

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RUEPOINTMEDIA

Publication:	irishtatler.com	**Media Cost (€):**	7
Date:	Friday, May 7, 2021	**Reach**	476
Page:	Link	**Size (Sq. Cm)**	600

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 a

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

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	1213
Date:	Friday, May 7, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

Newstalk @ 07-May-2021 20:05 - (breast)

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 5.3 0 0 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 to 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 0 0 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 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

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	280
Date:	Friday, May 7, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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 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 takeover 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 smasher 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

RUEPOINTMEDIA

Publication:	The Irish Times	**Media Cost (€):**	9242.97
Date:	Saturday, May 8, 2021	**Reach**	58,131
Page:	29	**Size (Sq. Cm)**	407

FOOD



FOOD-FILE
MARIE-CLAIRE DIGBY

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 Guerin'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 with a handy table

There's an added bonus if you book a picnic from 64Wine in Glasthule, Co Dublin. As well as being able to pick a lovely bottle of wine from the shops'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

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 gifts, 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 €65, 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

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 €55. lilyandwild.ie

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

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









■ 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

RUEPOINTMEDIA

Publication:	irishtimes.com	**Media Cost (€):**	19399
Date:	Saturday, May 8, 2021	**Reach**	710,600
Page:	Link	**Size (Sq. Cm)**	925

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

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.

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Picnic with a handy table

64wine's picnic to go can include the use of a portable picnic table.

There's an added bonus if you book a picnic from 64Wine in Glasthule, Co Dublin. As well as being able to pick a lovely bottle of wine from the shops'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 prebooked 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

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Picnic in the countryside

The Pantry Picnic from Cliff at Lyons.

The gardens at Cliff at Lyons in Celbridge, Co Kildare are absolutely stunning, and if you book a Pantry Picnic from the onsite gifts, 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 and new eco-farm. The Pantry Picnic costs €65, 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

Cork International Hotel's taco box.

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Picnic for a good cause

A feast of foodie treats in a beautiful basket from Lily & Wild.

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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

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Adare Manor's ultimate picnic package includes the services of a picnic butler, Champagne, caviar, oysters and a macaron tower.

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Caption:
Grá picnics can be delivered to scenic locations in Co Clare.

kclub

RUEPOINTMEDIA

Publication:	Racing Post	**Media Cost (€):**	6036.48
Date:	Saturday, May 8, 2021	**Reach**	36,000
Page:	106,107,108,109	**Size (Sq. Cm)**	2304



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NAAS

GOOD

Weather Cloudy and windy with periods of rain ending in the afternoon. High 17C. Winds S at 30 to 50 km/h. Chance of rain 100%.
ALL-WEATHER form figures are in bold type 1euro=£0.86

1.00 RACE 1 — Irish Stallion Farms EBF Maiden — RTV — 5f

Winner €8,260

€14,000 guaranteed **For** 2yo **Weights** 9st 7lbs **Allowances** fillies 5lbs **Penalty value** 1st €8,260 2nd €2,660 3rd €1,260 4th €560 5th €280 6th €140 DRAW ADVANTAGE: SLIGHT LOW

1 (2) — 9 **ALBION SQUARE** [21] — 2 9-7
b c Acclamation-Aristocratic
Shane Foley (56)
Mrs John Harrington Cormac O'Flynn

2 (7) — 4 **ANDREAS VESALIUS (IRE)** [13] — 2 9-7
gr c Caravaggio-Vitalia
Shane Crosse (73)
Joseph Patrick O'Brien Paul H Redmond & T G Fitzgerald

3 (4) — 2 **CELTIC TIMES (IRE)** [13] — 2 9-7
ch c Dawn Approach-Teorim
Kevin Manning (90)
J S Bolger Mrs J S Bolger

4 (9) — **KING OF BAVARIA (IRE)** — 2 9-7
bl c No Nay Never-Enharmonic
Wayne Lordan
A P O'Brien M Tabor & D Smith & Mrs J Magnier & Westerberg

5 (3) — **MAGNIFFICO** — 2 9-7
b c Mayson-Final Rhapsody
Ben Coen
J P Murtagh Fitzwilliam Racing

6 (1) — 57 **RHYTHM OF ZAIN (IRE)** [13] — 2 9-7
ch g Dragon Pulse-Gold Zain
Mark Gallagher (82)
Kieran P Cotter Rhythm of Racing Syndicate TW McGoth Owning Syndicate

7 (5) — 58 **SATIN SNAKE** [35] — 2 9-7
b g Adlam-Snake's Head
¹Colin Keane (59)
Gerard O'Leary Lance Bloodstock Limited

8 (10) — 42 **SILVER SURFER** [28] BF — 2 9-7
bl c Caravaggio-Rishi Fore Blakt
Gavin Ryan (82)
Donnacha Aidan O'Brien Atlantic Thoroughbreds

9 (8) — **AREWECRYSTALCLEAR (IRE)** — 2 9-2
b f Holy Roman Emperor-Lauraldeen Lady
Oisin Orr
Ms Sheila Lavery Alymer Stud Limited

10 (6) — 8 **PEPSIWITHACAP (IRE)** [13] — 2 9-2
b f Dawn Approach-Zamid
¹Gary Carroll (56)
Gavin Cromwell Pepsiwithacap Syndicate

2019 (13 ran) **Lorelei Rock** (1) M D O'Callaghan 2 9-0 12/1 Leigh Roche RPR83

BETTING FORECAST: 2 Celtic Times, 3 Andreas Vesalius, 4 Silver Surfer, 5 King Of Bavaria, 10 Albion Square, 12 Magniffico, 33 Arewecrystalclear, Satin Snake, 66 Pepsiwithacap, 100 Rhythm Of Zain.

SPOTLIGHT

Albion Square Likely a great deal better than he showed on debut at the Curragh given he was reported to have scoped badly afterwards.

Andreas Vesalius Showed plenty of speed before weakening inside the last furlong to finish fourth over 5½f on debut at Navan; stable's runners tend to come on a good deal from their initial outing; strong claims.

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 Vesalius; sets the standard on that run.

King Of Bavaria No Nay Never colt picked up for USD 300,000 as a yearling; brother to a five-time winner rated in the mid-70s in his pomp; respected.

Magniffico Mayson colt made GBP 35,000 as a yearling; half-brother to a winner; interesting newcomer of which the market should prove informative.

Rhythm Of Zain This will be 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; improvement needed but interesting jockey booking.

Silver Surfer Sent off favourite for the opening maiden of the year at the Curragh but could only manage fourth; cuffed to his right leaving the stalls at Dundalk before coming through to finish a well-held second; could be vulnerable.

Arewecrystalclear Sister to Es Raco, rated in the mid-90s, and a half-sister to four other winners, including the ex-Michael O'Callaghan-trained Lorelei Rock, who won a listed race in Italy.

Pepsiwithacap Was going as fast as she could over this trip on debut at Tipperary and looks as though she will be better over further in time.

VERDICT **ANDREAS VESALIUS** may be able to turn the Navan form around with **Celtic Times** and, if he does, he would rate the one to beat. **Silver Surfer** is a danger while better can be expected from **Albion Square** who had an excuse for his Curragh defeat. [Brian Sheerin]

POSTDATA Celtic Times | **RP RATING** Celtic Times

FORM p105 NEXT RACE 1.05 Lingfield SKY p52

1.35 RACE 2 — Quinns Of Baltinglass & Castletown Press Business Club Handicap — RTV — 5f

Winner €6,490

€11,000 guaranteed **For** 3yo+ rated 45-75 **Weights** highest weight in the original handicap and after the time of declaration shall not be less than 10st 2lbs **Minimum Weight** 8-6 **Penalties** (after calculation of the handicap), each race won 5lb **Weight for age** 3 from 4yo+ 9lb **Earls's Handicap Mark** 75 **Penalty value 1st** €6,490 **2nd** €2,090 **3rd** €990 **4th** €440 **5th** €220 **6th** €110 DRAW ADVANTAGE: SLIGHT LOW

1 (5) — 414124- **EARLS (IRE)** [14] S2 CD1 — b 4 10-2
b g Dream Ahead-Princess Pearlin
Dylan Browne McMonagle(5) (81)
Garvan Donnelly Martin Sheridan

2 (19) — 3114-59 **PRETTY BOY FLOYD (IRE)** [41] D1 S2 — b[1] 6 10-1
ch g Footstepsinthesand-Hitra
Colin Keane (79)
Sarah Dawson P G McManus

3 (21) — 079066- **LIMIT LONG** [14] S1 — t 5 9-11
ch g Lope de Vega-Framed
¹Mikey Sheehy(5) (81)
D J Bunyan Straight To Victory Syndicate

4 (17) — 8223-22 **MI ESPERANZA (IRE)** [18] D1 S1 — 5 9-11
b m Dandy Man-Prie Ou Face
Shane Foley (77)
A Kinsella E Garcia

5 (6) — 633-920 **TRUEBA (IRE)** [5] S1 C1 — v 5 9-9
br g Alhebayeb-Rosa Clara
Nikita Kane(7) (83)
Edmond Daniel Linehan JP Murtagh Racing

6 (13) — 70-0680 **KUWAIT DIRECTION (IRE)** [12] D1 — b 4 9-8
b g Kodiac-Open Verse
Donagh O'Connor(3) (80)
James McAuley James McAuley

7 (10) — 4081-12 **HODD'S GIRL (IRE)** [8] D2 — 4 9-7
gr f Zebedee-Ms Inkonia Hodd
Ronan Whelan (82)
M Halford Rocky Horror Partnership

500-050 **CHOCQUINTO** (IRE) [5] D1 S1 — 4 9-3
8 (14) — b f Requinto-Sara Hammock — Sam Ewing(5) — 80
Miss Hilary McLoughlin Timothy Bourke

094-090 **MEMSIE** (IRE) [40] — t5 9-3
9 (15) — b g Exceed And Excel-Gift Of Spring — J M Sheridan(5) — 77
James McAuley James McAuley

68200-0 **BLUE UMBRELLA** (IRE) [48] — p14 9-1
10 (2) — b f Requinto-Tahara — [1]Leigh Roche — 75
Sabrina J Harty Mrs Vivienne Boylan

00-0650 **CELTIC MANOR** (IRE) [5] D1 S1 P1 — p5 9-1
11 (4) — b g Dandy Man-Celtic Lynn — Ben Coen — 79
Garvan Donnelly Mrs J P Duffy & Mark Kinsella

-942783 ●**NO SPEED LIMIT** (FR) [6] S1 — 6 9-1
12 (9) — b g Elusive City-Trinity Blessed — Luke McAteer(5) — 75
Patrick J McKenna Conor McKenna

87-0 **ST CIANANS FIRE** (IRE) [10] — t3 9-0
13 Hd (12) — b g[1] Elzaam-Dance For Lavy — Gary Carroll — 80
John C McConnell S J Condron

5839-57 **PRETTY SMART** (IRE) [13] BF D2 B2 — 5 8-9
14 (16) — b m Dandy Man-Silk City — [1]Wayne Lordan — 82
Patrick Martin Ms Patricia Walsh

0897-49 **PASSAGGI** (IRE) [9] BF — 4 8-6
15 (1) — b f Gutaifan-Passaggio — Nathan Crosse(5) — 82
Seamus G O'Donnell Seamus G O'Donnell

9001093 **ZEGOS SURPRISE** (IRE) [13] S1 CD1 — 3 8-6
16 (8) — b f Zebedee-Emma's Surprise — Chris Hayes — 82
Michael Mulvany Get Up And Go Again Syndicate

07-0 **CALVADOS** (IRE) [41] — 3 8-6
17 Hd (11) — b f Vaclamos-Hija Dee — Joe Doyle — 74
John C McConnell Liam Mulryan

0-22090 **ANNABELLE ROCK** (IRE) [21] D1 — 5 8-6
18 (3) — ch m Dandy Man-She's A Queen — [1]Andrew Slattery(3) — 77
Miss Natalia Lupini Whins Racing Partnership

476989- **CACTUS TREE** (IRE) [157] — b5 8-6
19 (7) — b m Camelot-Limetree Lady — [1]Siobhan Rutledge(7) — 76
M C Grassick M C Grassick

08-502 **NIAMH ELIZABETH** (IRE) [19] — 3 8-6
20 (16) — gr f Epaulette-Tullalatin — Mark Gallagher — 82
Miss Katy Brown Miss Katy Brown

60608-0 **DOONARD PRINCE** (IRE) [7] D2 S7 C3 — b12 8-6
21 (20) — b g Footstepsinthesand-Fly Hale — [1]Adam Farragher(7) — 76
Ross O'Sullivan John Bowden

● **NO SPEED LIMIT** possible overweight 2lb

LONG HANDICAP: Calvados **8-4**, Annabelle Rock **8-2**, Cactus Tree **8-2**, Niamh Elizabeth **8-2**, Doonard Prince **8-0**

FUTURE OR: Calvados **-2**; Annabelle Rock **-4**; Cactus Tree **-4**; Niamh Elizabeth **-4**; Doonard Prince **-8**

2019 (17 ran) **Plough Boy** (8) Garvan Donnelly 8 9-9 14/1 — Shane Crosse (5) OR75

BETTING FORECAST: 5 Mi Esperanza, 6 Earls, Pretty Boy Floyd, Pretty Smart, 8 Hodd's Girl, No Speed Limit, 10 Annabelle Rock, Trueba, Zegos Surprise, 12 Niamh Elizabeth, 16 Chocquinto, Limit Long, 20 Memsie, 25 Calvados, Kuwait Direction, 33 Cactus Tree, Doonard Prince, St Cianans Fire, 66 bar.

SPOTLIGHT

Earls Dual winner for Eddie Lynam; won over C&D on debut for this yard; two good runs in defeat at Dundalk over the winter; chance on form but lacks a recent run.

Pretty Boy Floyd Won back-to-back sprint handicaps on testing ground at the Curragh last backend; Colin Keane back aboard, which is a big positive; blinkers tried.

Limit Long Just 1-23 but capable of running well off this mark if fit enough on return.

Mi Esperanza Solo win came over 5f at Tipperary but she has started off this campaign in good form, finishing second at Navan prior to chasing home Indigo Balance at Tipperary, which was a good run; solid claims.

Trueba Three-time winner over 6f 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 5f maiden at Dundalk in November; hold of late and probably best watched.

Hodd's Girl Went from strength to strength on the AW over the winter, opening her account off the basement mark before following up off 11lb higher; narrowly beaten off 85 on latest start at Dundalk and should have more to offer on turf.

Chocquinto Landed a shock Curragh maiden win last season at 150-1; inconsistent since, including when down the field at Sligo last week.

Memsie Won a 7f maiden at Leopardstown in 2019 and falling handicap mark should help but recent form is ordinary.

Blue Umbrella Maiden after ten starts but has showed ability in the past and could out-run her odds; cheekpieces tried.

Celtic Manor Stablemate to top-weight; decent effort at the Curragh on Sunday and dropped a further 3lb.

No Speed Limit No win since 2019 and his best form has come on the AW but he ran a solid race to be third at Sligo latest; each-way claims.

St Cianans Fire Showed little in maidens but could improve for switch to handicaps/being gelded; watch market.

Pretty Smart Three-time winner, two of them on easy ground; stable among the winners on Wednesday; has every chance.

Passaggi Wasn't beaten far on reappearance at Tipperary; however, disappointing at Sligo last week.

Zegos Surprise Won on handicap debut off 52 and holding her form well since; each-way claims.

Calvados Well-held in three maidens but market can guide on handicap debut; 2lb wrong.

Annabelle Rock Solid record on the AW 3-18 but yet to trouble the judge from nine starts on turf; 4lb wrong.

Cactus Tree Long-standing maiden with bits and pieces of form to suggest she can win a race of some description; likes soft ground; 4lb wrong.

Niamh Elizabeth Improved on all known form to finish second over 5f at Tipperary latest; chance if backing up though 4lb wrong.

Doonard Prince Super veteran (9-96) who operates well here and the form of the stable couldn't be better but 6lb out of handicap.

VERDICT She may be an infrequent winner but **MI ESPERANZA** has put a couple of promising runs together already this season and deserves to add to the sole success of her career. **Hodd's Girl** made big strides at Dundalk over the winter and is interesting on turf while **Pretty Boy Floyd** and **Pretty Smart** have solid each-way claims. [Brian Sheerin]

POSTDATA Pretty Smart | **RP RATING** Trueba

●**FORM** p105 — *NEXT RACE* 1.40 Lingfield SKY p52

2.05 RACE 3

Irish Stallion Farms EBF Race — *Winner €10,915* — RTV — (5f 205y)**6f**

€18,500 guaranteed **For** 2yo that have not won more than one race **Weights** 9st 4lbs **Penalties** winner of a race, 5lb **Allowances** fillies 5lbs **Penalty value 1st** €10,915 **2nd** €3,515 **3rd** €1,665 **4th** €740 **5th** €370 **6th** €185



1 (6) **KARAKOUL** (IRE) 2 9-4
b c Fast Company-Karakia
Ben Coen
J P Murtagh H H Aga Khan



2 (1) 3 **KIRSAPP** (IRE) [21] 2 9-4
ch c Dawn Approach-Arcoura
Colin Keane (88)
G M Lyons Patrick K McCarthy



3 (8) **PIMLICO** (IRE) 2 9-4
b/br c No Nay Never-Gems
Wayne Lordan
A P O'Brien Westerberg Ireland/Mrs J Magnier/M Tabor/D Smith



4 (5) **PINAR DEL RIO** 2 9-4
b c Havana Gold-Ripples Maid
Ronan Whelan
P Twomey P Twomey



5 (3) 33 **FREEDOM OF SPEECH** (IRE) [12] 2 8-13
b f Australia-Vocal Nation
Kevin Manning (90)
J S Bolger Mrs J S Bolger



6 (4) **HEYTESBURY LANE** (IRE) 2 8-13
b f Tagula-Sharp Applause
Chris Hayes
K J Condon Pierce Molony



7 (2) **LOPES GOLD** (IRE) 2 8-13
ch f Lope de Vega-Perfect Alchemy
Shane Foley
Mrs John Harrington Nick Bradley Racing Club & Ballylinch Stud



8 (7) **MAMBO BEAUTY** (IRE) 2 8-13
ch f No Nay Never-Mambo Paradise
N G McCullagh
K J Condon David K Kelly

2019 (7 ran) **Siskie** (2) G M Lyons 2 9-2 2/1 — Colin Keane RPR96

BETTING FORECAST: 2 Freedom Of Speech, 3 Kirsapp, Pimlico, 5 Karakoul, 8 Lopes Gold, 10 Mambo Beauty, Pinar Del Rio, 16 Heytesbury Lane.

SPOTLIGHT

Karakoul Fast Company newcomer hails from a decent Aga Khan dam line; half-brother to a 74-rated maiden; dam won over 1m2f but this sire would give hope that he can be effective over the minimum trip.

Kirsapp Wasn't given a hard time on debut when shaping with plenty of promise to finish third over 6f at the Curragh; should improve plenty for that initial outing and rates a major player.

Pimlico No Nay Never newcomer; fetched EUR 360,000 as a yearling; brother to Group 2-winning 2yo Mystary Power; obvious claims.

Pinar Del Rio Havana Gold colt; made GNS 50,000 as a yearling; half-brother to four winners; respected source.

Freedom Of Speech Third on debut over 5f at the Curragh and here over 6f latest; has an experience advantage.

Heytesbury Lane Tagula newcomer; half-sister to a three-time winner Ivatheengine; shrewd outfit.

Lopes Gold Lope De Vega filly made GBP 60,000 at the Orby Sale last year; top connections.

Mambo Beauty No Nay Never newcomer made GBP 38,000 as a yearling; dam won four times, including over 5f on debut; respected source.

VERDICT The market will be significant but **KIRSAPP** shaped with promise on debut at the Curragh and is a likely future winner. Of the newcomers, **Karakoul**, **Pimlico** and **Pinar Del Rio** stick out while **Freedom Of Speech** has the experience. (Brian Sheerin)

POSTDATA Freedom Of Speech | **RP RATING**

●FORM p110 NEXT RACE 2.10 Hexham SKY p79

2.40 RACE 4

Irish Stallion Farms EBF Blue Wind Stakes (Group 3) (Fillies & Mares)

Winner €38,350 — RTV — 1m2f

€65,000 guaranteed **For** 3yo+ fillies & mares **Weights** 3yo 8st 10lbs; 4yo+ 9st 11lbs **Penalties** (to count from 1st June, 2020), winner of a Group 3 3lb; of a Group 2 or a Group 1 5lb **Weight for age** 3 from 4yo 15lb **Penalty value 1st** €38,350 **2nd** €12,350 **3rd** €5,850 **4th** €2,600 **5th** €1,300 **6th** €650



1 (7) 1-3 **INSINUENDO** (IRE) [18] 4 9-11
b f Gleneagles-Cloonie Rule
Declan McDonogh (104)
W McCreery DM Deegan Partnership



2 (6) 1/1342- **SILENCE PLEASE** (IRE) [233] D1 F1 4 9-11
b/br f Gleneagles-Crazy Volume
Shane Foley (109)
Mrs John Harrington Gary Barber & Team Valor International LLC



3 (4) 2215-1 **THUNDER KISS** (IRE) [38] S1 4 9-11
gr f Night Of Thunder-Desert Show
Colin Keane (97)
G M Lyons Newtown Anner Stud Farm Ltd



4 (5) 86195-5 ●**DEARG JAZZ** (IRE) [15] S1 3 8-10
ch f Red Jazz-Ms Crumby
Luke McAteer (96)
James M Barrett Ms Mary A O'Leary



5 (8) 518- **EMANIYA** (IRE) [253] 3 8-10
b f Sea The Stars-Emtyna
Chris Hayes (85)
D K Weld H H Aga Khan



6 (2) 9214- **HIGH HEELS** (IRE) [229] F1 3 8-10
b f Galileo-Charlotte Bronte
Michael Hussey (96)
A P O'Brien Derick Smith & Mrs John Magnier & Michael Tabor



7 (1) 41-3 **SACRED RHYME** (IRE) [13] N1 3 8-10
ch f Lope de Vega-Singing Fiest
Tom Madden (95)
Mrs John Harrington Ballylinch Stud



8 (3) 431-7 **WILLOW** (IRE) [13] BF S1 3 8-10
b f American Pharoah-Peeping Fawn
Wayne Lordan (92)
A P O'Brien Michael Tabor & Derick Smith & Mrs John Magnier

● **DEARG JAZZ** possible overweight 2lb

2020 (8 ran) **Dee Veice** (6) Mrs John Harrington 3 9-2 16/5 — Shane Foley RPR104

BETTING FORECAST: 2 Silence Please, 4 Sacred Rhyme, Willow, 6 High Heels, 8 Emaniya, Insinuendo, 16 Thunder Kiss, 20 Dearg Jazz.

SPOTLIGHT

Insinuendo Maiden winner on debut at Gowran; ran a cracker given inexperience at Tipperary to finish on the heels of a couple of rivals rated in the 100s; claims.

Silence Please Won both starts at two; made huge progress last season, highlighted by her victory in the Salsabil Stakes at Navan; third behind Irish Oaks winner Even So at Naas before a creditable fourth in the German Oaks followed by a fine end of season runner-up effort in a Leopardstown Group 3 won by subsequent Melbourne Cup second Tiger Moth; sets standard.

Thunder Kiss Solid form in maidens last summer, winning at Killarney over 1m3f and didn't run at all badly considering her inexperience in Curragh fillies handicap on softer ground; winning reappearance off 84 at Dundalk and open to more improvement.

Dearg Jazz Landed a Curragh nursery last September; excellent effort when fifth in the Eyrefield Stakes at Leopardstown last back-end; ran similarly well when filling the same spot in the Salsabil Stakes on her return; interesting.

Emaniya Built on her promising debut to run out an impressive winner over 1m at Cork; did not run her race when last seen in a Group 3 here after she stumbled

upon leaving the stalls and she is likely a different proposition on her return.

High Heels Had been mixing it in good company prior to winning her maiden over 1m at Cork and posted a respectable effort when fourth on her sole start at Listed level.

Sacred Rhyme Showed promise in a Curragh maiden before convincingly landing a maiden at Thurles the following month; deserving of fancy entries judging by her Salsabil Stakes third; interesting.

Willow Progressive filly last season, rounding off with an easy success in a competitive Leopardstown maiden; ran below expectation in Salsabil but likely better than that.

VERDICT Hard to get away from **SILENCE PLEASE (nap)** who should be hard to beat if running anywhere near her best. **Insinuendo** is lightly-raced for her age and her Tipperary effort proved she belongs in this company. Of the three-year-olds, there is a bit of forgiveness needed for fans of **Willow** and **Emaniya**, but both fillies are likely much better than what they showed on their respective last starts. [Brian Sheerin]

POSTDATA Silence Please | **RP RATING** Silence Please

FORM p110 NEXT RACE 2.45 Hexham SKY p70

3.15 RACE 5 — Royal Ascot Trials Day May 16th Rated Race — Winner €9,145 — RTV — 1m2f

€15,500 guaranteed **For** 3yo which at entry are rated 80 or less (also open to horses which at entry are rated 81-95) **Weights** 8st 11lbs **Penalties** (performances before May 4th), every 1lb above the rating of 80, 1lb; (on or after May 4th), each race won 5lb **Penalty value 1st** €9,145 **2nd** €2,945 **3rd** €1,395 **4th** €820 **5th** €310 **6th** €155

1 (2) 033-1 **BATON ROUGE (IRE)** [38] — 3 9-11
b c Galileo-Assolutely Fabulous — ¹Wayne Lordan (97)
A P O'Brien Michael Tabor & Derrick Smith & Mrs John Magnier

2 (8) 1597-6 **IDES OF AUGUST (USA)** [27] — 3 9-9
b/br g More Than Ready-Alina — Colin Keane (102)
G M Lyons Newtown Anner Stud Farm Ltd

3 (6) 57041- **BENAUD (IRE)** [283] 1st — t3 9-6
br g¹ Australia-Kawana — Shane Crosse (97)
Joseph Patrick O'Brien Smith/Magniers/Shanahan/Carthy

4 (9) 71-38 **CATENA ZAPATA (IRE)** [27] — t¹ 3 9-5
b c Vadamos-Pretty Priceless — ¹Chris Hayes (98)
Henry de Bromhead G T I Racing

5 (3) 410 **MAAR (IRE)** [13] — 3 9-5
b f Kingman-Blue Chip — ¹Cian Macredmond(7) (88)
Adrian McGuinness Phoenix Thoroughbred Limited

6 (1) 1-81 **SOARING SKY (IRE)** [14] — 3 9-3
b f Free Eagle-Allamesh Abu — Shane Foley (103)
Mrs John Harrington Zhang Yuesheng

7 (5) 821-2 **BEAR STORY (IRE)** [27] — 3 9-2
b c Kodiac-Angels Story — Ronan Whelan (102)
M Halford J Connaughton

8 (4) 00-61 **NEW REALITY (IRE)** [15] 5th — t3 9-2
b g New Approach-Necpbille — Kevin Manning (92)
J S Bolger Mrs J S Bolger

9 (7) 51- **RATIB** [169] — 3 9-2
ch c Frankel-Passet — Declan McDonagh (90)
Joseph Patrick O'Brien Sheikh Rashid bin Humaid Al Nuaimi

2019 (8 ran) **Dadeardart** (5) Noel Meade 3 8-10 14/1 — Colin Keane RPR88

BETTING FORECAST: 3 Baton Rouge, 5 Benaud, Ratib, 6 Bear Story, 7 Soaring Sky, 8 Catena Zapata, 10 Ides Of August, New Reality, 16 Maar.

SPOTLIGHT

Baton Rouge Placed in a Curragh maiden behind Thunder Moon last term; didn't seem to get home when a 5-6 favourite on heavy ground at Cork; off the mark in good style when fitted with the first-time tongue-tie at Dundalk on his return but this requires more and he has to give away weight.

Ides Of August Leopardstown maiden winner on debut last June; held in a pair of Group 2's 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 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.

Catena Zapata Dundalk winner over 1m; creditable effort to make the frame in an above average-looking median auction race there in March; out-classed in the Ballysax on turf debut last month; has a chance dropping in class here.

Maar Improved nicely for her Dundalk debut when stepping up to 1m2f and readily landing a maiden there last month; has since finished last in the Salsabil at Navan but likely better than that.

Soaring 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 for when scoring off 83 at Limerick latest; improving.

Bear Story Won a backend maiden at Dundalk before chasing home Sir Lamorak at Leopardstown; chance.

New Reality Sprung a bit of a surprise when improving to win a 1m4f maiden at Tipperary; interesting.

Ratib Yet to race on grass 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-trained pair, **BENAUD** and **Ratib**. Preference is for the former. He looked a potentially smart middle-distance horse when winning last term and is very interesting on his return. **Catena Zapata** has a chance dropping in grade while **New Reality** is respected off the back of his maiden win at Tipperary. [Brian Sheerin]

POSTDATA Baton Rouge | **RP RATING** Soaring Sky

FORM p112 NEXT RACE 3.20 Hexham SKY p70

3.50 RACE 5 — Naas Racecourse Fillies Maiden (Plus 10 Race) — Winner €7,080 — RTV — 7f

€12,000 guaranteed **For** 3yo+ **Weights** 3yo 9st 2lbs; 4yo+ 10st **Penalty value 1st** €7,080 **2nd** €2,280 **3rd** €1,080 **4th** €480 **5th** €240 **6th** €120 **DRAW ADVANTAGE: SLIGHT LOW**

10 = Plus 10 qualified

1 (18) 20-5 **APRICOT ROSE (IRE)** [14] — 4 10-0
gr f Lethal Force-Amber Romance — ¹Sam Ewing(5) (74)
W T Farrell[2] Gary Davis

2 (10) **DERUGODA (IRE)** — 4 10-0
b f Dandy Man-Joyous — Willie Byrne(7)
W J Martin W J Martin

3 (12) 6 **POCKET VETO (IRE)** [21] — t4 10-0
br f No Nay Never-Pivoine — ¹J M Sheridan(5) (60)
James McAuley James McAuley

4 (16) 4 **CALIFORNIA POPPY (IRE)** [28] — 3 9-2
ch f Starspangledbanner-Alyssum — Conor Hoban (67)
Edward Lynam Lady O'Reilly

5 (3) 702-0 **ELANORA (IRE)** 10 [21] — 3 9-2
br f No Nay Never-Vestavia — Gavin Ryan (92)
M C Grassick Joseph E Keeling & M C Grassick

6 (9) 08 **FLEUR ISABELLE (IRE)** [17] — 3 9-2
b f Lawman-Jenlza — ¹Ben Coen (67)
John C McConnell Rockview Stables

00 **FRAGARIA** (IRE) [14] — 3 9-2
7 (2) — b f Alhebayeb-Miss Prime — 'Gary Carroll (47)
Joseph G Murphy Crampscastle Bloodstock Ltd

302-22 **GOLDEN LYRIC** [17] — 3 9-2
8 (19) — b/br f Lope de Vega-As Good As Gold — Shane Foley (82)
Mrs John Harrington Mrs S Kelly

0 **LIBERTIES LADY** (IRE) [24] — 3 9-2
9 (6) — b f Equiano-Bubble Gun — Ross Coakley (39)
Denis W Cullen Harkin's Bar Syndicate

008 **MAGUIRE'S GRACE** (IRE) [18] — 3 9-2
10 (14) — gr f Gutaifan-Queen Grace — Ronan Whelan (48)
Michael J Browne Ms Sinead Maher

45-42 **MONTEGO BAY** (IRE) [5] — 3 9-2
11 (4) — b f No Nay Never-Lesson In Life — 'Wayne Lordan (88)
A P O'Brien Michael Tabor & Derrick Smith & Mrs John Magnier

PUNAKHA (IRE) — 3 9-2
12 (13) — b f Acclamation-Dame d'Honneur — Nathan Crosse(5)
W McCreery Mrs J E Muthern

2-4 **SHAHAADA** (IRE) [20] BF — 3 9-2
13 (7) — b f Awtaad-Lokvah — Chris Hayes (83)
Kevin Prendergast Shadwell Estate Company Ltd

0 **TWO METRES APART** (IRE) [46] — 3 9-2
14 (17) — b f Prince Of Lir-Lilac Mist — 'Joe Doyle (41)
M J Byrne Mrs Michael J Byrne

0- **WANTSANDNEEDS** (IRE) [224] — 3 9-2
15 (15) — b f Free Eagle-Make A Dance — Mark Gallagher (45)
Ross O'Sullivan Denis J Crowley

0- **WISTERIA GIRL** (IRE) [223] — 3 9-2
16 (5) — ch f Dawn Approach-Sasiro — Kevin Manning (66)
J S Bolger Joseph Joyce & Mrs J S Bolger

00 **RUSLA** (IRE) [31] — 3 9-2
R17 (11) — b f Born To Sea-Represent Yourself — Gerard O'Leary (51)
Gerard O'Leary Lance Bloodstock Limited

9 **HARAYKA** (IRE) [20] [79] — 3 9-2
R18 (1) — b f Fastnet Rock-Huzniya — Oisin Orr (55)
D K Weld H H Aga Khan

9-8 **CHACHA DANCER** (IRE) [24] — 3 9-2
R19 (6) — gr f Gutaifan-Silent Dancer — (70)
Thomas Coyle[2] Joanne Lavery

BETTING FORECAST: 5-2 Montego Bay, 4 Golden Lyric, 9-2 Shahaada, 5 Elanora, 10 Punakha, Wisteria Girl, 12 Apricot Rose, 14 California Poppy, Pocket Veto, 40 Derugoda, 50 Fragaria, Maguire's Grace, Wantsandneeds, 66 Fleur Isabelle, Two Metres Apart, 100 Liberties Lady.

SPOTLIGHT

Apricot Rose Promising debut when only beaten a neck in Killarney maiden last summer for Dermot Weld but hasn't reproduced that form twice since, fair comeback run (having been bought for 13,000Euros in February) at Limerick last month when keeping on nicely over 1m; not sure this drop in trip will suit.

Derugoda Dandy Man filly is first foal of a 5f winner (RPR 71), herself a daughter of a 5f Listed winner; speedily-bred but belated debut suggests training problems and likely best watched over a trip plenty far enough.

Pocket Veto Unraced for Godolphin and picked up for 5,500gns at the Newmarket July Sale last year; encouraging enough debut when 100-1 shot at the Curragh last month, keeping on late after tardy start; should have more to offer over this longer trip.

California Poppy Starspangledbanner filly cost 70,000gns as a yearling, dam half-sister to 7f Group 3 winner Alanza and 7f 2yo Listed winner Alonsoa; creditable debut at long odds at Dundalk last month, putting in late work over this trip; expected to improve for that.

Elanora Highly-tried at 2 when pick of form came when clear second in fillies maiden here over 6f; easy to back when well below that level on seasonal return last month at the Curragh, fading tamely; questions to answer now.

Fleur Isabelle Slowly away both maidens when well held; eligible for a mark after this.

Fragaria No show both maidens last month; can only be watched for now.

Golden Lyric Useful level of form in finishing runner-up on latest three starts at Dundalk, latest two when racing prominently but not quite getting home over 1m; drop back in trip here could suit and sure to be thereabouts back against her own sex.

Liberties Lady Tailed off 100-1 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, upset in stalls last time; hard to see her featuring.

Montego Bay Decent enough runs in maidens and good effort in Curragh handicap on Monday over this trip in chasing home a snug winner; has her chance back in maiden company.

Punakha Acclamation filly cost 50,000Euros as a yearling; half-sister to winners Helvezia (7f; RPR 94), Caballero (7f 2yo; 90), Well Suited (7f-1m AW; 84) and Mystery Gal (9.7f; 68); unraced dam out of Listed-placed 1m winner; yard going well so newcomer worth a market check.

Shahaada 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 toe at a crucial stage then keeping on; return to this trip to suit but probably needs to improve to play a major role.

Two Metres Apart Huge price when down the field on debut in Curragh maiden in March; easily passed over.

Wantsandneeds Free Eagle filly didn't count on sole juvenile start and likely best watched on seasonal return.

Wisteria Girl Dawn Approach filly didn't count but shaped okay on debut in good-class Curragh maiden last September; expected to come on for the experience and yard in terrific form.

Rusla First reserve; soundly beaten both recent maiden outings; eligible for a mark after this.

Harayka Second reserve; Fastnet Rock filly comes from the family of dual Derby winner Harzand; slow to break and never counted from bad draw on Dundalk debut in February; should do better in time.

Chacha Dancer Third reserve; not beaten far in two maidens though more likely to be of interest when tackling handicaps.

VERDICT Having finished second to decent colts on her last two visits to Dundalk, **GOLDEN LYRIC** is back against her own sex here and this drop in trip could suit. **Montego Bay** kept on well over this trip in a Curragh handicap on Monday and rates a big danger, while **Elanora** and **Shahaada** have claims on their best form. [Alan Hewison]

POSTDATA Montego Bay | RP RATING Elanora

●FORM p112 NEXT RACE 3.55 Hexham SKY p71

4.25 Irish Racing Writers Handicap — RTV
RACE 7 — Winner €23,600 — (5f 205y)6f

€40,000 guaranteed **For** 3yo (but at entry have run three or more times under any Rules of Racing and are eligible for a handicap rating of 65 = 9st 10lbs) **Weights** highest weight in the original handicap and after the time of declaration shall not be less than 9st 10lbs **Weights raised** 5lb **Minimum Weight** 8-6 **Penalties** (after calculation of the handicap), each race won 6lb **Swiss Ace** 5 **Handicap Mark** 89 **Penalty value 1st** €23,600 **2nd** €7,800 **3rd** €3,500 **4th** €1,600 **5th** €800 **6th** €400 DRAW ADVANTAGE: MODERATE MIDDLE

150- **SWISS ACE** [275] $1 — 3 9-10
1 (4) — He[1] — b c Kingman-Swiss Lake — Wayne Lordan (91)
A P O'Brien Derrick Smith & Mrs John Magnier & Michael Tabor

5-431 **PALE IRIS** (IRE) [3] $1 — 3 9-9
2 (10) — b f Dragon Pulse-Brimful — Gary Carroll (93)
Joseph G Murphy Crampscastle Bloodstock Ltd

21-9 **ROSIE BASSETT** [35] $1 — h 3 9-6
3 (8) — b f Wootton Bassett-Lipstick Rose — Shane Foley (90)
Mrs John Harrington Rosie Bassett Syndicate

34313- **WOOD RANGER** (IRE) [152] BF $1 CD1 — 3 9-6
4 (3) — b g Kodi Bear-Ocean Myth — Nathan Crosse(5) (95)
W McCreery Mrs Noelle Walsh

202- **COINS CROSS** (IRE) [183] — 3 9-4
5 (2) — He[1] — ch g Dragon Pulse-Miz Maki — Mark Gallagher (94)
Edward P Harty Stanley G Watson

443-8 **ZARA MAC** (IRE) [33] — p[1] 3 9-4
6 (7) — He[1] — ch f Mehmas-Tilill — Leigh Roche (93)
M D O'Callaghan Monabeg Investments Limited

0-13 **LINDA BARRETT** (IRE) [35] $1 — 3 9-3
7 (11) — grib f Dark Angel-Plagiarism — Andrew Slattery(3) (97)
J A Stack Craig Bernick

432-163 **FERRYBANK** [17] D1 — 3 9-1
8 (12) — b g Cable Bay-Hewayast — Colin Keane (99)
T M Walsh Mrs Helen Walsh

3513-85 **BELL I AM** (IRE) [17] D1 — p 3 8-13
9 (13) — b f Belardo-Adroit — Tom Madden (96)
Mrs John Harrington Sebastien R T Curran

04038-0 **DOTS DE FEETYA** (IRE) [47] 3 8-13
10 Hc[1] *b g Country-South Ring* **Mikey Sheehy**(5) (96)
(1) **D J Bunyan** Ms F Richards

028-2 **NOTORIOUSLY RISKY** [47] 3 8-10
11 Hc[1] *b f Starspangledbanner-Precariously Good* **Chris Hayes** (94)
(6) **J A Stack** Mrs M V Magnier & Mrs Paul Shanahan & Mrs T Hyde

6220-24 ●**SHELLY BANKS** (IRE) [7] 3 8-10
12 Hc[1] *b f Fast Company-Novantae* [1]**Declan McDonogh**
(5) **Eamonn O'Connell** West Limerick Racing Syndicate (95)

735242 **ELOSO** (IRE) [6] [DF] v[1] 3 8-9
13 *b/br g Kodi Bear-Capila* [1]**Danny Sheehy**(3)
(9) **Richard John O'Brien** F J Lynch & M Herbert & W O'Brien & A M Ryan (100)

● SHELLY BANKS 4th 5.10 Cork Friday

2019 (17 ran) **Woody Creek** (10) J A Stack 3 7-13 12/1 Andrew Slattery (7) OR74

BETTING FORECAST: 7-2 Notoriously Risky, 11-2 Linda Barrett, Pale Iris, 6 Wood Ranger, 9 Ferrybank, Swiss Ace, 10 Eloso, Shelly Banks, 12 Rosie Bassett, 16 Coins Cross, 20 Bell I Am, Zara Mac, 25 Dots de Feetya.

SPOTLIGHT

Swiss Ace Tipperary maiden winner last summer was tried in Group company both starts afterwards, no impression when last in Tyros Stakes in August final start; closely related to smart sprinter Swiss Spirit and drops back in trip on seasonal return; opening mark appears plenty but could have more to offer.

Pale Iris Promise in maidens before taking big step forward in Curragh handicap on Monday, coming off the pace for comfortable success over 7f on yielding-to-soft; 7lb higher here and combination of the quicker ground and shorter trip could pose a problem.

Rosie Bassett Showed plenty of speed on both runs at the Curragh last autumn, scoring on second occasion over this trip when handling soft ground well; upset in stalls and too keen on Cork comeback last month when well held and plenty to find with Linda Barrett on that; tricky.

Wood Ranger Ended last season in fine fettle here in nurseries, winning on soft and then finishing close third in Birdcatcher from low draw (heavy); yard in good form and should go well, especially if predicted rain arrives.

Coins Cross Stepped up nicely on final juvenile start when a good second in Curragh maiden keeping on well over 5f; likely more to offer this season but lack of a recent run a concern on handicap debut.

Zara Mac Ran creditably here last autumn and better form when close third in decent Dundalk fillies' maiden; comeback run at latter venue disappointing however and now tried in cheekpieces.

Linda Barrett Stepped up on sole juvenile start when making winning return in Navan maiden in March good effort on handicap debut last month off what looked a plenty high mark at Cork, keeping on well over 5f into third (second has since won a Listed race); down 3lb, extra furlong to suit and yard in good form so plenty of positives.

Ferrybank Gained deserved reward at the sixth attempt in Dundalk maiden in January and back from short break (gelded) when good third in handicap there last month over this trip, despite racing keenly; all the better for that run and races off 2lb lower turf mark here; one to consider.

Bell I Am Sligo maiden winner last year has been a tad disappointing in two starts this term, never involved in first-time cheekpieces at Dundalk latest; back on turf now with others preferred.

Dots de Feetya Third in C&D maiden late last season his standout effort; tame comeback effort here in March however and others preferred.

Notoriously Risky Lightly raced maiden with two good C&D efforts in big runner fields, latest on seasonal return when only collared on post and nicely clear of remainder in maiden; goes well on soft so predicted rain will suit; big player off a fair mark.

Shelly Banks Finding it hard to get her head in front but twice runner-up in 5f maidens at 2 and again on seasonal return only found one too good at Tipperary last month, though well held; first try at 6f here on handicap debut; fourth at Cork yesterday.

Eloso Kept busy this year, notably touched off in Dundalk handicap off 2lb lower and solid run in Leopardstown handicap; bit below best when beaten favourite in modest Sligo maiden last Sunday, allowing winner first run home turn then wandering under pressure final furlong; tried visored now.

VERDICT Pozzy Stack has a strong hand here with **Linda Barrett** and **NOTORIOUSLY RISKY**, the latter shading it on account of her good C&D form. **Ferrybank** is one who could well at an each-way price. [Alan Howison]

POSTDATA Notoriously Risky | **RP RATING** Eloso

●FORM p113 NEXT RACE 4.30 Hexham SKY p71

5.00 RACE 8

Lily & Wild Take-Away Picnic In Aid Of Breast Cancer Ireland Handicap

Winner €7,080 (5f 205y) **6f** RTV

€12,000 guaranteed **For** 3yo+ (85 = 10st) **Weights** highest weight in the original handicap and after the time of declaration shall not be less than 10st **Minimum Weight** 8-6 **Penalties** (after calculation of the handicap), each race won 5lb **Weight for age** 3 from 4yo+ 10lb **Faster's Handicap Mark** 89 **Penalty value 1st** €7,080 **2nd** €2,280 **3rd** €1,080 **4th** €480 **5th** €240 **6th** €120 DRAW ADVANTAGE: MODERATE MIDDLE

41/10-2 **FASTAR** (IRE) [47] [S2] [CD1] 7 10-4
1 *ch g Fast Company-Asterism* **Shane Foley** (96)
(5) **Gerard O'Leary** Lance Bloodstock Limited

/42453- **MIA MENTO** (IRE) [745] [D1] [F1] h[1] 5 10-0
2 *b m Casamento-Mia Divina* [1]**Scott McCullagh**(5) (89)
(11) **Mrs John Harrington** Summerseat Stables Ltd

04138-8 **TIDE OF TIME** [47] [D3] [S5] [C1] 7 10-0
3 *b g Choisir-Good To Follow* **Chris Hayes** (92)
(1) **Edward Lynam** N W T Dalzell

5910-06 **ONLY SPOOFING** (IRE) [13] [F5] 7 9-12
4 *b g Approve-Golden Anthem* **Gary Carroll** (98)
(10) **Kevin Thomas Coleman** Seamus Mannion

120-0 **ROUGH DIAMOND** (IRE) [47] [D1] [S1] h[1] 4 9-12
5 *b g Starspangledbanner-Good To Follow* **Mark Enright** (86)
(3) **Edward Lynam** N W T Dalzell & Edward Lynam

358230- **BLAIRMAYNE** (IRE) [209] [D3] [S2] [F3] [C1] 8 9-10
6 *b g Zebedee-Amended* [1]**Andrew Slattery**(3) (95)
(2) **Miss Natalia Lupini** Raintree Racing Partnership

16869-0 **NOT NOW ZEB** (IRE) [12] [D1] [S2] [C1] 4 9-10
7 *ch g Zebedee-Why Not Now* **Ben Coen** (92)
(18) **Thomas Mullins** Mrs Helen Mullins

44319-0 **PUNK POET** (IRE) [21] 4 9-10
8 *b g Power-Just Ching* **Shane Crosse** (90)
(6) **Edward Lynam** Ms Aileen Lynam

57773-9 **TOMMY TAYLOR** (USA) [12] [D1] [S1] [F1] p7 9-10
9 *b g Mizzen Mast-Sharp Apple* **Donagh O'Connor**(3) (95)
(20) **J F Levins** Peter Trainor & Jonny Hayes

/70785- **VERHOYEN** [257] [D2] [S1] b6 9-10
10 *b g Piccolo-Memory Lane* **Mikey Sheehy**(5) (93)
(4) **M C Grassick** Paul Cullen & Joseph E Kerling & E J Dwyer & Patrick Pearse

0730-00 **HALF NUTZ** (IRE) [10] [D1] [S2] [CD1] h4 9-6
11 *ch g Sir Prancealot-Segovia* **Wayne Lordan** (98)
(17) **Ms Sheila Lavery** Woodfarm Racing Syndicate

94215-1 ●**MIDNIGHT FIRE** (IRE) [24] [D1] 4 9-6
12 *b g Mayson-Virtually* **Mark Gallagher** (93)
(13) **Edward P Harty** N O'Flaherty

621-863 **ARCANEARS** (IRE) [12] [D3] [S1] 6 9-5
13 *b g Arcano-Ondeafears* **Ronan Whelan** (96)
(8) **M Halford** Mrs C Roper

22095-0 **TAR HEEL** (IRE) [35] [D1] [S1] 3 9-4
14 *b g Zoffany-Nidhaal* **Declan McDonogh** (91)
(19) **Joseph Patrick O'Brien** David Forecast

580331- **ARNHEM** (IRE) [223] [D1] 5 9-3
15 *b g Dandy Man-My Causeway Dream* **Gavin Ryan** (92)
(9) **Miss Natalia Lupini** Leslie Laverty & Natalia Lupini

13977-0 **CASTLETOWNSHEND** (IRE) [47] [5] 6 9-1
16 ch g Equiano-Iciness [7]Chloe Byrne(10) 95
(16) **T M Walsh** Mrs Helen Walsh

/3000-6 **DOUBLE KODIAC** (IRE) [15] [D] [5] 5 9-1
17 b g Kodiac-Via Latina [7]Rory Cleary 94
(14) **Leanne Breen** Galaxy Horse Racing Syndicate

6000-70 **MOKHALAD** [12] [D] [54] [CD] t8 9-1
18 ch g Dubawi-Model Queen Siobhan Rutledge(7) 90
(7) **John C McConnell** Galaxy Horse Racing Syndicate

59/60-0 **KODIGREEN** (IRE) [5] 4 8-12
19 b g Kodiac-Spring Green [7]Kevin Manning 87
(21) **Joseph G Murphy** Gallee Racing Syndicate

70/0-00 **CHESTNUT EXPRESS** (IRE) [47] [CD] tp5 8-6
20 ch m Camacho-Kermana [7]Nathan Cresse(5) 70
(12) **D J Bunyan** Brian Bunyan

000- **BRIGHTBURN** (IRE) [173] 3 8-6
21 Hd b g Fulbright-Aptina [7]Adam Farragher(7) 68
(15) **John James Feane** John Nolan

● MIDNIGHT FIRE Engaged 6.10 Cork Friday

LONG HANDICAP: Chestnut Express **8-2**, Brightburn **7-4**

FUTURE OR: Chestnut Express **-4**; Brightburn **-16**

2019 (13 ran) **Twenty Minutes** (15) Damian Joseph English 4 8-10 14/1 Colin Keane OR67

BETTING FORECAST: 11-2 Fastar, 8 Arnhem, Blairmayne, 9 Arcanears, 10 Mia Mento, Midnight Fire, Tide Of Time, 12 Rough Diamond, 14 Double Kodiac, Not Now Zeb, Tar Heel, Tommy Taylor, Verhoyen, 16 Mokhalad, Punk Poet, 20 Half Nutz, 25 Castletownshend, Only Spoofing.

SPOTLIGHT

Fastar Won over C&D last year from just two starts and reappeared with fine effort in similar contest in March, not clear run when just failing to get up off 88 (nicely clear of remainder); well suited by soft so predicted rain will suit; yard going well and top-weight has to be on the shortlist.

Mia Mento Juvenile winner for Tom Mullins and although hasn't added to that win, solid form last year in Britain with Peter Chapple-Hyam, finishing close third at Ascot final start when keen in first-time cheekpieces; picked up for 52,000gns at Tattersalls Autumn Sales and hooded now on first start for Jessica Harrington; won't want too much rain.

Tide Of Time Six wins but not over this far, not much luck in running when keeping on over C&D in March on seasonal return; likely rain no problem but stiff 6f could be.

Only Spoofing Eight-time winner for Jedd O'Keeffe, including at Goodwood last summer; two runs for current trainer this year underwhelming; down 4lb but remains opposable.

Rough Diamond Lightly raced 4yo didn't go unbacked on C&D seasonal return in March but too keen and didn't get home; tried hooded now and 3lb lower but others preferred.

Blairmayne Won here three years ago and very consistent placed form last year, mainly at the Curragh; has run well fresh so lack of a recent run not overly concerning and on a fair mark.

Not Now Zeb Back-to-back wins last summer at Navan and the Curragh; didn't really land a blow on C&D seasonal return last month, short of room at a crucial stage and eased once beaten; expected to come on for that and can't rule out.

Punk Poet Afforded soft lead when winning at Dundalk (1m) in November, far too keen over longer trip at same venue 10 days later and never counted on seasonal return in competitive Curragh handicap last month; drops in trip here and of limited appeal.

Tommy Taylor Long time since his pair of York wins, good efforts early last summer and generally held his form afterwards; best work at finish on C&D return last month which should have him right for this and 3lb lower.

Verhoyen Not that easy to win with but 3 wins include Scurry Handicap in 2019; best run last year on final occasion when good fifth in valuable Curragh contest in September; 4lb lower on seasonal return but may just need this.

Half Nutz Landed valuable C&D win last summer (soft) but has largely struggled off revised mark and plenty to find on last month's run here.

Midnight Fire Quite lightly raced 4yo reappeared in fine shape to win at Leopardstown last month, just lasting it out over 7f; stiff 6f probably ideal and 4lb rise seems fair; open to further improvement; also due to run at Cork on Friday (6.10).

Arcanears Just 1-24 on turf and seems to be more effective on AW; good C&D run here last month off lower turf mark when staying-on third, hanging left; place claims again.

Tar Heel Kept very busy last year at 2, sole win coming on soft at Navan; no show on Cork seasonal return when unfancied, better for that but others preferred.

Arnhem Absent since getting off the mark at Dundalk in September under today's rider, appreciating drop back to today's trip; 3lb higher now and remains unexposed on turf.

Castletownshend Only one win from 27 starts, and that came over 1m on very soft ground at Bellewstown last summer; faded badly on C&D seasonal return in March and likely best watched for now.

Double Kodiac Debut winner in France at 2 but without a win since in quite light campaign; not beaten too far on recent seasonal return at Cork though not sure this drop in trip will suit.

Mokhalad Three-time C&D winner including off 80 last summer; lost his way subsequently and two C&D runs this year leave him with plenty to find though handicapper is giving him a chance.

Kodigreen First reserve; 6-race maiden who has struggled since entering handicap ranks; 10lb off initial mark so could get competitive soon.

Chestnut Express Second reserve; won C&D maiden at 2 but winless since and recent form hardly encouraging; 4lb out of handicap too.

Brightburn Third reserve; nothing of note in 3 maidens last autumn; 16lb wrong on handicap debut here and easily passed over.

VERDICT

Top-weight **FASTAR** was denied a clear run at a crucial stage when finishing a clear second over C&D in March and off just 1lb higher is taken to continue the good recent run of Ger O'Leary's yard. **Blairmayne** is a consistent performer at this level and runs well fresh so has to be respected, while less exposed rivals **Midnight Fire** and **Arnhem** warrant respect. [Alan Hewison]

POSTDATA Fastar

RP RATING Fastar

● **FORM** p114

NEXT RACE 5.05 Hexham SKY p73

RUEPOINTMEDIA

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Lordan completes treble on Lavery's sprinter

Half Nutz and Wayne Lordan (light blue, in hood) win from Blairmayne (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 Blairmayne (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.”

RUEPOINTMEDIA

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Interview



By Deirdre Reynolds

Meet three inspiring women ready to lace up for Breast Cancer Ireland's 100k in 30 Days challenge next month for vital funds



PRETTY IN PINK: Breast cancer warriors Madeleine McCoole, Lisa McElwaine and Fiona Morgan-Coleman and (below) Lisa with her daughter Ella

'On my worst days, I went to bed, watched Netflix and waited for GOOD DAYS TO RETURN'



WHEN Lisa McElwaine found a small but 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 bump 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 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

■ dreynolds@sundayworld.com
■ @thehackette



The 100k in 30 Days challenge makes you realise how many people are behind you every step of the way

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



HAPPY FAMILY: Fiona Morgan-Coleman with sons Callum and Pearse

FIONA MORGAN-COLEMAN: *'Putting on make-up and dressing up got me through my worst moments'*

GARDA Fiona Morgan-Coleman (42) from Shrule, Co Mayo, was diagnosed with breast cancer last year.

"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 MCCOOLE: *'I've learned that no matter how bad things are, there are always moments to enjoy'*

LEADERSHIP coach Madeleine McCoole (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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Notions & Necessities





NECESSITY

The circle

Dublin jewellery boutique Loulerie has just launched the LGFB necklace. Made with 9-carat gold-plating, the necklaces are a limited-edition run of only 100 pieces. One hundred per cent of the proceeds of sales will go to cancer charity Look Good Feel Better Ireland. **LH**

LGFB necklace, €79, Loulerie, 14b Chatham St, D2, and online at loulerie.com

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 reimagine any of your own clothes. **LH**

See studiominti.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 herby, the new Night Time Berry from Pukka might tickle your fancy. With camomile, valerian and echinacea, the inclusion of organic berries gives a nice rosy colour and a sweet flavour. **SC**

Pukka Night Time Berry, €3.55, available nationwide





NOTION

Room to improve

Cozinest Deluxe is a new Irish-based collective of interiors products, including bedroom furniture, toys, soft furnishings and decorations, created by designers from all over the world. **LH**

Teepee, €169, cozinestdeluxe.ie

NOTION

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 their 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, €99.99, electrical retailers nationwide



NECESSITY

Feet first

Shoved into 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 drh.ie



NOTION

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 Naas Racecourse, and prices start from €25 per person for a three-course meal. Vegan, vegetarian and children's menus available. **LH**

See lilyandwild.ie





NOTION

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, €28; earrings, €45, both Shock of Grey, see shockofgrey.com to shop or find stockists nationwide

Compiled by ***Sarah Caden*** *and* ***Liadán Hynes****. lifemagazine@independent.ie*

RUEPOINTMEDIA

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Page:	30	**Size (Sq. Cm)**	10

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 park 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.



Olivia Carpenter, a Breast Cancer Ireland ambassador

For more information see breastcancerireland.com

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	453
Date:	Tuesday, May 11, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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 versa 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 leopards 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 stud 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 . 8 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

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	506
Date:	Wednesday, May 12, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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 enjoyed 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

RUEPOINTMEDIA

Publication:	Nenagh Guardian	Media Cost (€):	8483.31
Date:	Saturday, May 15, 2021	Reach	6,502
Page:	28,29,30	Size (Sq. Cm)	2299

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.https//100kmin30days.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. All suggestions welcome.

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/ 087 6567099 with any queries.

SCHOOL ENROLMENT

Kilbarron NS is now accepting applications for enrolment for the school year 2021/2022. 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

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.

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/portroeburgessyoughalparishes. 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: Dolores McKenna, Glencrue; Niamh Ryan, Corbally; Paddy Reidy, Shesharoe; Olive Robinson, Killoran. 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.

TIDY TOWNS

Portroe Tidy Towns have resumed our 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 on 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: 0-20 each. Darren Gleeson's Antrim recorded the result of the weekend when they defeated Clare on Sunday afternoon in Corrigan Park, 1-21 to 0-22. This weekend Tipperary host Cork on Saturday evening at 7.30pm in Thurles, while Antrim travel to Kilkenny at 1.30pm on Sunday.

PORTROE GAA MEMBERSHIP

Portroe GAA will hold a registration evening on this Wednesday, May 12th, from 7-8pm. Rates are as follows: Adult plus gym, €70; Adult Player, including gym, €50; Adult non-player, €50; Students and U21, €25; Students and U21 plus gym, €50; Juvenile - first child, €25; Juvenile, second child, €15; Juvenile third child, €10.

PORTROE JUVENILE GAA AGM

Portroe Juvenile GAA Club will hold their Annual General Meeting on this weekend, date and time to be confirmed. Nomination papers are available from Shane McElroy (087 2747229) and must be returned by Thursday, May 13th.

SYMPATHY

Sympathy is extended to Trish Connaughton and family following the death of her father Pat Hardiman, Athlone. Sympathy is also extended to David Sherlock on the recent passing of his father Ollie Sherlock, Nenagh. May they rest in peace.

KILLORAN COMMUNITY CENTRE AGM

The annual general meeting of Killoran Community Centre took place on Wednesday evening last in the centre with full public health measures in place. The following officers were elected: President: Fr Ger Jones, Chairperson: Dinny Hogan, Vice Chairperson: Gus Ryan, Joint Secretaries: Sarah Malone and John Touhy, Joint Treasurers: Joy Ferris and Catherine Shanahan, PRO: Teresa Freeman, Child Protection Officer: Sarah Malone. Fr Ger opened the meeting with condolences for those recently bereaved who were connected to the centre and prayed for those who are unwell currently. Chairman Dinny Hogan oversaw a minute's silence followed by the Chairman's address, Secretary's report and Treasurer's report. Although the centre's calendar of events remain on pause we look forward to resuming in the near future.

BURGESS

MASS TIMES

Thankfully, public Masses will resume this week beginning with Mass on Thursday, May 13th, at 9.30am in Youghalarra. The normal weekend and weekday schedule will continue from then on. Youghalarra on Saturday evening at 7.30pm and Ballywilliam on Sunday morning at 11.15am. Weekday Masses will resume in Ballywilliam on Tuesday, May 18th. Guidelines on social distancing and face coverings will be observed as previously.

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,400 jackpot on May 3rd. The lucky dip (€30) winners were Dollie Heffernan, C/o PJ Hogan; Rosie Henry, Youghalarra Way; Ellie Walsh, Grallagh and John Kennedy. The seller's prize went to Timmy Hogan. Thank you to all our sellers and players for supporting our club lotto.

The AGM of our club lotto will be held in the juvenile stand in Kilcoleman on Wednesday, May 19th, at 8.30pm.

NORTH TIPP ONLINE BINGO

Bingo takes place every Sunday night at 8pm on Zoom in aid of Burgess GAA and Burgess Duharra Camogie. Books can be bought on https://www.pallasmarketing.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 Hogan and family, Pallasbeg, Newtown on the death of his sister Mary Hogan, Ormond Court, Nenagh and late of Stream, Ballinaclough, 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 all 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 Rose'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 Bourke last week.

TEMPLEDERRY

TEMPLEDERRY 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 lotto each week and also thanks 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 this Wednesday evening at 7pm. Mass will recommence in Curreeney on Sunday morning at 9.30am and in Killeen 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 50 with two pods in operation at Bohernanave church from Monday last. With the number attending funeral Masses increased to 50, the clergy have appealed to parishioners 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. As the lockdown restrictions are being lifted, it is encouraging to see the local library re-open, outdoor gatherings for 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 Deputy Principal for some years and she will take over in September from Marie 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 this 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 Meara, Ard Mhuire and Rahealty formerly. Née 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 friend. Following Requiem Mass in the Cathedral on Sunday, interment was in St Patrick's Cemetery.

The death also occurred of Peggy Griffin, Moyne Road and formerly of Upperchurch and Kilcommon. Née Ryan (Matt), she was predeceased by her husband Eddie and is mourned by her children Tom, 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 Peterboro, 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 Peterboro will be followed later by the interment of his ashes in St Patrick's Cemetery. The death has also occurred of Anne Stapleton, Mill Road. Née Rooney, she was predeceased by her husband David and is mourned by her sister Breda and brother Con, to whom sympathy is extended. Following Requiem Mass in the Cathedral interment was in Holycross.

HURLING NEWS

Sarsfields' man Ronan Maher was a contender for Man of 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 on in the second half. Semple Stadium re-opens its doors for 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

CHIROPODY CLINIC

Moneygall, Dunkerrin Barna Social Services have organised a chiropody clinic in the Health Centre Moneygall 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 those years. 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 exits 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 Governement restrictions on organised outdoor gatherings.

Confirmation Preparation: Bishop Fintan 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 Fintan 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 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

Juvenile: Best of luck to all our underage teams this year. Hope you all really enjoy being back training. Training times for each grades as follows - U11s - 6pm, Tuesday and Thursday; U13s - 6pm, Monday; U15s - 7pm, Tuesday; U17s 7pm, Wednesday; U7 and 9s - 6pm, Thursday. U11 - Children born 2011 and 2010; U9 - Children born 2012 and 2013 and U7 - Children born 2014 and 2015.

After last year's great success, Borrisokane Juvenile Club are delighted to announce that our 'Gaelic Games Summer Camp' will return from August 17th to 19th. 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 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 Borrisokane community.

CLOUGHJORDAN

REOPENING OF CHURCHES

As from Monday, May 10th, congregations will be permitted to attend weekday and weekend Masses in Cloughjordan, Ardcroney and Kilruane 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 Kilruane at 6pm on Saturday; Ardcroney at 7.30pm on Saturday and Cloughjordan at 11am on Sunday.

TRÓCAIRE COLLECTION

There was a great response from the Cloughjordan parishioners to the annual Lenten Trócaire 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 to have been 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 8.30pm.

LOCAL WALKING TRAIL

The Irish Examiner in conjunction with Sports Ireland have launched a booklet in 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 Laghile and Loughane walking trail, which takes you through Sopwell Woodlands, Laghile, Loughane and over the Silver Stream into the Scohaboy Bog site. The 5.75km 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 tie 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 RTÉ.

HURLEY REPAIRS

Our local Tipperary hurler Cian Darcy has set up a hurley repair business. Cian can be contacted at 083-4880823 and by email at ciandarcy2011@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 Heffernan will deliver an illustrated talk on the Modreeny Ambush which took place on June 3rd, 1921.

LOCAL LOTTO

The jackpot for the next draw in the Kilruane MacDonaghs Lotto is €2,500. Thanks to all subscribers for your

continued support.

SCRAP METAL COLLECTION

Kilruane MacDonaghs camogie and juvenile club are holding a scrap metal collection from May 9th to 23rd. The scrap metal can be left at the yard of James Last in Cloughjordan and at Ardcroney Stone and Paving in Ardcroney. Scrap items that will be accepted include old farm machinery, washing machines, cookers, copper tanks, piping, galvanised steel, bicycles, slides, old cars and batteries from cars and tractors.

Items that cannot be accepted include fridges, freezers and bulbs of any type. For items that need to be collected or for any queries contact Joe Cahill at 087-1305064, Brian Gaynor at 087-2535695, Kieran Nevin at 086-6774166 and John Jones at 087-1889650.

TRAIN SERVICE

The train service on the Ballybrophy to Limerick line is expected to resume around the third week in July. The times of the bus service (Monday-Saturday), which replaces the train service are as follows: from Cloughjordan to Limerick at 10.50 and 19.47 and from Limerick to Cloughjordan at 6.30 and 16.55. From Cloughjordan to Ballybrophy at 7.55 and 18.11 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.

LORRHA

LATE MARY O'BRIEN

The death took place on Wednesday, May 5th, of Mary O'Brien, Derry, Rathcabbin. Née Hynes from Fiveally 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 easy-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 Debbie and Jackie, sons Damien, David and Michael, grandchildren Sean, Lucie, Lily, Michael, Erin, Kieran, Callum, Alexander, Kian and Ruari, brothers, sisters, brothers-in-law, sisters-in-law, aunts, nieces, nephews, relatives, neighbours and friends, to whom sympathy is offered. After funeral Mass in Our Lady Queen of Ireland Church, Rathcabbin, on Tuesday morning last, May 11th, burial took place in Bonoham Cemetery. 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 9th, of the death of our retired PP and the much loved Fr John Donnelly, Rathcabbin. Fr John celebrated his 98th birthday just last March and was in good health until recently. When he was appointed PP to the parish of Lorrha in 1988, he was moving closer to home and closer to his family as he was born and raised in nearby Cadamstown outside Birr. Born in 1923 the second youngest of eight children, he was educated in Kinnitty NS, St Flannan's College, Ennis and in St Patrick's College, Maynooth. On June 20th 1948 he was ordained to the priesthood. His first assignment was to the parish of Derby in England and after two years he took up his new parish in Ireland in Cranny, Co Clare. He went on to serve in Whitegate, Kilkishan, Corofin and Killaloe. He was appointed Parish Priest of Ruan Dysart in 1980 where he remained for the following seven years. After spending 37 years of his priesthood in Clare, Fr John crossed the Shannon in the summer of 1987 to take up the appointment of Parish Priest in Lorrha and Dorrha after the retirement of Canon Martin Ryan. Eleven years later he celebrated the Golden Jubilee of his ordination in July 1998 with parishioners and fellow priests. A man of abiding faith, deep spirituality and prayerfulness, he guided his parishioners with true commitment to the faith. Always welcoming and so approachable, he was a great source of comfort to all who were ill and to those who were hospitalised or bereaved. Fr John will be sadly missed by all who knew his gentle ways and kind words that he had for everyone, parishioners and visitors, but in particular by his family, his nieces and nephews, especially his niece Pauline McIntyre and her 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 Shinrone and formerly Rathcabbin, who died on Sunday, May 9th, at his home. Deeply regretted by his wife Maureen, sons Philip, John and Gordon, daughters Geraldine and Imelda, sons in law, daughter-in-law and very beloved grandchildren, sisters in law, brothers-in-law, nieces, nephews, relatives, neighbours and a large circle of friends. After funeral Mass on Tuesday last in St

Mary's Church, Shinrone, Tommy was laid to rest in the new cemetery in Shinrone. May he rest in peace.

HOOVES FOR HOSPICE

Breed Hassett is a secondary school teacher in Banagher College and is well known to many in our parish through our children attending that school. Breed 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 after a family friend donated an 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 19th. The Cork native, along with the TY students in her school and some fellow teachers, has already raised €3,000 through the sale of €5 raffle tickets, but Breed is hopeful that they can double or even treble that. There's a host of other prizes including a €200 One for All voucher and a €150 voucher for the Radisson Blu Hotel in Athlone along with numerous other prizes.

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) 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 idonate.ie page or you can purchase a ticket from the TY students or teachers for just €5. We wish Breed 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 on 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 wedding 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: 7pm, Saturday; Kilbarron: 8pm, Saturday; Terryglass: 9.30am, Sunday; Borrisokane: 10.30am, Sunday.

CONFIRMATION PREPARATION

Bishop Fintan 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 18th, 8pm. Link to be sent next week. Regrettably, due to Covid, Bishop Fintan 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 SCEAL Community shop. Meeting at the Community Hall where the Lakeshore Market is taking place from 10am to 12pm. This hour-long tour is aimed for 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.

PUCKANE

ANNA DARCY, RIP

The death took place of Anna Darcy, Dromineer, last Friday, May 7th, in the care of Milford Care Centre. Her funeral Mass was celebrated in Carrig Church on Sunday, May 9th, at 11am followed by cremation in Shannon Crematorium. She will be sadly missed by her husband Stephen, her daughters Emma, Claire and Louise, son Paul, sisters Maura, Breda, Rose, Teresa and Nuala and brother Tim, Louise's partner Daniel, daughter-in-law Galina, grandchildren Stephen, Olivia, Saoirse, Rebecca and Kiara, brother-in-law, sister-in-law, nephews, nieces relatives and many friends. May she rest in peace.

MARY BOURKE, RIP

Sympathy to Mary Kelly, Kiladangan, on the death of her aunt Mary Bourke, Saint John's Terrace, Nenagh, who passed away on Thursday May 6th. May she rest in peace.

DAILY MASS TIMES RETURN

With Covid restrictions eased, daily Mass returns. 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.

SCHOOL ENROLMENT

Scoil Chill an Daingin 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. Any queries, please phone 06724030 or email kiladanganns@gmail.com.

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 Tipp Top Shop, Ballycommon. Why not enter online at kiladangangaa.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €15,300. 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 involved 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 officials for booking 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 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 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 co-operation adhering to the new rules and regulations since the recent

opening.

New members always welcome. Follow us on Facebook and Instagram; checkout our website for all the updates. Text 087-3906067 for any further information.

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.

ROSCREA

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 6km hike around Mount St Joseph Abbey and the new prayer garden loop. Graded: Moderate, Time: 1.5 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 3399 193. We hope to see you soon.

RECENT DEATHS

Eileen Bourke, Melrose, Nenagh; Roscrea and formerly of Norebrook, Clonakenny (retired public health nurse), died peacefully on April 30th at University Hospital Limerick. Predeceased by her parents Annie and James, brother Tom, sister-in-law Esther and her nephew Jamie. Sadly missed by her loving nieces Áine Bourke, Brigette Martin and Evelyn McGrath and their partners Liam, Johnny and Eamon; grandnieces Laura, Grace, Hannah, Lucy, Sarah and Katie Mai; 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, Barna, Shinrone and late of Roscrea, died peacefully at home on April 29th, surrounded by his loving family. Predeceased by his father Harry. Deeply regretted by his mother Mary, brothers Richard, Kevin, Terrence and Dean, sister Ann, sisters-in-law, nieces, nephews, relatives, good neighbours and large circle of friends. 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 topics for discussion were provided by Rachel Comiskey. Tim Meehan was timer and watching our grammer was Alan Coffey with Teresa Ryan Fehan 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 question 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 8125427 or email 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

RUEPOINTMEDIA

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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 before each session that you and your children are attending. A help video on return to play is available on our website http://Ballina.Tipperary.GAA.ie under the notice board 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 Hurlers v Cork on Saturday also.

Membership: We are appealing to people to pay their membership via: www.foireann.ie. If you used Foireann 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. 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 086-3111781 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. 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://savealife.communityheartprogram.com/gaa/page/ballina

Club Clean-up/Policies: Thanks to everyone who volunteered their time on Saturday. Some vital policies should be read at www.ballina.tipperary.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 Maolain and Brendan Ryan. If you are interested, contact Gerard McKeogh.

BORRISOKANE

Lotto: Next Monday's jackpot will be worth €9,400. Tickets are available in local shops and on Clubforce.com. Thank you for your continued support.

Juvenile: Training times for each grade are as follows: U11 - Tuesday & Thursday at 6.00pm; U13 - Monday at 6.00pm; U15 - Tuesday at 7.00pm; U17 - Wednesday at 7.00pm- U7 & 9 - Thursday at 6.00pm.

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 from Tuesday 17th to Thursday 19th. 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 'Staycation'. More information will follow in the coming weeks.

BURGESS

North Tipp Online Bingo: continues every Sunday at 8.00pm. To play you can purchase a bingo book at 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 bonus lucky dip round is down 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 Kilcoleman at 8.30pm. 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 staring 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 0871313181.

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 0872359336.

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 0872359336.

Sympathies: The club would like to extend our deepest sympathies Josephine Ryan and family, Ballyhiskey and all of the Bourke family on the death of Josephine's mother Mary Bourke (nee Gleeson) Summerhill, Nenagh in her 101st year. Ar dheis Dé go raibh a h-anam.

KILADANGAN

Lotto: There was no winner of last week's €15,200 jackpot or the Second Chance €500 Draw. We would urge people to sign up for the lotto online at kiladangangaa.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 will be streamed live on the Kiladangan Facebook page every Monday at 9.00pm.

Darkness into Light: Well done to all who braved the weather last Saturday morning for the Darkness into 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, 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 - €30; Non-Playing & Lotto - €110; Non-Playing, Lotto & Tipp Draw - €200.

You can purchase online at kiladangangaa.com or contact registrar Fergal Hayes 0861506266.

Inter-county: Barry Hogan, 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 Slattery (Puckane) and Anna Darcy (Dromineer) 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 Ardcroney Stone & Paving E45KD56 or Michael Cahill/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, galvanise, 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 enquiries to Kieran Nevin 0866774166, Brian Gaynor 0872535695, Joe Cahill 0871305064, or John Jones 0871889650. Collection can also be arranged.

Membership: Fees for 2021: Players U18 €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. Nonplaying 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 outlets or you can join on Clubforce.com. Thanks for your continued support.

Sympathy: The club extends sympathy to Paula McSherry, Ardcroney on the death of her mother Mary Bourke (née Gleeson), St. Mary's Terrace, Nenagh and formerly Garryard, Silvermines.

KNOCKSHEGOWNA

Junior Hurling: Training will commence this week on Tuesday and Thursday at 8.00pm. 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 six-week walking initiative called "Keep Walking Keep Well." 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 Jim Hough, Borrisokane and Tommy Kennedy, Shinrone 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.

Sympathies also to Michael O'Brien, Rathcabbin on the death of his wife Mary. May they Rest In Peace.

Feile Skills: Well done to Conor Kennedy, who did the blue jersey proud 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 17s) want to become a Cúl Camp coach this summer, you can find the application form on our Facebook/Twitter or at Kellogsculcamps.gaa.ie. The Lorrha Cul Camp will take place in the week from Monday 19th to Friday 23rd July. Contact juvenile secretary Kathleen Gleeson 0868694528 for booking details.

Lotto: The lotto jackpot is at €4,950 with a match 3 pot of €160. You can play online at clubforce.com while lotto envelopes can be dropped off at the clubhouse, at Mulrooney's, Kelly's, or at the Scéal shop. If you need Lotto envelopes, contact Hubert Duggan 0872185995 or Kevin Molloy 0876738986.

MONEYGALL

Return to Play: We are delighted to be welcoming back all our underage and adult teams to the playing fields this week. 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.

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 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 sessions.

Féile Skills: Well done to Tadgh Whyte who represented North Tipperary in the U14 Féile Football Skills County Final in Dr Morris Park on Friday and finished runner-up. Tadgh had won the North Tipp Skills Final back in December.

Development: The new dugouts for our second field were installed on Saturday. Many thanks to our volunteers and to Croom Concrete for the installation work. This now completes the main construction work on our second pitch.

A big thanks also to everybody who has supported our various fundraisers in recent years for the development of our second pitch and walkway. Without this support these projects would not have been possible. Go raibh míle maith agaibh go léir.

Membership: is now available through the foireann.ie website, our club website, and our Facebook page. Rates for this year are as follows: Adult Player - €70; Player & Partner - €80; Adult Non-Player - €40; Adult Non-Player & Partner - €60; Family (parents plus dependent children) - €80; Student - €35; Juvenile - €20.

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.moneygall.gaa.ie/club-lotto at any time. We are very grateful for your ongoing support.

NENAGH EIRE OG

Development/Fundraising: With the preliminary work on the new hurling wall well under way, we are also well under way 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 clearing and preparing this area for grass seed. The club would like to 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 tenth 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 x €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.nenagheireog.com.

Membership: The deadline for the payment of membership has been extended to 31st May. With both adults and juveniles returning to training this 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 Foireann can also be found here. Membership can also be paid at training.

Return to Play: As we welcomed back both our adult and juvenile players to the fields this week, we ask for your support in making this as safe a return as possible. Everyone must complete their profile registration on Foireann and fill in their Covid health questionnaire on the day of training so please go to www.foireann.ie to do this. Parents will need to do this for underage family members. Please ensure you all abide by HSE guidelines on mask wearing and follow our Covid Officer's advice at all times.

You are all very welcome back and here's to a long and enjoyable summer for us all.

Allianz League: Well done to Barry Heffernan and Jake Morris who both played full games for Tipp in the drawn League opener against Limerick on Saturday.

Garda Vetting: Reminder to get your Garda vetting up to date please. You cannot be involved as a coach or mentor in any juvenile coaching set up without GAA Garda vetting.

PORTROE

Membership: Portroe Senior and Juvenile clubs along with the Camogie Club will hold another membership evening this Wednesday 12th May from 7 to 8.00pm in the clubhouse. New players and members are always welcome.

Please note that it is 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.

The GAA's new club registration system "Foireann" is now online. Membership monies are, for now, still paid to any committee member.

1. Go to www foireann.ie. If you have previously used the Return to play system from last year, your existing username and password will work. If you have not used Return to play, you can register a new profile.

2. You will then be sent an email by Foireann to the email address you used to register your account. Click the link in this email to verify your account.

3. This link will bring you back to Foireann where you fill in the remaining details to your account.

Follow the link below for an instructional video on how to sign up: https://youtu.be/1WIICFy771s

This must be completed by all players by 31st May for insurance purposes. For family set up once the Foireann 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 Foireann 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 Foireann for all family members in the profile created.

Lotto: Portroe GAA/Portroe Camogie/Parish Hall Lotto continues each Tuesday night. The Lotto is available to play online through the Clubforce App and tickets will still be available from any of the Lotto co-ordinators. Thank you for your continued support.

Cul Camp: will be held between Monday 19th & Friday 23rd July. Bookings will be online and club members will be notified when booking is opened.

Allianz Leagues: Best of luck to all club members involved in the Allianz Hurling and Football Leagues for 2021.

ROSCREA

Underage Training: has returned.

Training times are on our Social Media sites.

Membership: is now due and is to be paid through the online Foireann system. Details of which are also on our Facebook page.

Lotto: Our Lotto is available online. See our social media pages for the link to play.

Sale of tickets online closes at 8.00pm on night of draw. Tickets are also on sale in Keane's newsagents and Brendan Moloney's. Next week's jackpot is €17,200.

Online Bingo: Play online bingo, via Zoom, in association with Roscrea Hurling Club and Roscrea Community Hall every Sunday night 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 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. Vetting of our coaches and registration of players is also very important. Everyone log in to their Foireann 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 7th they travel to Portroe for the opening game. The following week, they are due to play host to Aherlow/Latten Cullen before completing the group stage with a third-round game at home to Emly. All games have a 7.00pm throw-in.

The opening game for under 15 footballers begins on Thursday 10th June with an away fixture against Portroe. Round 2 sees us at home to Clerihan 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 7.00pm.

100KM Walk: Ballinderry Community Sportsfield Committee have signed up to the 100kms in 30 days challenge in aid of Breast Cancer Ireland. Log on to www.htttp://100km30days.ie and register. The 100kms is to be completed during June. This event is open to all ages. Let's get our community walking to raise much needed funds for Breast Cancer Ireland.

SILVERMINES

Lotto: Silvermines GAA lotto has a jackpot of €3,700 and the club are appealing to all members to play the lotto online through Clubzap 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: is still outstanding. Adult Hurler - €50; Adult Non-Player - €40; Student Player Senior Club - €40; Walking track membership - €30. All memberships can be paid online via the Clubzap app.

Tipperary: Congratulations to Jason Forde who was awarded the Player of

the Match award in Tipp's 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 U5 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.foireann.ie



Tadg Whyte from Moneygall was runner-up in the County Feile Football Skills final, with Coiste na nOg Chairperson Tommy Landers.

PHOTO: MICHAEL BOLAND



Lorrha's Conor Kennedy was runner-up in the Feile Hurling Skills County final at Dr Morris Park Thurles, with Coiste na nOg Chairperson Tommy Landers.

PHOTO: MICHAEL BOLAND

RUEPOINTMEDIA

Publication:	Stellar	Media Cost (€):	13,272
Date:	Tuesday, June 1, 2021	Reach	15,101
Page:	15	Size (Sq. Cm)	10

NEW MUSIC TO GET EXCITED ABOUT

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 takeway 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










& WILD
LILY & WILD

RUEPOINTMEDIA

Publication:	offtheball.com	**Media Cost (€):**	15
Date:	Thursday, May 13, 2021	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	585

"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 b efore 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, t here 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

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

RUEPOINTMEDIA

Publication:	offtheball.com	**Media Cost (€):**	15
Date:	Thursday, May 13, 2021	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	599

'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 c ertainly 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.

"T hey are exposed to swimming, gymnastics and everything. There's such a vast range of sports that kids become exposed to and then through that t here'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 i t'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 kinds, 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 r elative 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! 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

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	346
Date:	Thursday, May 13, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

Newstalk @ 13-May-2021 19:19 - (breast)

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 HRI'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 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

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	2173
Date:	Thursday, May 13, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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 there 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 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

RUEPOINTMEDIA

Publication:	Daily Mirror (ROI)	**Media Cost (€):**	1,758
Date:	Friday, May 14, 2021	**Reach**	28,633
Page:	Link	**Size (Sq. Cm)**	292

Amhran is aiming for an upset..

AMHRAN Na Bhfiann 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'Brientrained 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

RUEPOINTMEDIA

Publication:	sportforbusiness.com	**Media Cost (€):**	7
Date:	Friday, May 14, 2021	**Reach**	1,394
Page:	Link	**Size (Sq. Cm)**	199

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 Naopu, 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

RUEPOINTMEDIA

Publication:	into.ie/ROI	**Media Cost (€):**	82
Date:	Friday, May 14, 2021	**Reach**	7,140
Page:	Link	**Size (Sq. Cm)**	423

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.

RUEPOINTMEDIA

Publication:	irishcountrymagazine.ie	**Media Cost (€):**	16
Date:	Friday, May 14, 2021	**Reach**	510
Page:	Link	**Size (Sq. Cm)**	1,141

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 youc an 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 ranhe 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 suprise 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

RUEPOINTMEDIA

Publication:	The Avondhu	**Media Cost (€):**	395.6
Date:	Thursday, May 13, 2021	**Reach**	9,000
Page:	60	**Size (Sq. Cm)**	215



RACING NEWS

Treble for Lordan at Naas

Shane Crosse gave Joseph O'Brien a winner at Naas on Saturday as he they took the rated race with 11/1 shot Benaud, which put in a very taking performance. On his seasonal reappearance, the three-year-old raced to an impressive one and three-parts of a length success for the Cahir 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 Nutz, the 11/1 shot finishing with a flourish to beat Blairmayne by half a length.

Meanwhile in Cork, Eric McNamara and his son Conor were among the winners on Saturday where Groveman 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 Scobie Wan Kenobi Racing Club.

Rachael 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 Fethard 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 10/1 stable companion.

Blackmore then rode two winners for Henry de Bromhead with Cavalry Master taking the novice chase. The Gigginstown House Stud-owned 2/1 chance beat Emmet Mullins' Pilbara by a cosy four and a half lengths and it was easier again as Gin On Lime took the mares' beginners' chase in a canter. The 15/8 shot was left clear at the second last fence and she raced to a 42-length win over her own stable mate Tune The Chello, the 7/4 favourite, to give owners Robcour at 1-2 in the race.

CLOSE FINISH FOR O'CONNOR

Curraglass conditional jockey Mike O'Connor and County Kilkenny trainer Eoin Doyle combined to win the opportunity handicap hurdle at Ballinrobe on Tuesday week last with the 11/2 chance Listenheretomejack. Owned and bred by Martin Walsh from Thomastown, the six-year-old got on top late on to deny the well-backed 6/4 favourite Brides 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 fella as I knew he'd battle for me."

While Cahir's Nathan Crosse was successful on a warm-order market leader, as the David Dunne-trained All Class took the 14-furlong handicap in convincing fashion at Gowran Park last Tuesday week. The 9/4 shot beat the Ado McGuinness-trained Stellify by two and a half lengths.

CODD BOWS OUT

Jamie Codd brough the curtain down on a terrific point-to-point career with a winner at Tattersalls Farm on Sunday. Codd called it a day after winning the four-year-old maiden on the Denis Murphy-trained Supreme Gift, his 972nd point-to-point winner in a 22-year career.

Afterwards, the 39-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 there. 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 4.05pm); Kilbeggan – Friday, May 14 (First Race 4.05pm); Leopardstown – Friday, May 14 (First Race 1.55pm); Navan – Saturday, May 15 (First Race 1.55pm); Wexford – Sunday, May 16 (First Race 1.55pm); Naas – Sunday, May 16 (First Race 1.40pm).



Half Nutz ridden by Wayne Lordan, near side, getting up to win The Lily & Wild Take Away Picnic In Aid Of Breast Cancer Ireland Handicap from Blairmayne 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)

RUEPOINTMEDIA

Publication:	offtheball.com	**Media Cost (€):**	13
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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, e verything 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 w e 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 a t the heart of communities.

"I think it will drive the game further along because c amogie 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

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Read more about

RUEPOINTMEDIA

Publication:	irishracing.com	**Media Cost (€):**	8
Date:	Friday, May 14, 2021	**Reach**	986
Page:	Link	**Size (Sq. Cm)**	330

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."

RUEPOINTMEDIA

Publication:	Newstalk	**Media Cost (€):**	240
Date:	Friday, May 14, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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 self 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 leopards town 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 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 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 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

RUEPOINTMEDIA

Publication:	Daily Mail (ROI)	**Media Cost (€):**	6,556
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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

RUEPOINTMEDIA

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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

RUEPOINTMEDIA

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Emperor Of The Sun causes big upset

Tommy Lyons

Emperor Of The Sun caused quite an upset in winning the listed Saval Beg Levmoss Stakes for Donnacha O'Brien and jockey Gavin Ryan.

Twilight 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 Ebeneezer 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 5-1 to 11-10 favourite at the off, he was never far off the pace but had to pull out all the stops to get by deposed 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 Lilac won the first division of the Glenageary 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 Gavin Cromwell-trained Harbanaker a fine ride to get off the mark on his 12th outing. In the juvenile maiden which opened the card, Kevin Manning made the most of Celtic Times' experience to deny well-backed newcomer Moony Beams by a neck.

Solene Lilyette, who made a winning debut for Andy Slattery 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 Riders' Handicap closed the card and Nikita Kane 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 Danny Mullins. The winner was completing a family treble as her half-brother, Ferdia, won his maiden hurdle on May 4 at Ballinrobe, while half-sister Bonarc won her maiden on Thursday night in Clonmel. The winning rider doubled up when Berkshire Royal made all in the Mullingar Novice Hurdle.

RUEPOINTMEDIA

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Page:	Link	**Size (Sq. Cm)**	10

Newstalk @ 15-May-2021 06:30 - (breast)

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 Skye 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 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 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

RUEPOINTMEDIA

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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

EMEPEROR 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 Levmoss Stakes \ Healy Racing



Emperor Of The Sun's price for the Gold Cup with Paddy Power (in from 50s)

TRUEPOINTMEDIA

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Real Life



By Denise Smith





BRAVEHEART: Fiona Lambert who has terminal cancer and is doing 30 Sea Swims for charity pictured at Bull Island in Clontarf, Dublin; and (left) enjoying a dip with her three children alongside pal Siobhán Clerkin and her two children

PICTURES: GERRY MOONEY

'In the past I couldn't even say the word 'cancer'...

NOW I WANT TO ENJOY MY LIFE'

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 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,



TAKING A DIP: Fiona with her husband Darren

denise.smith@sundayworld.com
@deneezsmith







LADY IN RED: Fiona with her children Keelin, Mia and Jamie (above); and (right) Fiona braves the cold to take a dip with friends Emma, Orla and Antoinette

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.

It's not easy but there are all those good days between chemo and I'm living a fulfilled life

"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.

"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 took me a long time to accept that. It is such a huge thing for your mind to try and absorb and it really did impact my mental health so I really took to mindfulness. You just never think this is going to happen to you.

"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 milestones I look forward to, and then I'm brought back down to earth.

"Sometimes when I'm on the ward, or I'm getting scan results — I get a scan every three months — even the consultants say, 'You just have to learn to live day by day as opposed to planning ahead'. And that's tough."

When those thoughts bubble to the fore, there's nothing more soothing than the call of the sea.

"Swimming has been an escape for me and everyone has gotten behind me. It really is overwhelming. My team group from work surprised me the other day and came to watch me swim and so have my family. I have somebody different with me every day. My children and husband have been amazing. Jack McCaffrey who used to play for Dublin swam with me. It's been incredible.

But who is Fiona's dream celebrity swimming companion? "Someone funny," the devoted mum admits. "Maybe Hector or PJ Gallagher, I probably wouldn't be able to swim though, I'd just be laughing. Or Jamie Redknapp — that would be a dream.

"So far we have raised close to €12,000 which truly is phenomenal. My original goal was €1,000, I cannot believe people's generosity.

"This isn't how I would choose to live my life but I am still living and leading a good life."

● *To donate check out ie.gofundme.com/f/30-days-of-sea-swims*

RUEPOINTMEDIA

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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.

T he mum-of-three from Dublin was casually checking herself in the shower, as every health-conscious woman does, when the almond-sized bump 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 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'

Garda Fiona Morgan-Coleman (42) from Shrule, Co Mayo, was diagnosed with breast cancer last year.

"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 McCoole: 'I've learned that no matter how bad things are, there are always moments to enjoy'

Leadership coach Madeleine McCoole (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.

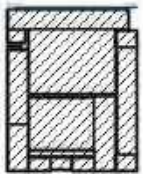
"I've been buzzing since becoming an ambassador for 100k in 30 Days. Before my diagnosis, I took up running by doing a couch to 5km. After my treatment, I started from scratch and slowly built back up to 5km. Running has become a really important part of my self-care.

"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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RUEPOINTMEDIA

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Santorini Sun sparkles 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 13-furlong handicap on Santorini 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 equine 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 Moynalty man had to wait until the final race on the card when he scored on the Joseph O'Brien-trained Snapraeterea in the Owenstown 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 his use of the whip in the closing stages of the race.

It was McDonogh's fifth winner in May as the former champion jockey miantains 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 Ebeneezer 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 Harbanaker (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 Beagnach Sasta 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 from 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 Durnin 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.

Clonee owner Peter Cullen was certainly overdue a bit of success with his 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 owner.

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 half-way mark and eased clear a furlong out to beat the Joseph O'Brien-trained 2/1 shot Draconid 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 Chiricahua 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 re-appearing 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 MCCANN/RACING POST



Santorini Sun and Siobhan Rouledge win at Navan on Saturday. PHOTO: PATRICK MCCANN/RACING POST



Trainer Finbarr Hand with Santorini Sun and Siobhan Rutledge in the winners' enclosure at Navan. PHOTO: PATRICK MCCANN / RACING POST

RUEPOINTMEDIA

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Date:	Saturday, May 22, 2021	**Reach**	6,502
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down your way

TERRYGLASS & KILBARRON

SYMPATHY

We extend our deepest sympathy to Grainne O'Sullivan and family, Ballinderry, on the recent death of her mother Maura Dooley, Borrisokane. 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.https//w100kmin30days.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

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, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, 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 any person in order that we can put a programme together. Suggestions can be emailed to ballinderrysportsfield2021@gmail.com. All suggestions welcome.

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/ 0876567099 with any queries.

CHURCH NEWS

Mass: With the easing of restrictions, Mass has resumed in our churches in Kilbarron on Saturdays at 8pm and in Terryglass on Sundays at 9.30am. Up to 50 people can attend Mass, weddings and funeral 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 terryglasskilbarron@gmail.com.

Rotas: The rotas 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 8.30pm (note later starting time).

It is a topic the Society has been working on and is of huge interest to us so we are delighted to host Dr Aengus Ó Fionnagáin, 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 study 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: kilbarronterryglasshistsociety@gmail.com. Dr Aengus Ó Fionnagáin - is a lecturer in the University of Limerick.

BURGESS

MASS TIMES

Public Masses have resumed. Mass times as follows: Youghalarra 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 on 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 108FM and on www.youtube.com/c/portroeburgessyoughalarraparishes.

SACRISTANS

A warm welcome is extended to Marian and Dillon Danyer in their new role as sacristans in Youghalarra church. The parish thanks them for their generosity in this important ministry. They can be contacted at 067-23503.

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,500 jackpot on May 10th. The lucky dip (€30) winners were Larry Kehoe, Dublin; Donie Nealon, Newtown; Daniel McMahon, Dromin and Hall Hogan, Pallasmore. The seller's prize went to Johnny Flynn. Thank you to all our sellers and players for supporting our club lotto. The AGM of the Lotto will be held in the juvenile stand this Wednesday, May 19th, at 8.30pm.

NORTH TIPP ONLINE BINGO

Bingo takes place every Sunday night at 8pm on Zoom in aid of Burgess GAA and Burgess Duharra Camogie. Books can be bought on https://www.pallasmarketing.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 Josephine Ryan and family, Ballyhiskey, Carrigatoher, on the death of her mother Mary Bourke, St John's Tce, Nenagh and formerly of Garryard, Silvermines, who died recently. May she rest in peace.

DAY CARE CLOTHES COLLECTION

Nenagh 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, paired shoes, handbags, belts.

They don't need dirty or wet clothing, single shoes, duvets or pillows, carpets/rugs, uniforms, curtains/bed linen.

Please deliver to Day Care Centre (067 33177), Mondays, 10am - 1pm, up to Monday, June 14th, excluding the June Bank Holiday.

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 Mary Hogan, Stream, Ballinaclough, who died recently. May they rest in peace.

BIRTHDAY WISHES

Congratulations and very best wishes to Fr 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 so generously their drive-by fundraiser for the Alzheimer Society. The amount collected was €710.

DAY CARE CLOTHES COLLECTION

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They don't need dirty or wet clothing, single shoes, duvets or pillows, carpets/rugs, uniforms, curtains/bed linen.

Please deliver to Day Care Centre (067 33177), Mondays, 10am - 1pm, up to Monday, June 14th, excluding the June Bank Holiday.

TEMPLEDERRY

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 Curreeney on Sunday mornings at 9.30am and in Killeen on Sunday mornings at 11am. 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.

TEMPLEDERRY NS ANNUAL CLOTHES COPLLECTION

The annual clothes collection appeal takes place with collection on Wednesday, May 26th. The money raised will go towards off-setting extra costs incurred in having school tours this year.

There are a number of changes to the drop-off procedure this year to reflect Covid and the lack of internal space available for us for storage.

A trailer will be placed outside the school each morning for people to put the bags into, meaning nobody will have to enter the school grounds and it will be taken away again each evening. The school is asking that children not be charged with 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.

TEMPLEDERRY 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 €6,400.

THURLES

ST BRIGID'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 Brigid's church, Bohernananve, 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 at the latest. It is planned to have appropriate celebrations to mark the event later in the year.

WELL DONE

Congratulations to Joe Bracken, Rossestown, who was chosen 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 nÓg 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, Ballycurrane and Anacarty formerly. A staunch GAA fan, John was predeceased 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 Holycross 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 teaching staff in 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, Poulaline, '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 Sarsfields 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 Thurles Sarsfields and the life story of legendary Tom Semple. His well-informed and eloquent delivery of pertinent 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 fore at the weekend. Paddy Creedon was a member of the Tipperary football squad, which lost to Limerick in the National League. Padraic and Ronan Maher lined out for Tipp against Cork in the hurling league and Karen Kennedy 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

AGLISH BAKE SALE

The Great Aglish Bake Sale will take place this 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.

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, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

BORRISOKANE GAA NEWS

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 €9,500. 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 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, 085 718 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.

CLOUGHJORDAN

RACING

Local trainer Denis Hogan was in the winners enclosure at the Dundalk meeting

last Wednesday where Rocky Dreams at 7/1 was the winner of the Hollywoodbets Horse Racing Race.

RUGBY

Munster were beaten 24 to 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

Kilruane MacDonaghs camogie and juvenile club are holding a scrap metal collection from May 9th to 23rd. The scrap metal can be left at the yard of James Last in Cloughjordan and at Ardcroney Stone and Paving in Ardcroney. Scrap items that will be accepted include old farm machinery, washing machines, cookers, copper tanks, piping, galvanised steel, bicycles, slides, old cars and batteries from cars and tractors.

Items that cannot be accepted include fridges, freezers and bulbs of any type. For items that need to be collected or for any queries contact Joe Cahill at 087-1305064, Brian Gaynor at 087-2535695, Kieran Nevin at 086-6774166 and John Jones at 087-1889650.

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 diocesean website - www.killaloediocese.ie. The contribution as received by the diocesean website will be fully paid to your own parish. Simply go to the diocesean 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 tie played in Thurles last Saturday. Kilruane MacDonaghs' 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 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 Heffernan will deliver an illustrated talk on the Modreeny Ambush which took place on June 3rd, 1921.

HURLEY REPAIRS

Our local Tipperary hurler Cian Darcy has set up a hurley repair business. Cian can be contacted at 083-4880823 and by email at ciandarcy2011@gmail.com.

NATIONAL FAMINE COMMEMORATION

The ceremony to mark the National Famine Commemoration 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 Bantiss, and her six children, who died for the want of food in January 1848 and also five-year-old Patrick Hayden from Kyle, who starved to death in June 1849.

LOCAL LOTTO

The jackpot for the next draw in the Kilruane MacDonaghs 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 an electricity supply 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 Pattison 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 this 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.

CLOUGHJORDAN FC

Split the Pot: Congratulations to our last two Split the Pot winners, Connie Grace and Michael Brennan Jr. They won €224 and €220 respectively. Our next draw will take on Tuesday, May 25th, at Gulan Kabanna. 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 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 providing 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 squads, just get in touch. You can text Eoin on 0862717000 with any new player queries.

Junior Team: Our Junior team made their return to training last Tuesday, and will be busy preparing to finish out the prolonged 2020/'21 season. We will definitely 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 not played since November. We wish them all the best.

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 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, move or dump soil, which may contain material as this may contribute to its spread. Instead, you are to report the location to the council on 0761 06 5000 or by email to customerservices@tipperarycoco.ie. Information regarding the control and management of the invasive plant species can be found on www.invasivespecies Ireland.com.

Ragwort, Thistle, Dock, Common Barberry, Male Wild Hop Plant and Wild Oat 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.

REMINDER

Anyone who would like to donate to the Offaly Hospice fundraiser, which is spearheaded by Banagher College teacher Breed Hassett, who herself is undergoing ongoing 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 idonate.ie 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 McIntyre and family on the death of her uncle Fr John Donnelly and to Olive O'Meara and family on the death of her mother Maura Dooley. May they rest in peace.

WELL DONE

Congratulations to Bonner 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

Commiserations to Clodagh McIntyre and the Tipperary senior camogie team, who went under to Cork in the first round of the National League on Saturday last. Clodagh managed to get her name on the scoreboard too in this first outing for the squad. Final score: Tipp 0-16 Cork 3-14. We wish Clodagh and the girls the best of luck when they take on Waterford next Saturday on home ground in what should prove to be an interesting clash of the ash.

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 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.

As the churches are now re-opened, can anyone wishing to book anniversary Masses please contact the church sacristans, Agnes Slevin in Lorrha, and Mary Cleary in Rathcabbin.

Mass times are now on Monday mornings at 9.30am in Lorrha Church (except bank holidays).

Lorrha: 6.30pm on Saturday evenings. Rathcabbin: 11.30am on Sundays. Borrisokane: 7pm, Saturday. Kilbarron: 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, eggs, flowers, a wide variety of breads, cheese, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

PUCKANE

DAILY MASS TIMES RETURN:

With Covid restrictions eased daily, Mass returns. 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!

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 Tipp Top Shop, Ballycommon. Why not enter online at kiladangangaa.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €15,400. Thanks to everyone for their support and stay safe.

WELL DONE

To Kiladangan personnel involved with Tipperary senior hurlers in last Saturday night's second round Allianz Hurling 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.

TENNIS

Play at Puckane Tennis Club resumed last Monday, May 10th. Please check with the officials for booking and other information.

PORTUMNA

SENIORS ALERT

The Seniors 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, 0876890049, or log into www.pobal.ie/programmes/seniors-alert-scheme-sas.

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 info@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 repsonses 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

11Eleven is a new coffee dock that caters for all taste buds. Brewing a quality coffee located in the majestic setting that is Portumna Forest Park. Cathal O'Byrne 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 barista coffee and treat to enjoy. You can follow 11Eleven 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 Corrêa, 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 Lawne 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 Shells 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 Dromineer recenlty were (from left) Geraldine Cronin, Olive Powell, Tadgh and Nora Flynn and Helen O'Sullivan.

PHOTOGRAPH: 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, Nenagh, 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 Castlelough Woods.



The beautfil 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

RUEPOINTMEDIA

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gaa roundup



BALLINA

Tipperary GAA Draw: Congratulations to our chairman Diarmaid McKeogh who won 1st Prize (a Car or €15,000) in the Tipperary GAA draw. His father Jerry was the promoter and gets €500. Well done to both. Remember this draw costs €100 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.Tipperary.GAA.ie under the notice board section.

Inter-County: Well done to Tipperary Senior Hurlers & Michael Breen 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 (V Wicklow @ 4:30pm Div 3 South Round 2 on GAAGO) and Senior Hurlers (v Galway @ 1:30pm 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.ie If you used foireann 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 Paudie Sheehy on 086-3111781 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://savealife.communityheartprogram.com/gaa/page/ballina-tipperary2021?fbclid=IwAR07XrQXAGI3F2qyeFwTtjUZYxAOg1cVszhevmeLhA7OwXggjun-Gxatfls

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

Referees: With the return to play around the corner, games will hopefully start coming thick and fast. 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 please contact Gerard McKeogh. There can't be games without referees.

Club Website/Social Media: Our club website www.ballina.tipperary.gaa.iecontinues to be very active with regular updates. Visit http://www.ballina.tipperary.gaa.ie/Pages/ClubResults.aspx and to 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 €9,500. 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!

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Covid Assistance: Please contact Margaret Mary O'Dwyer, 085 718 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 Tipp Online Bingo: Our Zoom bingo continues every Sunday night at 8pm. 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. We will be starting a brand new envelope game this Sunday night and our snowball jackpot is for €450 in 46 numbers.

Buirghéas CLG Lotto: There was no winner of our lotto draw on Monday, May 10th. Monday, May 17th, lotto was for a jackpot of €5,600. 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 Kilcoleman 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 Hurling manager Kevin Cooney took to the stage for episode 7 of The Best of Burgess. A great interview which showed Kevins 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 Covid-19 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 087-2359336.

Congratulations: Well done to Burgess-Duharra 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 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 nights county board draw.

Ireland's Fittest Family: Ireland's Fittest Family on RTE are now looking for families to take part in the next season of the show. If you and your family have what it takes to be named Irelands Fittest Family then check out the Burgess GAA Facebook and Instagram pages for more information.

KILADANGAN

No Dogs Allowed in GAA Grounds: In the interest 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 week which was broadcast live on Facebook. There was no winner of the €15,300 jackpot (20,24,25,32) 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 Quigley (Knigh)

Many thanks to the large number of people that have signed up. We would urge people to sign up for the lotto online at kiladangangaa.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) €80, Student (with Gym & Lotto) €150, Non-Playing €30, Non Playing & Lotto €110, Non Playing, Lotto & Tipp Draw €200. You can purchase online at kiladangangaa.com/membership_products or contact club registrar Fergal Hayes on 086 150 6266.

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 out in action again this coming Saturday against Galway at 1.30pm and will be broadcast live on TG4.

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.

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 Enda 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 Cleary; Assistant Secretary/PRO Gilbert Williams; Treasurer John Mulcahy; Registrar Carmel Daly; Children's Officer Yvonne O'Looney; North & County Board Delegate Gilbert Williams; Health & Wellbeing Officer Roisin Costello; Injury Claims Officer Kay Cahalan; School Liaison Officers Brian England, Barney Naughnane, John O'Meara & Gilbert Williams.

Return to Play: All our 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 on Foireann.

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 now and May 23rd. Items can be left at Ardcroney Stone & Paving E45KD56 or Michael Cahill/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, galvanise, 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 enquiries to Kieran Nevin 0866774166, Brian Gaynor, 0872535695, Joe Cahill, 0871305064 or John Jones, 0871889650. Collection can also be arranged.

Membership: Membership fees for 2021 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: The 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. Thanks to all who have already availed of this 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.

Tipperary Draw: Congratulations to Sean Horrigan, who won €200 in last week's Tipperary Draw.

Sympathy: The club extends sympathy to Viv Dooley, Principal, St Michael's NS, Cloughjordan on the death of his mother Maureen Dooley (née Burns), Milford, Borrisokane.

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.

Cúl Camp: The Knockshegowna Cul Camp will commence the week starting August 2nd and bookings can be made online, see Cul 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 field on Wednesday and Friday nights at 8.30pm where social distancing rules will apply.

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 team of members who have worked hard over the past number of weeks organising 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 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.

Lotto: Our lotto jackpot last Monday night, May 17th, was €5,100. 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.nenagheireog.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 Foireann 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 drawn 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 adult and juvenile groups last week. The joyous sound of children having fun and enjoying training that was absent from MacDonagh park for too long this season was happily restored last week.

A reminder that everyone must complete their profile registration on Foireann 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 all abide by HSE guidelines on mask wearing and follow our 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 hope to link in with some of the NEO 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 games.

NEO Nursery: Our NEO Nursery (under 5s) 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 to follow in the next few weeks.

Under 7: Under 7 boys are back training on Saturday mornings 10am-11am. Boys born in 2014 or 2015 are more than welcome to come along.

Under 9: Under 9 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 11: The Under 11 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 13: The Under 13 boys resumed training Tuesday, Wednesday and Friday, very important that we have good attendance going forward.

Under 15: 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.

Under 17: The Under 17 boys training started last Monday with a very good response from our squad. Four players were also at county minor trials during the week. Already this group has shown the determination and commitment of last year with four high tempo sessions. Training continues each Monday, Wednesday, Friday and Saturday morning. We would also be delighted to welcome back any former members of this squad who would like to hurl or play football.

Garda Vetting: Reminder to get your Garda vetting up to date please. 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 asap https://gaa.flowforma.com/Lists/Forms/NewForm.aspx?FlowId=7

PORTROE

Juvenile AGM: The Juvenile AGM was held last Sunday in the stand of Portroe GAA grounds. Club Chairman/Acting Secretary Shane McElroy and Treasurer Mike Sheedy both presented their reports to the members present and the following officers were elected.

Chairperson: Shane McElroy, Secretary: Keith Horan & Shane McElroy, Treasurer: Mike Sheedy, PRO: Sinead Ryan, Children's Officer: Pauline Costello, Registrar: Paul O Callaghan. The following roles are still vacant within the Juvenile Club, Vice Chairperson and Assistant Secretary. If you are interested or know anyone that maybe interested in filling these roles please contact Shane McElroy. Thanks to all that attended the AGM and the club is looking forward to a busy and successful 2021.

Lotto: Portroe GAA/Portroe Camogie/Parish Hall Lotto continues each Tuesday night. The lotto is available to play online through the Clubforce App and tickets will still be available from any of the Lotto co-ordinators. Thank you all for your continued support.

Foireann: The GAA's new club registration system Foireann is now online. Membership monies are, for now, still paid to any committee member.

1. Go to www foireann.ie. If you have previously used the Returntoplay system from last year, your existing username and password will work. If you have not used Returntoplay, you can register a new profile.

2. You will then be sent an email by Foireann to the email address you used to register your account. Click the link in this email to verify your account.

3. This link will bring you back to Foireann 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/1WIICFy771s

This must be completed by all players by

31st May for insurance purposes.

For family set up once the Foireann 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 Foireann 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 Foireann for all family members in the profile created.

LORRHA

Best of luck: To Patrick Maher, Brian Hogan and Clodagh McIntyre who are representing Tipperary this weekend.

Lotto: The lotto jackpot is at €5100 with a match 3 pot of €100. You can play online at clubforce.com while lotto envelopes can be dropped off at the clubhouse, at Mulrooney's, Kelly's, or at the Scéal shop. If you need Lotto envelopes, contact Hubert Duggan (0872185995) or Kevin Molloy (0876738986.

SHANNON ROVERS

Little Reds Mascot: Congratulations to Sean Costello, Lisquillbeen, Coolbawn who produced the winning design of a Little Red Mascot to promote the clubs 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, Kilbarron and Terryglass 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.

Camogie: Tipperary senior and intermediate camogie sides had a disappointing start to their respective Littlewoods Ireland Camogie League campaigns. Aine Slattery 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 Emly. 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 Ballyporeen for round three. Throw in times 7pm.

100 Km Walk: Ballinderry Community Sportsfield Committee have signed up to the 100kms 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.htttp://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



Nenagh Éire Óg juveniles back in action at their first training session in MacDonagh Park last week.

RUEPOINTMEDIA

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Leitrim Schools

LOUGH ALLEN COLLEGE

BRONZE AWARD

Thanks to Ms Creaven for organising a motivational talk with Mary Yore 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 30, 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 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.

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 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 fetchcourses, course code 310661 and apply online: https://www.fetchcourses.ie/course/finder?sfcw-courseId=310661

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 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 McCawley's LCVP 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 'Hotel Catering and Tourism Day'. We would like to thank their teachers Ms McCauley, Ms Traynor and Ms Shanley for helping with these successful events.

HEALTHFEST

Drumshanbo Vocational School's Leaving Certs, 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 Vocational School participated in the 'European Parliament Ambassador Schools Programme'. A challenge was set for the 5th 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 from '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, or 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.



Leaving Certs, Leaving Cert Applied (year 1) and Ms Traynor's 3rd year Business Studies group attended 'Healthfest' - a virtual event aimed at teenagers and featured experts in the areas of physical activity, nutrition and mental wellbeing



Ms Gilmartin - English teacher dressed up for World Book Day



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 VS 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'



RUEPOINTMEDIA

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Mags' Great Limerick Run a week after third chemo session

DONAL O'REGAN

E: donal.oregan@limerickleader.ie

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.

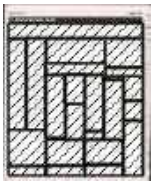
But complete the 5k she did, as well as raising money for Breast Cancer Ireland.



Inspirational lady: Marguerite Sloane, Oola

RUEPOINTMEDIA

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Samcro could have a nice summer campaign according to Jack Kennedy

The famous red and white colours of the Slaneyville Syndicate were once again in the winners' 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 7/1 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 Riocht 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 Cilaos 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'll take it from here and see how we get on."

ROSCOMMON 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 Farm-owned 5/1 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 6/4 favourite Probe. Owned and bred by Juddmonte, the three-year-old was at the head of affairs before the half-way mark and eased clear a furlong out to beat the Joseph O'Brien-trained 2/1 shot Draconid 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 Ciaran Murphy-trained All The Mollies. The champion jockey wrapped up the session with an all-the-way success on the Ger Lyons-trained Chiricahua 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 hoped 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. The Peter Durnin-owned three-year-old added to her recent Cork success when getting the better of the James Barrett-trained Devious 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 12/1 chance beat 85/40 favourite Getaway Queen by three-parts of a length and Martin said, "I'm so pleased for Peter who is from Clonee. 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 Poet 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 9/1 chance came from well off the pace to beat the Katy Brown-trained Allora Yeats 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 Tullamore area and have been very patient."

Although their newcomer Moony Beams 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 Ebeneezer Perry, the 11/10 favourite getting the better of the 103-rated Notre Belle Bete by half a length on just his second start. Gavin Cromwell gave Gary Carroll his first winner of the weekend when saddling Harbanaker to take the second division of the eight-furlong handicap. Owned by the Strawberry Seven Syndicate, the 11/1 chance led in the final strides to beat Jim Bolger's Beagnach Sasta by a neck. Dunboyne trainer Amanda Mooney and County 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 from 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.

Tom McCourt and Darragh O'Keeffe won the two-mile handicap hurdle at Kilbeggan on Friday with the Pat Jordan-owned Dollar 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 Moriviere. Denise Foster and Bryan Cooper took the opening division of the maiden hurdle with the Imperial Racing Syndicate-owned Imperial Sachin's, but it was a close call. The 11/8 favourite led on the line to beat the Andy Slattery-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 Finbarr 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 that rival. No other runner was ever seen with a chance and the 5/4 favourite Swelltime finished a never-dangerous third. Hand 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 Moynalty jockey completed the brace on the John Farrell-owned and bred Snapraeterea in the Listed Owenstown Stud Stakes. The well-backed 5/2 favourite got the better of the Willie McCreery-trained Lustown Baba by half a length. Ado McGuinness won the Group 3 Goffs Lacken Stakes with the Gary Devlin-owned A Case Of You which was ridden by Ronan Whelan. The 7/2 chance got the better of the Jack Davison-trained Mooniesta 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 Ua 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 Butterflyvespiere at the line. Dermot McLoughlin and conditional rider Paddy O'Hanlon took the three-mile handicap hurdle on the Fidelma Toole-owned Thunderosa. The 11/1 chance went clear before the final hurdle to beat the Edward Harty-trained Whatucallher by three and a half lengths. Tom Gibney helped jockey Darragh O'Keeffe 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).



Jack Kennedy and Samcro were winners for trainer Denise Foster at Killarney on Monday. Photo: Patrick McCann/Racing Post.



The John Farrell-owned and bred Snapraeterea 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.

RUEPOINTMEDIA

Publication:	rsvpmagazine.ie	**Media Cost (€):**	435
Date:	Friday, May 21, 2021	**Reach**	18,020
Page:	Link	**Size (Sq. Cm)**	10

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.”

RUEPOINTMEDIA

Publication:	limerickleader.ie	**Media Cost (€):**	224
Date:	Saturday, May 22, 2021	**Reach**	21,420
Page:	Link	**Size (Sq. Cm)**	379

Mags' Great Limerick Run a week after third chemo session

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.

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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.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	195
Date:	Saturday, May 22, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 22-May-2021 10:40 - (breast)

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 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 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 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 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 non-smoker 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	211
Date:	Saturday, May 22, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 22-May-2021 14:55 - (breast)

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 pledged 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	216
Date:	Sunday, May 23, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 23-May-2021 05:20 - (breast)

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

RUEPOINTMEDIA

Publication:	Sunday World	**Media Cost (€):**	51508.35
Date:	Sunday, May 23, 2021	**Reach**	123,095
Page:	2,3	**Size (Sq. Cm)**	1305



EXCLUSIVE: FUNNYM



TAT'LL DO NICELY: PJ shows off his tattoos during his charity dip with Fiona

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'

SAYS TOP COMEDIAN PJ GALLAGHER

EXCLUSIVE
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 Magazine+ 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 shitty 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.

BRAVING

Joining forces at Dollymount Beach, the duo launched themselve 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 booked 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



GENEROUS: PJ Gallagher donated €500 to Fiona's cancer charity





DELIGHT: Fiona Lambert at her swim with PJ



WAVES OF JOY: WATER LEGEND PJ takes a dip with Fiona and her pals

"I hate sea swimming so much. It was Baltic on Monday"

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	211
Date:	Sunday, May 23, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 23-May-2021 08:18 - (breast)

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 the 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 renautt 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

RUEPOINTMEDIA

Publication:	sundayworld.com	**Media Cost (€):**	824
Date:	Sunday, May 23, 2021	**Reach**	37,400
Page:	Link	**Size (Sq. Cm)**	831

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 FionaBy 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.

T he 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.

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RUEPOINTMEDIA

Publication:	sundayworld.com	**Media Cost (€):**	746
Date:	Sunday, May 23, 2021	**Reach**	37,400
Page:	Link	**Size (Sq. Cm)**	742

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.

T he 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 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.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	190
Date:	Monday, May 24, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 24-May-2021 07:21 - (breast)

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	518
Date:	Monday, May 24, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 24-May-2021 07:49 - (breast)

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

Publication:	Today FM	**Media Cost (€):**	333
Date:	Monday, May 24, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

Today FM @ 24-May-2021 13:41 - (breast)

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

RUEPOINTMEDIA

Publication:	todayfm.com	**Media Cost (€):**	48
Date:	Monday, May 24, 2021	**Reach**	23,120
Page:	Link	**Size (Sq. Cm)**	98

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.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	206
Date:	Monday, May 24, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 24-May-2021 16:22 - (breast)

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	211
Date:	Monday, May 24, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 24-May-2021 18:53 - (breast)

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	206
Date:	Monday, May 24, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 24-May-2021 22:25 - (breast)

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

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	4000
Date:	Monday, May 24, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

Today FM @ 24-May-2021 13:29 - ()

Highlights: 100k in 30 days, Breast Cancer Ireland, fundraising, Co. Louth, Niall Carroll

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	528
Date:	Tuesday, May 25, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 25-May-2021 09:37 - (breast)

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 debrt 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	497
Date:	Tuesday, May 25, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	190
Date:	Tuesday, May 25, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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 bile 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

RUEPOINTMEDIA

Publication:	Dublin City FM	**Media Cost (€):**	325
Date:	Tuesday, May 25, 2021	**Reach**	35,000
Page:	Link	**Size (Sq. Cm)**	10

Dublin City FM @ 25-May-2021 12:45 - (breast)

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 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 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	200
Date:	Tuesday, May 25, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 25-May-2021 13:21 - (breast)

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 toddle 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	200
Date:	Tuesday, May 25, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 25-May-2021 16:23 - (breast)

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 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	211
Date:	Tuesday, May 25, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 25-May-2021 18:38 - (breast)

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	211
Date:	Tuesday, May 25, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	407
Date:	Wednesday, May 26, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 26-May-2021 07:15 - (breast)

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	502
Date:	Wednesday, May 26, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	206
Date:	Wednesday, May 26, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 26-May-2021 12:34 - (breast)

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 propping up and began a 3 that they are real with the group we have all the way up but but but but but but bit Yeah but I have a thing them longer to get it off my table I think it will ever forget that and possibly not so lucky that visit to look at me you know that's that then 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 .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 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

RUEPOINTMEDIA

Publication:	advertiser.ie/athlone	**Media Cost (€):**	62
Date:	Thursday, May 27, 2021	**Reach**	9,860
Page:	Link	**Size (Sq. Cm)**	230

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.

RUEPOINTMEDIA

Publication:	Westmeath Independent	**Media Cost (€):**	693.72
Date:	Saturday, May 29, 2021	**Reach**	7,726
Page:	56	**Size (Sq. Cm)**	164



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, 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.



Helena Kenny and Claire Mulvihill.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	158
Date:	Thursday, May 27, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	613
Date:	Thursday, May 27, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 27-May-2021 08:41 - (breast)

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 then 100 OK what's up voicemail to 0.7 7 9 98 98 98 papal Cross in the Phoenix Park to Cross town in County Kerry 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 get no 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	412
Date:	Thursday, May 27, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	Athlone Advertiser	**Media Cost (€):**	271.36
Date:	Thursday, May 27, 2021	**Reach**	12,000
Page:	5	**Size (Sq. Cm)**	128



Sherry FitzGerald O'Meara raising funds in aid of Breast Cancer Ireland



Helena Kenny and Claire Mulvihill are affording their full support to the Sherry Fitzgerald O'Meara sponsored '100kms in 30 days' Breast Cancer Ireland awareness challenge

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.

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	211
Date:	Thursday, May 27, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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 toddle 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

RUEPOINTMEDIA

Publication:	live95fm.ie	**Media Cost (€):**	25
Date:	Thursday, May 27, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	265

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.

Áine 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.”

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	206
Date:	Thursday, May 27, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 27-May-2021 13:23 - (breast)

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 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. 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

RUEPOINTMEDIA

Publication:	98 FM	**Media Cost (€):**	216
Date:	Thursday, May 27, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

98 FM @ 27-May-2021 20:21 - (breast)

Yeah listen to the fix and Dublin's 98FM in man there with Mabel and 24 k gold in tick tock I 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

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	4239.81
Date:	Saturday, May 29, 2021	**Reach**	6,502
Page:	50,51	**Size (Sq. Cm)**	1149



GAA ROUND UP

BALLINA

Return to Play: Juvenile and 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.Tipperary.GAA.ie under the notice board section.

Inter-County: Well done to the Tipperary Senior Hurlers & Michael Breen who recorded their first win of the League over Galway on Saturday.

Well 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.foireann.ie If you used Foireann 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 Paudie Sheehy 0863111781 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 program to purchase a defibrillator for the club. You can donate via the link: https://savealife.communityheartprogram.com

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 McKeogh. There can't be games without referees.

Website/Social Media: www.ballina.tipperary.gaa.iecontinues to be very active with regular updates. If you have any old photos or news reports around this, please forward them to secretary.ballina.tipperary@gaa.ie.

Sympathy: The club would like to offer to the family of Ger Gavin (Nenagh Éire Óg). Ger was a great Nenagh Éire Óg, but very good to all clubs in the area. May he rest in peace.

BORRISOKANE

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, Borrisokane Juvenile Club are delighted to announce that our Gaelic Games Summer Camp will return this summer from Tuesday 17th to Thursday 19th August. Three days of GAA 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.

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 €500 in 47 numbers next week and we are down to the last 8 envelopes with our top prizes all still remaining.

Lotto: There was no winner of our lotto draw on Monday 17th May. Monday 24th 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 GAA 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 Lorrha 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.foireann.ie or by using your return to play account from last year. Alternatively, you can contact club registrar Patricia Gibson. Social members will receive a 10% discount at Gold Standard Physiotherapy in Kilcoleman 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 e-vetting form. For more information contact the club children's officer Una Dunne childrensofficer.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 Brackens in the quarter final of the Cahill Cup in The Ragg on Wednesday 16th June at 7pm 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 €15,400 jackpot or the Second Chance €500 Draw.

We would urge people to sign up for the lotto online at kiladangangaa.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 will be streamed live on the Kiladangan Facebook page every Monday at 9pm.

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) - €80; Student (with Gym & Lotto) - €150; Non-Playing - €30; Non-Playing & Lotto - €110; Non-Playing, Lotto & Tipp Draw - €200.

You can purchase online at kiladangangaa.com or contact registrar Fergal Hayes 0861506266.

Inter-county: Barry Hogan and Alan Flynn started in Tipperary's win against Galway in the National Hurling League last Saturday. Paul Flynn scored a point after making an appearance off the bench whilst Willie Connors also came on in the second half.

Sympathy: Kiladangan GAA wish to express sympathy to the Gavin family and to the Nenagh Eire Og club on the passing of their life president, Ger Gavin. May he rest in peace.

KILRUANE MACDONAGHS

Allianz League: Well done to Niall O'Meara and the Tipperary team on the victory over Galway. We wish a speedy recovery to Bonner Maher.

Membership: The membership deadline of 31st May is looming ever nearer. Fees for 2021: Players U19 - €30; Players over 19 - €100 - this includes Lotto subscription for the year; and non-playing adults €30. 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 €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. Thanks to all who have already availed of this package.

Lotto: The Jackpot now stands at a very attractive €2,800. 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 Ger Gavin, Life President of Nenagh Éire Óg.

LORRHA

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 that there's no better man to do it again.

Well-wishes to Brian Hogan on the concussion he suffered last week, which kept him out of the Galway game.

Well done to Clodagh McIntyre and the Tipp 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 Maureen Guinan 0872426965 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, Mulrooney's Gala, Kelly's Rathcabbin, or at the Scéal shop Lorrha. If you need Lotto envelopes, contact Hubert Duggan (0872185995) or Kevin Molloy (0876738986).

Euro-Millions: The €6,365 we won from the EuroMillions in 2020 will be added to the 2021 winnings (fingers crossed), with the new 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

Cúl Camp: We are delighted to announce that our Cúl Camp returns this Summer and will run from July 19th 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 Cúl Camp website (the gear 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 Culleton, 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 groundsmen. If you have time to spare any Thursday, either as a once-off or on a more regular basis, all help is most welcome.

Registration: for 2021 is now available through the foireann.ie website, our club website, and our Facebook page. Rates for this year are as follows: Adult Player - €70; Player & Partner - €80; Adult Non-Player - €40; Adult Non-Player & Partner - €60; Family (parents plus dependent children) - €80; Student - €35; Juvenile - €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.

NENAGH EIRE OG

Ger Gavin RIP: All in Nenagh Éire Óg 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 Éire Óg and worked tirelessly for the Club over the years. Ger held many roles with Nenagh Éire Óg - he was Chairman from 1986 - 1996 and again in 2004 - 2005, in between he was vice chairman on three separate occasions, and he also served as Treasurer in 1986.

It was during his first term as Chairman that Ger's qualities as an administrator came to the fore when Nenagh Éire Óg 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 MacDonagh 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 Clubman 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 Éire Óg. He has been central to all fund-raising in the club since then and for years has been one of the biggest club promoters of the County Board Draw and the Club Lotto. Indeed, Ger was passionate about the Tipperary Draw and was an invaluable member of the Draw Committee for over 30 years.

Ger became Nenagh Éire Óg Life President in 2010 and his dedication to the

GAA was further rewarded in 2015 when he was presented with a Laochra Gael award by Tipperary Co Board.

Ger was full of enthusiasm about the current plans 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 Éire Óg are well renowned and we are all very fortunate that Ger Gavin became involved in Nenagh Éire Óg - he will be sorely missed by all. A true Nenagh Éire Óg 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. Ar dheis Dé go raibh a anam dilis.

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 week 10 supplementary draw was held last week and the three winners of the €500 were Conor O'Donovan, Pamela O'Brien, Ballywilliam 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.nenagheireog.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 organising 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 Foireann 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 co-operate with all the Covid protocols that will be in place in order to ensure a safe training environment for all.

Éire Ógres 2021 / NÉÓ 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 0868774496. Any girl born in 2015 or if they have turned 5 already can contact Paul on 0864692641. Please contact before Friday 28th May to 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 Ógres.

Cost of the camp will be €2 per session paid at the gate and all participants will get an Éire Ógres t-shirt at the end of the 4 weeks. No hurls or helmets required.

Under 7: Training on Saturday mornings 10am-11am.

Under 9: Training on Tuesday from 6 to 7pm and Saturday from 10 to 11am.

Under 11: Training for hurling takes place Tuesday and Friday at 6.00pm 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 Friday, 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.

PORTROE

Membership: All membership must be paid before the deadline of May 31st for insurance purposes. All parents of underage players and adult players must set up a Foireann account. Parents can add underage players to their family under the Family tab within Foireann. Covid return to play will also need to be completed in Foireann for all family members in the profile created.

Lotto: Portroe GAA/Camogie/Parish Hall Lotto continues each Tuesday. The Lotto is available to play online through the Clubforce App and tickets are still available from any of the Lotto co-ordinators. Thank you for your continued support.

Cul Camp: will take place from Monday 19th to Friday 23rd July and bookings can be done online only. See www.kelloggsculcamps.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 when on Monday 7th they travel to Portroe. The following week, Monday 14th they are due to play host to Aherlow/Latten Cullen before completing the group stage with a third-round game at home to Emly. All games have a 7pm 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 Clerihan 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 7pm.

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 Ballinahinch and the winner take on Ballina (2) 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~~ 19.

Camogie: Congratulations to Áine Slattery and the Tipperary Senior Camogie team who beat Waterford at Clonmel Sportsfield in the second round of the Camogie National League. Áine was substitute goalkeeper as Caoimhe Bourke was the number one custodian on the day. Sabrina Larkin was a member of the Tipperary Intermediate team that fell to Galway in round two of the National Camogie League Division 2.

100KM Walk: Ballinderry Community Sportsfield Committee have signed up to the 100kms in 30 days challenge in aid of Breast Cancer Ireland. Log on to www.htttp://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 Dolla. Please 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. 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 @ 6.45pm. 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 U7 coach Niamh Droney 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

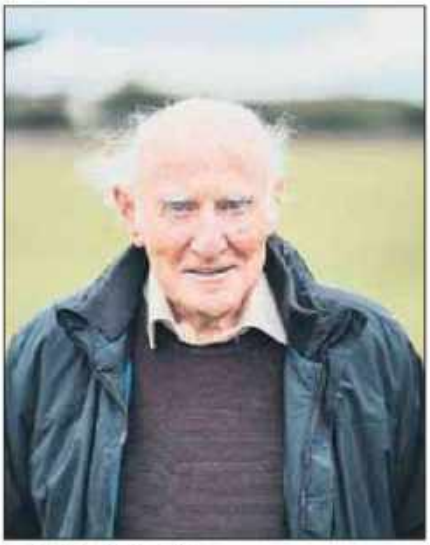
Lotto: There was no winner of last week's lotto. Next week's jackpot will be €6,600. Results can be on Facebook/Instagram/ twitter every Monday night.

TULACH SHEASTA

Faoi U5: 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 11:00 to 12:00 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 9055444 for further details.

Ar ais ag imirt: We are hoping to have all our Juvenile players from Under 13's 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 lotto tickets are again available to purchase from our stand at Sweeney's Shop each Friday from 4:30 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 tickets online through our Smart lotto app.



The late Ger Gavin

RUEPOINTMEDIA

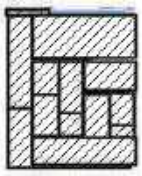
Publication:	98 FM	**Media Cost (€):**	349
Date:	Friday, May 28, 2021	**Reach**	108,800
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

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Date:	Saturday, May 29, 2021	**Reach**	6,502
Page:	26,27,28	**Size (Sq. Cm)**	2419



down your way

TERRYGLASS & KILBARRON

CLOTHES COLLECTION

Kilbarron NS Parents Association have organised a clothes collection for Saturday, May 29th, from 2 to 3pm in Kilbarron car park. No duvets, pillows, toys, teddies or lamp shades. 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 www.https//100kmin30days.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 emailed to ballinderrysportsfield2021@gmail.com. All suggestions welcome. Bigi linn!

MARRIAGE PREPARATION

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

CHURCH NEWS

Mass: With the easing of restrictions from May 10th, we have resumed Mass in our churches in Kilbarron at 8pm 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 terryglasskilbarron@gmail.com.

Rotas: The rotas 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 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/c/portroeburgessyoughalparishes. 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 Shouldice, Portroe; Denise Seymour, Portroe; Marie Sheedy, Galway; Denis Quinn Snr, Killoran. 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.

TIDY TOWNS

Portroe Tidy Towns have resumed our 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

Well done to Liam Sheedy, Robert Byrne and the Tipperary senior hurlers who overcame Galway in the third round of the Allianz Hurling 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, Tipp 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 Wexford next on Saturday, June 5th.

PORTROE GAA MEMBERSHIP

Portroe membership is now due. Rates are as follows: Adult plus gym: €70; Adult Player inc gym: €50; Adult non player: €50; Students, and U21: €25; Students and U21 plus gym: €50; Juvenile first child: €25; Juvenile second child: €15; Juvenile third child: €10.

SYMPATHY

Sympathy is extended to the family, relatives and friends of Lizzie Tiernan, Cloneygowney, 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.

TEMPLEDERRY

SYMPATHY

We extend the sympathy of our community to Donie Ryan and family The Village, Templederry, 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, Templederry at 7pm; Wednesday evening, Templederry, 7pm; Sunday morning, Curreeney at 9.30am and Sunday morning, Killeen, 11am.

Mass will continue to be live-streamed from Templederry Church on Saturday evening and Wednesday evening on the Templederry 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 Templederry Church. All are welcome.

TEMPLEDERRY NATIONAL SCHOOL - CLOTHES COLLECTION

The annual Clothes Collection Appeal takes place on this Wednesday, May 26th. The money raised will go towards off-setting extra costs incurred in having school tours this year.

TEMPLEDERRY 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 €6,600.

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 Thurles Municipal District of Tipperary County Council 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, Bohernananve, 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 Straffan, Co Kildare of PJ Spain, formerly or Ardnacroise. PJ was a prominent hurler in his youth and played at minor level for Tipp while also winning championships with Sarsfields. Predeceased by his parents, former chairman of Thurles Urban District Council Con and Mrs Spain, his sister Nora and brother Niall, he is mourned by his wife Mary, sons Robbie and Tony, brothers Gerry, Kevin and Sean, sister Kathleen to all of whom and to his extended family and relatives sympathy is extended. The funeral took place in Kildare.

Sympathy also to Carmel Murphy, Monadreen on the death of her brother Jimmy O'Dwyer, Clonoulty and to Michael Ryan (Archie), Killinan, on the death of his mother Mary, Templederry.

SPORTS ACTION

Local sportspeople were again busy on the inter-county scene last weekend. Marie Creedon played with the county ladies football team, which lost to Cork. Karen Kennedy was a key figure in Tipperary's senior camogie win over Waterford while Emma Carey played with the Tipp intermediate team, which was defeated. This team is managed by Sarsfields hurler Cian Treacy, while the senior camogie team is manged by Bill Mullanny, formerly of Collins Park. As ever, Padraic and Ronan Maher backboned the Tipp 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 Lidl premises at the junction of Clongour and Slievenamon Road, which is nearing conclusion but the bypass will involve a bridge across the river Suir to link up with the Mill Road.

BORRISOKANE

BORRIOKANE GAA

Lotto: Monday night's lotto was held behind closed doors where the jackpot was worth €9,500. If not won next Monday night's jackpot will be worth €9,600. 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 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 pencil in the dates above and work around your 'Staycation'. More information will follow in the coming weeks.

GAA Club Covid Assistance: Please contact Margaret Mary O'Dwyer, 085 718 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.

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.

BALLINGARRY

COMMUNITY INITIATIVE

Ballingarry Community Initiative have been working behind the scenes throughout lockdown and we are delighted to announce our very own Ballingarry 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 you're 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.myballingarry.ie for regular updates. So save the date, everyone! June

20th; an event not to be missed.

CÚL CAMP

Knockshegowna GAA are delighted to announce the return of the very popular Cúl Camp to Ballingarry. Cúl Camp will commence Monday August 2nd, and run for the week. The online booking system is now open and remember to select the club Knockshegowna, not Ballingarry! Bookings are essential as walk-ins can not be permitted with Covid. Bookings can be made through www.kelloggsculcamps.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

Ragwort, Thistle, Docks, Common Barberry, Male Wild Hop Plant and Wild Oats are all scheduled as noxious weeds under the 1936 Noxious 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, Eircode, etc, ready.

GREAT WIN

Congratulations to Clodagh 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, Clodagh, 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

Lorrha 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 Lorrha 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 Hogan 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 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, can anyone wishing to book anniversary Masses please contact the church sacristans, Agnes Slevin in Lorrha, and Mary Cleary in Rathcabbin.

Mass times are now on Monday mornings at 9.30am in Lorrha 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 5053112.

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.

CLOUGHJORDAN

MODREENY AMBUSH CENTENARY

The Modreeny 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 Kylebeg cross, just down the road from Modreeny, 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 Modreeny Ambush. To register for this talk, log on to macdonaghheritage.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 the recipient to divulge their bank account details. A lot of the fraudulent calls seem to be originating from numbers beginning with 083 and 001.

LOCAL LOTTO

The jackpot in the Kilruane MacDonaghs Lotto is now €2,700. Thanks to all subscribers for your continued support.

SATURDAY MASS

On Saturday, June 5th, the Vigil Mass at 6pm will be celebrated in Kilruane Church and the following Saturday it will be celebrated in Ardcroney Church. This Mass will alternate between Kilruane and Ardcroney 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: Gillian with home baking, jams, plants and crafts; Noreen with her handknits and books; Maura with window and bird boxes; Mary with fresh cut flowers; Fionnuala from Finn ceramics; Phillipa from soilios 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 market@cloughjordancommunityfarm.ie.

SYMPATHY

Sympathy is extended to Viv Dooley, Principal of St Michael's NS, Cloughjordan, on the death of his mother Maureen Dooley, Milford, 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 Mai Gavin and the extended Gavin families on the death of her brother-in-law Ger Gavin, St Conlon's Road, Nenagh, who died on Friday, May 21st. Following funeral Mass in St Mary's, Nenagh, on Monday last Ger was interred in Monsea Cemetery, Ballycommon. May Ger rest in peace.

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 Tipp Top Shop, Ballycommon. Why not enter online at kiladangangaa.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €15,400. Thanks to everyone for their support and stay safe.

CONGRATS

To Kiladangan 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 May 10th. Please check 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 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

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 a very important part of their school culture to promote a healthy and active lifestyle and an 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 Curtin, 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 of raising the flag. Damien thanked the school staff, in particular Brian Kilroy, Veronica Curtin and Kieran Staunton for their skilled work in coaching hurling, football and camogie teams. He also 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 lifetsyles amongst the children, the Active Schools Flag was raised. For the last two years, Second Class teacher, Orla Callanan, has been working hard with her 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 of 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 eventually finding the sport that he excelled at. He thanked his parents for introducing him to the sport of golf and to Jim Hynes and Portumna Golf Club for the successful juniors 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 NS wish 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 Dympna's Committee, Portumna Branch are organising a Cash for Clobber collection of unwanted clothes, towels, curtains, bed linen (sheets, pillow cases, duvet covers only) hats, belts, hand bags and shoes. This will take place only on Tuesday, June 1st, from 4.30 to 7pm outside St Dympna's ADS, Portumna (beside Marrion Park). All money raised will only benefit St Dympna's clients.

Your support is greatly appreciated. Please tell your family, friends and neighbours of this worthy cause. Cash for Clobber 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'Keeffe



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 €1,626 for Sophie's Wish. Pictured from left: Principal Matthew Carr, David Austin, Diarmuid Healy, Amy Sayers, Sophie Breen, Emma Torpey, Shauna Clarke, Kate Houlihan and Sean Ryan.

RUEPOINTMEDIA

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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

RUEPOINTMEDIA

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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

RUEPOINTMEDIA

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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.

RUEPOINTMEDIA

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Jerry Springer shout out for the pink army

By MARGARET RODDY

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 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



Niall, Jack, Laura and Cara Carroll.

RUEPOINTMEDIA

Publication:	rollercoaster.ie	**Media Cost (€):**	139
Date:	Tuesday, June 1, 2021	**Reach**	9,520
Page:	Link	**Size (Sq. Cm)**	540

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.

The Breast Cancer Ireland face masks cost €10 for a pack of three – one for your bag, one for your car and one in the wash. Purchase from www.breastcancerireland.com.

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.

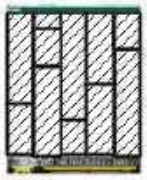
When I was first diagnosed I had lovely waist-length blonde hair. So when clumps started coming away in my hands my darling Gavin, proactive as ever, went out and bought an electric hair razor and completed the process for me. Losing my hair was an absolute killer for me. I also lost my eyebrows, and 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.

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	3826.53
Date:	Saturday, June 5, 2021	**Reach**	6,502
Page:	58,59	**Size (Sq. Cm)**	1037



GAA ROUND UP

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.ballina.tipperary.gaa.ie. Thank you for your continued support of the draw, which goes towards the loan we have outstanding for the purchase of the new field.

Inter-county: Hard luck to Steven O'Brien and the Tipperary senior footballers who lost to Offaly on Saturday.

Best wishes to Mikey Breen and the Tipperary senior hurlers who take on Westmeath on Sunday.

Club Fixtures: Ballina will play 2020 North Junior 'A' Football final v Portroe on the weekend of 13th or 20th June. More fixture details closer to the time.

Ballina will play the 2020 County U21 'B' Football final v Upperchurch/Drombane in Dolla on Saturday 26th June.

In the County Senior Hurling League Ballina have been drawn in group 3C along with Templederry Kenyons, Lorrha & Portroe. First game against Templederry 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 last few weeks membership will be used to determine who shall receive tickets for inter-county and club games where there is limited access are 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 parents 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 child(ren).

Defibrillator: Many thanks to everyone who contributed to our defibrillator GoFundMe page. The cost of the defibrillator is €2,150 and this target was reached over the weekend with a contribution from our club/parish lotto. We expect to receive the defibrillator in the coming weeks.

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 McKeogh.

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.foireann.ie prior to each training session.

Under 17: Our U17s have their first competitive match of the year on Monday, 7th June in the North/Mid 'A' Football League against JK Brackens in Ballina. This is followed by an away game to Durlas Og on Monday, 14th June.

Under 15: Our U15 footballers 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 Dolla on Tuesday, 8th June. The first 'C' game is down for 15th June against either Moneygall or Ballinahinch.

Young Whistlers: Best of luck to Jack Grace, Conor Shanahan, David Power and Zack Egan who are attending the Go Games Referees Course this week. The aim of the course is to give the participants the knowledge and confidence to referee games for their club as part of the upcoming Go Games programme at U7, U9 & U11

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 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 holiday's. More information to.

BURGESS

North Tipp Online Bingo: every Sunday at 8.00pm. To play you can purchase a bingo book at 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 €550 in 48 numbers next week and we are down to the last six envelopes with one of our top prizes all still remaining. We have a special offer for the month of June, where you can pay for the four weeks together for two books a week for just €50, which is a €10 saving.

Lotto: Monday 31st May's lotto was for a jackpot of €5,800. 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 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 e-vetting form. For more information, contact children's officer Una Dunne, childrensofficer.burgess.tipperary@gaa.ie.

Healthy Club Group: We are looking for members of the cub to join our Healthy Club committee. If you are interested, contact Secretary Gemma Flynn 0872359336. 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

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 0872359336. Keep an eye on our Instagram, Facebook, and Twitter pages for match updates too.

KILADANGAN

County League: The club have entered one team in the county league, and they will take on Clonoulty/Rossmore in Puckane on Saturday 12th June whilst Drom & Inch and Upperchurch/Drombane also make up the group.

Lotto: Kiladangan 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 kiladangangaa.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 every Monday at 9pm.

Schools Coaching Scholarship: Last week, Bryan McLoughney, John O'Meara and Conor Byrne started the Schools Coaching Scholarship and will work with 200 kids in Carrig NS and 140 kids in Kiladangan NS. Best of luck to the three lads in their roles.

Juvenile Fixtures: The full list of Kiladangan juvenile football fixtures are now available online at kiladangangaa.com/fixtures. The Under 17's are due to take on Moyne-Templetouhy 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 Ballinahinch/Templederry in Puckane at 7.30pm whilst both Under 11 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 follows: Adult Playing (with Gym) - €130; Adult Playing (with Gym & Lotto) - €200; Student (with Gym) - €80; Student (with Gym & Lotto) - €150; Non-Playing - €30; Non-Playing & Lotto - €110; Non-Playing, Lotto & Tipp - Draw €200

You can purchase online at kiladangangaa.com or contact registrar Fergal Hayes 0861506266.

Intercounty: Best of luck to the Kiladangan contingent on the Tipperary Senior Hurling panel that take on Westmeath this Sunday.

Scrap Metal Collection: Kiladangan 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, bikes, old machines tractors. We don't accept TVs /washing machines and household electric appliances. For further information contact Art Flannery 0863577571, Paul Fogarty 0873790889, Seamus Quigley 0862726262 or any committee member.

KILRUANE MACDONAGHS

Senior: Kilruane MacDonaghs will play Borris-Ileigh in the first round of the County League on Sunday, 13th June. Loughmore/Castleiney 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 7.00pm. The U15 'D' football team also has home advantage against Thurles Gaels on Thursday, 10th June with the throw-in at 7.00pm. The 2020 U14 'D' County Hurling Final against Fr. Sheehys is pencilled in for Saturday, 12th June in Dundrum at 1.30pm.

Lotto: The Jackpot now stands at €2,900. 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.

LORRHA

Senior Hurling: The senior hurlers have been drawn in a group with Portroe, Ballina and Templederry in the County Hurling League section 2. First game on weekend June 13th at home to Ballina.

AGM: Our Annual General Meeting will take place on Monday 21st June. Due to the volume of numbers on club system, it's been decided that any member wishing to receive secretaries report and nomination papers for AGM is to contact Maureen Guinan (0872426965/secretary.lorrhaanddorrha.tipperary@gaa.ie) before June 7.

Lotto: The lotto jackpot is at €5,550 with a match 3 pot of €100. You can play online at clubforce.com while lotto envelopes can be dropped off at the Clubhouse, Mulrooney's The Ferry, Kelly's Rathcabbin, or the Scéal shop Lorrha. If you need Lotto envelopes, contact Hubert Duggan (0872185995) or Kevin Molloy (0876738986).

Cúl Camp: Registration is now open online on www.kelloggsculcamps.gaa.ie.

MONEYGALL

Intermediate: The County Hurling League will get underway on Sunday 13th June, and Moneygall will play Ballinahinch in our first match. Clonoulty/Rossmore and Drom & Inch are also in the group, with the group winners progressing to the semi-finals.

Cúl Camp: will run from 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. Contact Damian Shanahan, Sinead Culleton, or Tom Byrne with any queries.

Volunteers: Our group of volunteers continues to meet in the GAA grounds, every Thursday between 10.30 and 12 noon. The group carry out general upkeep work around the grounds to assist the continuous great work being done by our groundsmen. If you have time to spare any Thursday morning, either as a once-off or on a more regular basis, any help is always welcome.

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 Rape Crisis 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

continuing 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.nenagheireog.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 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.

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 Thurles Sarsfields. 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 Spin: It's time to plan your summer and get outdoors. SOS Sink or Spin is a cycling sportive starting & ending in Nenagh Éire Óg's MacDonagh Park on Saturday 21st August. It will take riders on a journey through Tipperary, Clare, Limerick & Galway - around Lough Derg.

The registration fee for SOS is €55 and includes event participation, full event back up, feed stations and refuel points, on route mechanical support & stunning views of Lough Derg. All information is available at https://eventmaster.ie/event/IDO5FV8HPO.

Eire Ogres: Nenagh Éire Ogres camp '21 got underway in brilliant style on Saturday as the sun came out to welcome all the new Éire Ogres to MacDonagh Park. The children enjoyed lots of games and skill challenges at the many fun challenge stations. Thanks to Niall for organising this year's Ogres 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 Ógres 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 Ógres.

Cost of the camp will be €2 per session paid at the gate and all participants will get an Éire Ógres 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 family.

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 15: 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 senior hurlers helping out with training on Tuesdays.

Under 17: 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 Taurai, Sam and Mason 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 Foireann: Outstanding membership must be paid as soon as possible. All parents of underage players and adult players must set up a Foireann account. Parents can add underage players to their family under the Family tab within Foireann. The Covid return to play will also need to be completed in Foireann for all family members in the profile created.

Lotto: Portroe GAA/Camogie/Parish Hall Lotto 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 7pm in Portroe.

U13 D Football - v Nenagh on Tuesday 8th June at 7pm in Portroe.

U15 C Football - v Shannon Rovers Gaels on Thursday 10th June at 7pm in Portroe.

U11 C Football - v Lorrha on Saturday 12th June at 11am 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-Templetuohy, Boherlahan and Borrisokane in the Intermediayte Hurling League, with the top team into semi-final.

100km Walk: Almost 100 people have registered or signed up to the 100kms in 30 days challenge for Breast Cancer Ireland. Log on to htttp://100km30days.ie and register, choosing Ballinderry Community Sportsfield. The 100kms 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 7th June at 7.00pm. The following Monday they are due to play host to Aherlow/Latten 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 Clerihan the following Thursday before we travel to Ballyporeen for round 3.

Under 11: Shannon Rovers Gaels received a bye in the opening round of the Go Games 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 Áine Slattery in next Sunday's Camogie National League quarter final tie against Offaly. Commiserations 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 €5 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: Is it 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.

Cul 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

Iomáint 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 v Sean Treacy's.

Faoi 17's: We would like to wish our 'A' Footballers the best of luck in their first game in the Football League v Morcarkey-Borris next Monday 7th June in Littleton.

Faoi 13'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.

Crannchur an Chlub: Lotto 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.

RUEPOINTMEDIA

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down your way

TERRYGLASS & KILBARRON

100KM IN 30 DAYS

Let's get moving! 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.https//100kmin30days.ie and register, choosing Ballinderry Community Sportsfield on the dropdown 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.

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. All suggestions welcome. Biagi linn!

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 5053112.

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 22017.

First Friday Mass in Terryglass at 9am on June 4th.

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 Sceal 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 Sceal 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 Sceal Community Shop, or get in touch via the VisitLorrrhaDorrha Facebook page.

PORTROE

CHURCH NOTICE

Public Masses have now resumed 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/c/portroeburgessyoughalparishes. 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: Brendan Shanahan, Portroe, Mark Gennery, Portroe, Alex and Luke Dharam, Ardarra, John Hogan, Killoran. 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 13.

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 Mullingar. Darren Gleeson's Antrim host 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 €50, students 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 adjourned 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, Cloneybrien on the death of her mother Eleonore 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 Iveagh Gardens and the Shelbourne Hotel.

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BURGESS

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,700 jackpot on May 24. The lucky dip (€30) winners were Martin Hogan - online, Maeve O'Brien - online, Donie Comerford - online and Christy Griffin, Kylebeg. The seller's

prize went to Eoin 'Tossy' 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 Duharra Camogie. Our Snowball jackpot brings the potential winnings on game 3 up to €550 next Sunday - it could be you!

Books can be bought on https://www.pallasmarketing.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 Youghalarra NS and Burgess NS have recently received the sacrament of First Confession. 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.

TEMPLEDERRY

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 Curreeney on Sunday mornings at 9.30am and in Killeen at 11am.

Please adhere to government guidelines and listen to the stewards.

TEMPLEDERRY 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.

TEMPLEDERRY GAA 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 €6,800.

A huge thank you to those people who are running the virtual lotto and also to all the brillant sellers who continue each week to return their tickets.

RETURN TO TRAINING

It is brillant to see both the juvenile players and the senior/junior players all returning to training. It brings the place 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 €1.6 million new 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 co-ordinate the raising of the necessary finance with a view to building up a fund 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.thurlesparish.ie and clicking of the 'join lotto' button. The local clergy have appealed for the parish's support for this very necessary work.

MASSES UPDATE

Meanwhile, it was also announced at Masses that the Tuesday and Thursday evening 7pm Masses will be streamed from St Joseph's and St Bridget's Church instead of the Cathedral in the coming weeks. They are also open to the public with a limit of two pods of 35 each allowed.

RESTRICTIONS EASED

There has been a general welcome for the further easing of Covid restrictions which began this Monday past with hotels and guest houses open for indoor dining and bar services for guests. From next week outdoor dining will be permitted and from 100 to 200 people will be allowed attend matches or other such events, with gyms, swimming pools and leisure centres also re-opening. It has been a long and difficult lock-down and while the vaccination programme is progressing very satisfactorily, caution is still urged as life begins to return to normal.

WELL DONE

Congratulations to Emmet Fogarty, Monadreen, who was Student of the Year at Thurles CBS for 2021. Academically and in sporting terms Emmett, son of David and Susan Fogarty, was an excellent student and a fitting recipient of the award.

HURLING

Hurling action resumes for Sarsfields 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. On the same date Sarsfields B team is scheduled to meet Holycross-Ballycahill in another quarter-final at the Killinan 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 lay-off.

SYMPATHY

The death occurred last week of Gerard Carey, Kylenoe, 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, Tempeltuohy whose death occurred last week, aged 97, was an All-Ireland medal winner with Tipperary in 1950, and a well-known figure in town having being manager of Suttons depot at the railway station for many years and also of the cattle market. Sympathy to his wife Josephine, sons, Brendan, Pierce, Sean, Conor, Enda and Diarmuid, daughter Mary, his grandchildren and many relatives and friends on their sad loss. The funeral took place in Templetuohy.

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 for over thirty years and have made a huge contribution to the school and its pupils in that time. They were wished every success in the future and thanked for the work for the local community.

MONEYGALL & DUNKERRIN

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 1 and can be given to any of the editorial committee: Seamus Doherty, Seamus Ryan, John Fogarty, Kathleen Kennedy, Eugene Ryan or Joseph O' Brien.

T

his year the editorial committee are hoping to include details of local events 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 Friday, June 4, the office will be open from 2.30 to 7pm.

We look forward to continuing to serving our members in both Borrisokane and Cloughjordan.

MARKET

Lakeshore Community Market will be in Lorrha this Saturday, June 5, 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.

CLOUGHJORDAN

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We look forward to continuing to serving our members in both Borrisokane and Cloughjordan.

SATURDAY MASS

On this Saturday, June 5, the Vigil Mass at 6pm will be celebrated in Kilruane Church and the following Saturday it will be celebrated in Ardcroney Church. This Mass will alternate between Kilruane and Ardcroney churches every Saturday.

RACING

Local trainer Denis Hogan saddled two winners last week. At the Limerick meeting last Thursday Bal de Rio at 3/1 won the Ballingarry Claiming Hurdle while on Friday Grand Revival at 50/1 was the surprising winner of the Fairyhouse Summer Season Claiming Race at the Fairyhouse meeting.

LOCAL LOTTO

The jackpot in the Kilruane MacDonaghs Lotto is now €2,800. Thanks to all subscribers for your continued support.

MARKET

The Cloughjordan Market will resume on this Saturday, June 5, from 10am to 1pm. The market will feature the following stalls: Gillian with home baking, jams, plants and crafts; Noreen with her handknits and books; Maura with window and bird boxes; Mary with fresh cut flowers; Fionnuala from Finn Ceramics; Phillipa from Soilios Crafts; Shirley from Creative Cards and Karen from Karen Young Designs with a range of accessories.

HURLING

Tipperary will play Westmeath next Sunday in Mullingar in the next round of the National Hurling League. Best of luck to our local players Niall O' Meara, Cian Darcy

and Craig Morgan who are part of the Tipperary squad.

MODREENY AMBUSH CENTENARY

The Modreeny Ambush took place on June 3, 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 Kylebeg cross, just down the road from Modreeny, 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 this Thursday, June 3, the centenary of the ambush, Ger Heffernan from the Cloughjordan Heritage Group will deliver a free illustrated online talk on the Modreeny Ambush. To register for this talk log on to macdonaghheritage.ie/weekend.

TIDY TOWNS

Last Saturday volunteers from the Cloughjordan Tidy Towns group were busy weeding,litter picking and pruning the potted plants in the vicinity of the MacDonagh Museum.

New volunteers are most welcome at 2pm any Saturday.

LEAVING CERT

Best of luck to all the local students who will be sitting the Leaving Cert' examinations next week.

KNOCKNACREE WOOD

A new trailhead map board has been installed in Knocknacree Wood. The map board was developed in conjunction with the Cloughjordan Community Development Committee and it follows the new national trails template developed by Coillte. As well as showing the 3.75km Beech Trail extension it also highlights other features of interest in the woodlands. The Beech Trail features in Tipperary Tourism Twenty Tipperary Walks.

LOOKING BACK

The death took place on April 9, 1906 of Edward Kennedy JP of Coolnamona House, Cloughjordan at the residence of his son Dr Edward Kennedy at Halifax, Yorkshire, England. His body was brought back for burial in Glasnevin Cemetery in Dublin where his wife who predeceased him was also buried.

Edward was the last of the Kennedy family to live in Coolnamona. The Kennedy family operated a brewery at Bantiss and a distillery in Cloughjordan and they gave employment to many local workers at both

locations. The Kennedys were the only big Catholic landlords in the locality and they donated a site for Grawn Church which was built in 1830.

LORRHA

ASH DIEBACK DISEASE

Tipperary County Council are advising forest owners, forest nursery staff and members of the public to be vigilant for ash dieback and report (with photographs, if possible) any sites where there are concerns about unusual ill health in ash, to the Forest Service, Department of Agriculture, Food and the Marine, by email forestprotection@agriculture.gov.ie or by phoning 01 6072651.

Nursery stock producers should direct queries to your local Plant Health Inspector immediately. Alternatively, queries can be sent to plantandpests@agriculture.gov.ie or by contacting the department's offices on 01 505 8885.

TreeCheck is an all-Ireland Smartphone app which allows members of the public to report suspected cases of disease or insect attack of any tree species. Using a GPS enabled Smartphone the location of the suspect tree may also be recorded. It is hoped that the app will help, not only with regard to the early detection of new occurrences of Ash Dieback disease, but also with other possible pest and disease outbreaks. All reports will be acknowledged and those of particular concern will be followed up by a specialist. To access the TreeCheck app go to your mobile web browser (it is not available in the App store) and type in the address https://www.

treecheck.net 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 Houlihan and family Rathcabbin on the death of her brother-in-law Michael O'Shea, Shinrone who passed away on Thursday last, May 27, after a long illness. After Funeral Mass in St Mary's Church Shinrone last Saturday, May 29, burial took place in the New Cemetery Shinrone. May Michael rest in peace.

Sympathy is also extended to Susan Delahunt and family Clonmona and the extended Delahunt and Green families, on the death of Sandra Greene, Roscrea, which occurred on May 21. After Service in St Cronan's COI 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 (061) 485800.

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 re-opened, can anyone wishing to book anniversary Masses please contact the church sacristans, Agnes Slevin in Lorrha, and Mary Cleary in Rathcabbin

Mass times are now on Monday Mornings 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 Communions 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 01 5053112.

ROLL OUT OF COVID VACCINE

Registration is now open for ages 45 - 49 on the HSE website's Portal. Or call 1850 24 1850. Please have your PPS number and Eircode 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 Siochána 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 and 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, Gardai are reminding everyone to be extra careful on the roads. Safe travelling.

LAKESHORE COMMUNITY MARKET

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A "Taste of Lorrha" initiative is now up and running where the local community organisation Sceal 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 Sceal Community Shop, or get in touch via the VisitLorrhaDorrha 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!

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 3 tickets available at Kennedy's shop Puckane and Tony's Tipp Top Shop Ballycommon. Why not enter online at kiladangangaa.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €15,600. Thanks to everyone for their support and stay safe.

BEST WISHES

To Kiladangan personnel 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 and other 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.

PLTC would like to thank junior co-ordinator Keith Mulhall and junior coach Dermot Sheils for all the organising. 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 Savy for all the organising.

New members are always welcome, please text 0873906067, follow the club on Facebook and Instagram for all the updates.

OUTDOOR NATURE PHOTOGRAPHIC EXHIBITION

RTÉ 'Eye on Nature at the National Botanic Gardens' exhibition is at Portumna Castle for a limited time. RTÉ and the National Botanic Gardens of Ireland with the OPW present 'Eye on Nature' - Ireland's newest national wildlife photographic competition.

RTÉ'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 Matthew Jenn (National Botanic Gardens), Niall Hatch (Birdwatch Ireland) and Sheena 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 Conway raised a combined total €1,970.

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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 Byrne, Willie Burke, Jimmy Hennebry, Eimear Mulhall, Noelle Lynskey.



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, Ballinaclough, 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 Youghalarra NS who received their Sacrament of Reconciliation recently.



Sun beaming through the clouds in Castlelough captured by Caroline Sheehan Wilford.

RUEPOINTMEDIA

Publication:	easyfood.ie	**Media Cost (€):**	0
Date:	Wednesday, June 2, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	597

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 mouillette, 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/picnic-bag-with-prosecco/

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 countyside 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/gourmet-food-wine-boxes/products/64-wine-gourmet-picnic-package-luxury

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.

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	6733
Date:	Wednesday, June 2, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

Today FM @ 02-Jun-2021 13:29 - (breast)

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

RUEPOINTMEDIA

Publication:	todayfm.com	**Media Cost (€):**	121
Date:	Wednesday, June 2, 2021	**Reach**	23,120
Page:	Link	**Size (Sq. Cm)**	199

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 Irelands 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.

RUEPOINTMEDIA

Publication:	Limerick Leader	**Media Cost (€):**	6986.61
Date:	Saturday, June 5, 2021	**Reach**	13,420
Page:	11	**Size (Sq. Cm)**	1341

Charities reap the benefits of Virtual Great Limerick Run

Almost €100,00 raised by 5,500 participants from more than 20 countries

DAVID HURLEY

E: david.hurley@limerickleader.ie

NEARLY €100,000 has been raised for 12 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 Cleary, 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 – limerickleader.ie - for more including video



Johnny Togher Pieta thankful of the contribution



Ann-Marie Hayes, Milford Hospice



Mayor Michael Collins and Aoife Sheehan of Focus Ireland



Donn 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 PICTURES: OLLIE PHILLIPS





Tom Flynn, St Vincent De Paul pictured with Donn O'Sullivan



Alan Galvin of Saoirse at the cheque presentation



Geraldine Gunning, Limerick Animal Welfare



Juliette O'Connell, Breast Cancer Ireland wit the mayor



Event director John Cleary with Mayor Michael Collins

RUEPOINTMEDIA

Publication:	Galway Bay FM	**Media Cost (€):**	965
Date:	Thursday, June 3, 2021	**Reach**	139,000
Page:	Link	**Size (Sq. Cm)**	10

Galway Bay FM @ 03-Jun-2021 11:44 - (breast)

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

RUEPOINTMEDIA

Publication:	Dundalk Leader	**Media Cost (€):**	486.41
Date:	Wednesday, June 2, 2021	**Reach**	18,000
Page:	10	**Size (Sq. Cm)**	127



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 McAdam 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 brands and family days out.

Registrations for the event and more information is at www.100kin30days.ie.



Patricia O'Leary, Principal, Aine Mc Breen and David Mc Ardle, BOM Teacher Representatives present a cheque to Ms Mc Adam for the 100k in 30 days Fundraiser in aid of Breast Cancer Ireland.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	64
Date:	Friday, June 4, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	590

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.
T his 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.

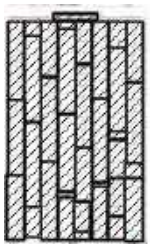
One of them is Aileen McGeough, a 41 year old mother of four from Knockbridge. Aileen was just six when her mother died from breast cancer, which also claimed the lives of two of her aunts at a young age.

'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

RUEPOINTMEDIA

Publication:	Northern Standard	**Media Cost (€):**	7814.52
Date:	Thursday, June 3, 2021	**Reach**	13,500
Page:	41,42	**Size (Sq. Cm)**	1772



GAA Club Notes

CORDUFF

Corduff Gaels Lotto:
There was no winner of Corduff Gaels Lotto Draw which took place on Sunday night 30th May 2021. The jackpot was a bumper €10,000 and a builder jackpot of €5,000. Numbers drawn were 8,20,26 and 27.

Congratulations to the 5 lucky dip winners Mark Robinson (Yearly), Gerry Mee (Yearly), Nigel McGivney (Online), Pádraic Keenan c/o Ballytrain 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 it's 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 or you can download the Club Force App. Many online options are now available so go online and buy your lotto because if you're not in you can't win! Online Lotto must be played by 6pm on Sunday and envelopes must be returned by 6pm also. Good luck.

COVID Update:
The following was released from Croke Park last Friday:

We note and welcome the further relaxing of restrictions announced by the Government this evening. (Friday 28th 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.

We realise you may have many questions in this context following this evening's announcement; our correspondence next week should answer any queries you have.

Juvenile Competitions:
Excitement is mounting ahead of the start of the Juvenile fixtures.

Here are the start dates with full fixture details to follow:

U17s: Monday 17th June
U15s: Thursday 10th June
U13s: Saturday 12th Junne

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 Victors Park further and volunteers have been working at the weekends from early in the morning until late at night to carry out works to facilitate the development. Special thanks go to Monaghan Hire for their continues support of the Club and the sponsorship of a woodchipper at the weekend to allow the chipping and mulching of all the cut and dead branches that were lying in and around the banks, Seamus Watters who supplied and operated a track machine and guillotine to cut and remove old tree stumps, Donaghy's for supplying tractors and all the foot soldiers who have worked tirelessly. If you would in any way like to volunteer, please don't wait 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 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 U9's 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 as 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 the Club. Thank you to 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 they complete the Return to Play questionnaire prior to each session.

U15s: Training continues in Corduff on Wednesday and Sunday. We ask all parents to ensure 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 Watter's filling station and paying by cash or by utilising the Clubforce App from the comfort of your home. If you have any queries surrounding 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 7:45pm, 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 086 862 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 Cumiskey on 087 918 6629 or Club Secretary - Leo McGinn on 085 804 9245. 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), Almorah House, Lake Road, Cobh, Cork, formerly of Drumcrew, Castleblayney, 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 hanam.

The Club and all our members would like to extend our sympathies to the family and many friends of Paddy Dowd, Dunleer Louth, who died on Thursday May 27th, 2021, in his 94th year, uncle of the Ruddy's. Ar dheis Dé go raibh a anam.

The Club and all our members would like to extend our sympathies to the family and many friends of Jim Mc Kiernan, Drumhose, Kill, Cootehill, Cavan, who died Sunday May 23rd, 2021. Father of Aoife O'Reilly, wife of Club Vice-chairperson Damien. Ar dheis Dé go raibh a anam.

News: If you have any news to be included in the Club notes please get in touch through social media or via any committee member.

KILLEEVAN

Urraíocht/Sponsorship.

Mile buíochas do Hickey's as bhur gcuid urraíocht arís. Huge thanks to Hickey's Pharmacy, Clones, for your continued support and sponsorship. A new first aid bag was presented to Irene Leonard on behalf of Killeevan GAA. Go raibh maith agaibh.

Peil na nÓg /Juvenile football

Is rud fíor mhaith go bhfuil achan aois grúpa ar ais anois. Brilliant to have all juvenile age groups back training. Parents keep an eye on the group texts for updates on training times etc. #cilllaobhálnabú

Dighalrán Laimhe/Hand Sanitiser

Agus an Coróinvíreas fós ann, bí cinnte go leanann sibh na céimeanna tabhachtacha seo. With COVID numbers staying stubbornly high we ask that everyone make sure they follow the recommended steps below, particularly while using our walking track.

1 Wash your hands.
2. Wear a mask.
3. Avoid crowds.

Tá na Roan Siúl fós oscailte. The walking track remains open at Páirc na Sáirséalaigh. Éinne atá ag freastal air gabh tríd na príomhgheataí agus úsáid an díghalrán laimhe. Anyone attending our walking track, please enter grounds via Main Gates (at clubrooms) and use the hand sanitiser provided and keep to the social distancing guidelines.

Páirc 'Astro' na Sáirséalaigh.

Ath-Oscailte/Re-Opened

Áis iontach atá oscailte do gach duine/Our fantastic facility is back open to all. Get your teams back together and contact our booking line. Bainigí sult as gach duine.

Booking line: 086 1722923.

Crannchur/Lotto 30/05/21

Na hUimhreacha
02. 17. 18. 21.
€30 Lucky Dip
Conall Smith, Newbliss.
€20 Lucky Dips
Mary Connolly, C/o Online.
Aoife McGorman, C/o Online.
Michaela Newell, C/o Online
Francis McFadden, Newbliss.
Gemma Brogan, c/o Feldhues.

An Pota Óir an tseachtain seo chugainn/Next Week's jackpot is €11,400.

The draw will take place Live on Killeevan GAA Facebook page,

Sunday 6th June 2021 at 9pm

Ár mbuíochas d'achan duine a chuidíonn linn sa chrannchur.

Thanks to everyone who are supporting our Lotto.

CURRIN

Lotto

Draw result for Sunday 30th May 2021

Winning numbers, 7, 12, 19, 25.

No Jackpot winner.

4 X €25.00, 'Lucky dip', Prizewinners,

Mary Moore, Newbliss. (Smart Lotto)

Danica McCaffrey, Newtownbutler. (Smart Lotto)

Karen Dowds, Clones. (Smart Lotto)

Eileen Clerkin, Scotshouse. (Smart lotto)

Next Draw will take place on Sunday 6th of June 2021. The Jackpot will now be €12,800.

Please note the lotto can be done ONLINE ONLY using SMART LOTTO. The link to log in is https://smartlotto.ie/currin-gaa/ or just search smart lotto and put in Currin.

There is now an option to do the lotto for a friend using Smart Lotto. If there is anyone who can't use Smart Lotto and would like to participate, you can get in touch with Shauna at 0861559495.

Thank you to everyone who continues to support the lotto.

Monaghan Ladies

Monaghan took on Armagh in the Athletic Grounds and came away with the win on a scoreline of 2:11 to 1:13 after an exciting encounter in the Division 2B. They will play Tyrone in the next round in Clones.

Monaghan Senior Men

Monaghan battled with Tyrone last Saturday evening in Healy Park in what can be described as a thrilling match that ended 0-14 each. Unfortunately, it was not enough for the Farney men who now face Galway in a relegation match in two weeks' time.

Scotshouse Community Centre

Due to Covid, the committee is looking for some help and support towards the running cost of the Community Centre. They have launched a 'GoFundMe' fundraiser: http://gofund.me/180a4634 in hope of securing some badly needed funds. All donations will be greatly appreciated. You will see more details about this on the Scotshouse Community News Facebook page.

Club Membership

Currin club membership is now due. It will be €20 for all adults over 18 years of age and child is €10. Family membership can be purchased for €50. You can pay any of our committee members.

You can do this online at www.foireann.ie/clubs or download the Foireann app from the Google play or Apple store. You should have also received an email from our Secretary.

EMYVALE

www.winapotofgold.ie Fancy winning a pot of Gold? With great excitement Emyvale G.A.A are delighted to offer you the chance of winning a real pot of gold worth €50,000 or the cash equivalent. But... where has this Gold come from... there have been sightings in the Emyvale and sorrounding area of a Wee Green Man?? Some say it's a Leprachaun looking for his missing Gold? If anyone spots this "Wee Green Man" please let us know on Emyvale GAA Facebook , Twitter or Emyvale.net

It could be you to WIN. Draw is limited to 6,999 tickets and cost only €29.95 each or two tickets for €50. Follow the story on facebook, twitter, Emyvale.net and of course www.winapotofgold.ie

Emylott Jackpot Now

€7,800. Latest numbers drawn were 3, 7,8,11. There was No jackpot winner. There was Match 8 winners: Brendan Donohue, Glasmullagh, Emyvale; Angela Kelly, Emy, Emyvale; Geraldine Moran, Tully, Emyvale; Mickey Treanor, Gola, Emyvale; Sean & Maureen Mc Allister, Aghaboy, Emyvale; Jim & Angela Mc Quaid, Donagh, Glaslough; Brendan Askin, Cornacrieve, Emyvale; Nora McKenna, Killnagullian, Emyvale. Promoters Prize; Mickey Mc Carron & Mc Mahons Shop. Tickets to be returned to local shops by Monday evening. Play on Clubforce, Emyvale.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

U9 training every Wednesday and Friday 7-8pm.

U11 training every Wednesday and Friday 8-9pm.

U13 training every Tuesday and Thursday 7-8pm.

U15 training every Monday and Wednesday 7:30-9pm in Tully and Friday's 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 time of press.

Please remember to complete the invitation to return to train/play on the Clubforce app prior to training or games.

Best Wishes and a 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 U-13 teams and management have been kitted out in the newly designed impressive modern uniform designed by club registrar Aiden 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 sponsor Dermot Tavey 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 Thursdays at 7pm for U-9 & U-11's, Tuesday and Fridays for U-13's and for our U-7's Tuesdays at 6pm and on Saturday at 10am. 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 Foireann GAA app on the day of each session.

Kelloggs Cúl Camp in Blackhill:

Monaghan GAA are running a Cúl Camp in Blackhill GAA Club between July 19th-23rd between 10am-2pm. 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.kelloggsculcamps.gaa.ie/booking/online/ and follow the links. Beware in one link Kinnagin which is our townland is listed rather than Blackhill. The cost is €65 for a first child, €60 for second child and €50 for any subsequent children. The registration fee includes a school bag, jersey and half-zip 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 bhflaitheas dá anam 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 lena hanam dílis.

Wedding Bells:

Congratulations to senior player Andrew Burns and his fiancée Miss Megan Cunningham, Thornford, 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 Clones v's the tribesmen this weekend.

Referees Recruiting:

Interested in refereeing? Please contact club secretary Matthew Callan or Xavier Coyle directly on 086 8545052 if you're interested. All training will be given. Applicants must be at least 14 years old.

John Runner McGough Track:

The John "Runner" McGough 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 minimum 2m rules apply. The track is floodlit (recently upgraded) and open until 9pm nightly. Social membership (insurance) is available for €10 for any person in the wider community wishing to use our track. Place an envelope with your name and contact details (email address and mobile number preferable) 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 Seans

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 €10100 along with four other jackpots of €1000. But , for one week only, we will have €1000 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 €18000. Get in early and get your books. If you have any queries, please message us on our social media outlets, Facebook, Instagram etc, 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 of our super bingo supporters, we are launching a draw for €100 every week for all those who support us week in and week out. To be in the draw, all you need to do is to have played for 3 weeks in a row and your name is automatically entered in our Loyalty Draw.

How to Play at Bingo Home

Folks here we go with how to play. Log on to www.seansbingo.com and follow the instructions. People who purchase their books before 9pm on Thursday evening will receive them by email on Friday, giving plenty of time to print them. All instructions and links will be included in this email. However, don't panic, books can still be purchased after this time up until 12 noon on Monday. All winners should complete the claim form which comes with your book and return it to us which will allow your winnings to be transferred to your bank account.

Sean Ogs Academy

A quick note, as we were going to press, we received confirmation that the Academy has secured sponsorship from local company ,Robowash, in Corcaghan. Proprietor of Robowash, Stephen McElvaney, has confirmed his willingness to sponsor our new juvenile venture. The Club would like to sincerely thank him for his commitment to this and we look forward to the official presentations in the coming weeks.

Playr-Fit Club Shop

We have set up our club gear shop in conjunction with Playr-Fit and it is now open for business. The shop is an online facility and can be accessed from all our social and club media platforms at www.playr-fit.com/sean-mcdermotts/ . The shop will be open until 6th June when ordering will be completed. The goods will be available five weeks from the closing date. All sizes guides etc are available online. Please note all items are made to order and the responsibility for the correct size is with the purchaser. If you have any queries you can email customer service at cs@playr-fit.com

Seans Totto Results

Why not play our totto at www.seanmcdermotts.net, via our club app and at McEntees or Lynchs shops in the village.

This weeks jackpot was €9900, 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 Marron, Majella Scott, Jim McGuirk, Monica McMahon, James McMahon

Next weeks jackpot will be €10000

Congratulations

Congratulations to one of our regular supporters and sponsors, Mr Brendan McMahon, who celebrates 35 years in business. Brendan is instantly recognised as the local breadman in local 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 19 20

The jackpot of €7600 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 weeks jackpot €7700

Lottos available in Gallaghers and Martins and online at SmartLotto.

Seniors:

Training continues for the senior lads with fixtures announced very soon.

Reserves:

The reserve lads are out next Wednesday the 9th of June. Best of luck lads!

U17s:

Under 17- Training continues as usual on Tuesday at 7.00 and Sunday Morning at 10.00. The first match this Monday the 7th of June.

U15s:

Training continues Thursday at 7 and Saturday at 10. First fixture 10th of June time and team TBC.

U11s:

U11s first game is next Monday at 11 am v Sean's home venue. Best of luck lads!

U9s & U7s:

U7 & U9 continuing on the Main pitch at 9.30 am on Saturday morning.

PS5:

There is a great competition going on on our club's social media to win a PS5. Head over there now to get your ticket before all slots are filled! Just 10 left.

Referees:

If you have any interest in becoming a referee please contact John Leonard Jnr who will put you in contact with a county representative.

Campa Spraoi:

Great Irish course going this summer at the end of July for all 4th 5th and 6th class students. Head over to our social media for more information or email nollaig@mlg.ie or check out www.mlg.ie.

Club Notes:

If you have anything you wished placed in the club notes please contact John at 0870924226.

County:

Best of luck to the county lads in Clones this weekend.

Sympathy:

The club extends its sympathy to Rita Leonard on the passing of her sister Patricia. May she Rest In Peace

ORAM

Season Commences: After a

six month the playing season is almost upon us with the return of games of both adult & juvenile teams. A busy program of games will follow for the summer months.

U11s:

On Monday evening our u11s play Blackhill away at 6pm in the Liam Stiratt Cup,

U17s:

Later that evening our three minors Charlie Laverty, Cathal Mc Cooey, & Josh Hannon play with Doohamlet.

Reserve League: Commences on Wednesday night with a fixture against Corduff away at 8pm, the following Saturday we play Doohamlet at home at 7pm. The following 11 are not permitted to play reserve football, Berat Turker, Jason Irwin, Pauric Graham, Jason Mc Donald, Conor Mc Kernan, Declan & Cathal Crowe, Ryan Mc Guinness, Lorcan Keenan, Chrissie Mc Guinness, Daniel Forde,

Painting : Well done to all those who helped around the club in recent weeks and have the grounds looking well for the return of games.

Big Tom Garden: Works on the Big Tom garden are nearing completion, the facility will prove to be a great visitor attraction for visitors from near and far.

Happy Birthday: To senior full back Chrissie Mc Guinness who celebrated the big 30 this week, Chrissie has been a mainstay in our defence for the best part of a decade with pace & power no forward gets a handy hour on Chrissie!

BALLYBAY

National Lotto Bonus Ball Draw

Saturday 29th May Winners

Bonus Ball 26

Brent Wylie

Jamie Mc Entee

John Rutledge.

Bonus Ball still available. €5 to play – 47 numbers. €80 winner.

Contact Barry 087 2569371 Teresa 086 1691304 Brian 085 7117215

SCOTSTOWN

Our Blues in County Football Action

Allianz Division 1 North National Football League

Well done to the Monaghan County senior football team in another exciting draw to Tyrone 0-14 to 0-14 in a superb encounter in Omagh last Saturday evening. 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 2B

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. Tiernach's, Clones. All the best to our Blue Ladies on the panel, Abbie McCarey, Casey Treanor and Edel Corrigan, and the rest of the Monaghan team.

Congratulations to Rory Beggan

Well done Rory Beggan for being named on this week's GAA Team of the Week after a superb performance against Tyrone last Saturday.

Return to Football – Reserves commence next Wednesday 9th June.

Draft fixture schedules have been created and ratified by the Monaghan CCC for adult club championship, league, reserves and U-19 football competitions. The first competitive games begin on Wednesday 9th June with the Reserve leagues. Our Senior Reserves are in Division 1A along with Magheracloone, Donaghmoyne, Truagh, Clontibret and Latton. Our first fixture is Donaghmoyne away. All the best to our reserves in their 2021 campaign. Our Junior Reserves are in Division 3 and 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 welcoming development to have competitive football next week. Thanks everyone involved in organising the fixtures and we look forward to some on-field action. Please note going to press, that these games are behind close door until further notice and we will update you on Social Media as soon as we get the guidelines.

Scotstown GAA Online Club Lotto – Jackpot €8,400 Next Week!!!

Thanks to everyone involved in our online lotto draw for a €8,200 jackpot on Wednesday 3rd June! Please see our Social Media platforms for more details of the results. There was no winner of our Jackpot on May 26th. We had 2 Match 3 Winners who win € 25 each - Brian Daly & Philip Cassidy. We also had 1 Lucky Dip winner this week - Frankie Mc Cague. Congratulations to all winners! The Scotstown GAA online Lotto Draw takes place every Wednesday at 8:30pm with last entries at 8pm. The draw is conducted on-line and is fully automated using secure facilities. There are 4 numbers to choose from a range of 1 to 31.

Match the 4 numbers to win the Jackpot of €8,400.

If no jackpot winner €100 is rolled over to the following week.

Also if there is no jackpot winner there will be lucky dips.

Next draw Wednesday June 10th at 8:30pm.

Scotstown GAA ladies €11,400 Presentation to charities

The Scotstown GAA Ladies recently raised €11,400 in their Virtual Run Challenge for the Crocus and Breast Cancer Ireland charities. Both charities received €5,700 and the presentation was made earlier in the week. Please see our social media platforms for the photos. Well done to everyone involved in the excellent initiative!

Annual Cul Camp – Second week in August

The annual Cul Camp will take place in Scotstown from 9th to 13th August.

Kellogg's 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 maximising enjoyment and sustaining participant involvement in Gaelic Games. Activities are player-centred with a Games Based approach and a strong emphasis on personal development and well-being. The cost is €65 for 1st child; €60 for 2nd child; €50 for 3rd and subsequent children. For children attending a second camp, without gear, the cost is €50 Kit delivery charge of €7.80 applies per booking, not per kit.

Please contact the County Co-ordinator Paul O'Connor on 086 837 4827 or email to developmentmanager.monaghan@gaa.ie or by visiting the website www.kelloggsculcamps.gaa.ie

Scotstown GAA Club Shop

If you would like to purchase Scotstown GAA merchandise, please contact Kevin on 087 742 2519 or Sinead. The Club Shop is closed as per the latest GAA guidelines.

May Ciste Draw

Congratulations to Catriona Quirk, our €1,000 May Ciste winner! Also congratulations to our 5 x €100 winners; Jim Balfe, Tereasa McNamee, Anna Marie Meehan, Annie Murphy, Bernie & Michael McKenna. Sellers Sean Murphy and Benny Maguire. Many thanks to McMahon Centra Scotsotwn for safely 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; McAloons Knockatallon; McMahon Centra, Scotstown; McCarvilles Ballinode & Killylough. You can also purchase your Ciste tickets using the Scotstown Clubforce website and clicking on 'buy event tickets' link. First prize €1,000 and 5 prizes of €100 must be won. In total €18,000 in prize money is won every year!

Latest Covid-19 Restrictions Update for June, July and August

The Government has announced the updated schedule for reopening the country from the Covid 19 Pandemic lockdown for June, July and August. We will post a specific GAA related update as soon as it is available and please see our social media platform for the full list of restrictions being eased. On June 2nd, Hotels, guesthouses

and B&Bs opened, and are also permitted to serve food and drinks indoors 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, gyms etc. will remained CLOSED until further notice. This is in accordance with the GAA's Covid Advisory Group's guidelines. Whenever we are given the guidelines to enable us to give definitive dates of resumption of any of our activities and facilities, we will update you here and on our Clubforce app. Please adhere to the general government and HSE guidelines on washing your hands, keeping your distance and abide 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, the club is still here to help out in our community.

Health and Wellbeing

As the country opens up is encouraging to see more people out and about, (while still keeping pandemic safety in mind), whether its for a walk around Kilmore, training, looking forward to a summer of football and safely meeting people outdoors again and raising their emotional wellbeing. Scotstown GAA is going for 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, Scotstown 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 Scotstown 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 leaflet of crucial local numbers and contact 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 is also highly 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 crisis, contact your GP or Doc on Call on 1850 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 Ceili

With high Level restrictions ongoing, physically visiting 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 Ceili, 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 ceili 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 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 0876820860 or Eugene on 0863476690

Monaghan U3A Fitness Classes

Monaghan U3A 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 3432275 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 gov.ie/healthyireland

ROCKCORRY

Games are back.

It is great to be reporting that games will be returning for the teams of the club over the coming week. Our U11's will be the first into action on Bank Holiday Monday evening at 7pm when they travel to Blackhill in the Liam Stirrat development league. The excitement among the group to be getting back to playing is a joy to see and we wish them and their coaches the very best of luck. One other fixture that we have also confirmed is that the first game back on the newly developed Paric Mhuire will be a nice local derby as Killeevan are the visitors on Wednesday evening at 8pm in Group 1 of Division 3 of the Reserve League. Fixtures for all other underage teams and our senior side are set to be confirmed shortly.

Playr- Fit Club Merchandise

The Playr-Fit online club shop has re-opened up untill the 6th of June, giving members an opportunity to purchase club gear, including tops, jerseys, hoodies, training tops etc. A new range of ladies/girls leggings have been added to the listings. This feature proved very popular the last time it was available and links to the online shop have been posted on the club messaging service as well as the social media channels. All orders must be paid for when placed.

Intercounty action

The focus this weekend will be on the Monaghan ladies as they face Tyrone in their final Division 2 group game. A win for the Farney side should secure them a semi final spot following their exciting 1 point win over Armagh last weekend. The men have this weekend off as they prepare to face Galway in the Division 1 relegation play off on Sunday the 13th of June in Clones. The hurlers also have a bye this weekend.

Club Ground clean up

Works are continuing at the club grounds with a general clean up taking place. Credit to our grounds man Sean Rooney who has been preparing the field for the return of action after the recent development work that was carried out on it. We would ask that any group that are currently training at the grounds, would ensure to tidy up any discarded water bottles or rubbish that maybe lying about. Bins for same are available at the exits. It has been noted that a lot of plastic drinking bottles are been left lying around the grounds after training nights, so please do discard of them properly. Every little helps.

Drive in Bingo

A number of enquiries has been made of committee members about the return of Drive in Bingo. The club are currently awaiting an update the GAA in regards to the hosting of the bingo, but rest assured, when we get the word to go the Bingo will be returning.

RUEPOINTMEDIA

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Pink Army marches past €1m in first three days

By MARGARET RODDY

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 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 @100kin30days or on Twitter using the hashtags #100kin30days and #pinkarmy



Cara and Niall Carroll of 100k in 30 Days event to support Breast Cancer Ireland.

RUEPOINTMEDIA

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down your way

TERRYGLASS & KILBARRON

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.https//100kmin30days.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.ie or phone 01 5053112

CHURCH NEWS

Booking of Massess: Masses for Month's Mind and anniversaries can be booked by phone, text or email to terryglasskilbarron@gmail.com.

Baptsims: We welcome into our Christian community Charlie Martin Scanlan, son of Brian Scanlan and Sarah Hall, Borrisokane, and Niall Joseph O'Meara, son of Pat and Siobhan O'Meara, Mota. Both were baptised in Kilbarron church recently.

Trócaire: Thank you for your most generous donations to the Trócaire 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, chocolates, cakes, baked treats, honey, jams, sauces, tea, coffee, crafts and more.

BURGESS

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,800 jackpot on May 31. The lucky dip (€30) winners were: Joan Delee & Eileen White c/o Tom Delee, Dinny Carroll, Kilcoleman, Catherine Gleeson, Kiladangan and Denise Darcy, Ballycuddymore. The seller's prize went to Jane Quinlan, Newtown. 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 Duharra Camogie.

Books can be bought on https://www.pallasmarketing.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.

CEMETERY MASS

The annual Cemetery Masses will take place as follows: Youghalarra 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) Guest (née Frawley), Coolnagower, 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, Newtown, who were married in Youghalarra 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 or June. Dates now set in co-operation with guidelines and teachers are as follows:

Cofirmation: Saturday, September 4 - pupils from Silvermines NS and Ballinaclough NS in Silvermines Church at 11am; Lissenhall NS in Silvermines Church at 12.30pm.

First Holy Communion: Saturday, September 25 - pupils from Lissenhall NS in Silvermines Church at 11am, Silvermines NS pupils in Silvermines Church at 12.30pm; Sunday, September 26 - Ballinaclough NS pupils in Ballinaclough 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 Tamarana fruit tree, which is native to Taiwan. The workmanship and generosity of Tommy is greatly appreciated.

TEMPLEDERRY

TEMPLEDERRY 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, Sinead Grennan 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 ballinakillaloedementiacafe@gmail.com for a link to 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 live streamed on TemplederryParish YouTube. Meanwhile Mass will continue in Curreeney at 9.30am on Sunday mornings and in Killeen at 11am on Sunday mornings.

THURLES

SYMPATHY

The death occurred last week of Noreen Maher, 75 Kennedy Park. Née Gleeson, Derheen, she was predeceased by her husband Noel just a few weeks back. Sincere sympathy to her daughters Anne, Mary, 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 in St Patrick's Cemetery.

The death also occurred of Kitty Slattery, Fontenoy Terrace. Née McLoughlin from Shevry, she was predeceased by her husband Tom and is mourned by her family Seamus, 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 Ferncombe, Glenreigh, Holycross, who passed away at the weekend was a member of the Dunne family of Loughtagalla. She is mourned by her husband, John and family Walter, Michael, John, Dinny, Marie, her brothers Dinny, Martin, John, Paudie 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, née Boilson, Grawn, 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 to cost an estimated €1.6m. 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 earns 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 county's top refs and is steadily building up a considerable reputation on the inter-county scene.

WELL DONE CATHERINE

Catherine Brogan who has been appointed President of the Board for Mental Health in Europe, is daughter of Anna and the late John Lyons, Iona 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 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, 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 father 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 Borrisokane GAA. He hurled junior and intermediate in the 1960s and '70s and won medals in both. He later became a great Tipp Draw promoter for the club and always a keen supporter of Borrisokane teams and enjoyed our weekly lottery. Ar dheis Dé go raibh a anam.

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 work around your 'Staycation'. More information will follow in the coming weeks.

Covid Assistance: Please contact Margaret Mary O'Dwyer (085) 718 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!



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 Ailish Myles, Sloan Cooper, and Municipal District Cathaoirleach, Noel Coonan.

RUEPOINTMEDIA

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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.Tipperary.GAA.ie under the notice board section.

Inter-County: Well done to the Tipperary Senior Hurlers & Michael Breen 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 Hurlers & Mikey Breen 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 Templederry Kenyon's, Lorrha and Portroe. First game against Templederry 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 U21 '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 Toomevara 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 McKeogh.

Olympics: One of the big sporting events of 2021 will be the Tokyo Olympic games. Ballina GAA is delighted to congratulate Finn McGeever 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, Cian 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, Ruadhan O'Callaghan, Alex Quinn, Thomas Shanahan, Evan Molloy, Eoin Bourke, and Paddy Dowling. ***County U15 Hurling/Football:*** Cillian Ryan, Luke Power, Sean Lyons, Billy Collins, and Charlie Grace. 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 follow the links. Thank you for your continued support.

Sympathies: Borrisokane GAA Club would like to pass on their sincere condolences to the Brennan family on the passing of Jackie Brennan. Sadly missed by his wife Eileen, daughters Helen and Louise, sons Francis and Patrick, daughter in-law, sister Carmel, brothers Noel, Louis and Eamon, extended family, friends, and neighbours. Jackie gave great service to Borrisokane GAA. He hurled Junior and Intermediate in the 1960s and 70s and won medals in both. He later became a great Tipp Draw promoter b and always a keen supporter of Borrisokane teams & enjoyed our weekly lottery. Ar dheis Dé go raibh a anam

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. More information will follow in the coming weeks.

BUIRGHEAS

North Tipp Online Bingo: continues every Sunday at 8.00pm. To play you can purchase a bingo book at www.pallasmarketing.ie/product/north-Tipp-bingo or by clicking the link on any of our social media posts. Books are €8 or two for €15. 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 Reidy's Bar & Restaurant Newtown 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 Pallas 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 Maher, 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 0871313181 or message any of our social media pages.

Healthy Club Group: We still asking members to join our healthy club committee. If you are interested, contact club secretary Gemma Flynn 0872359336.

Under 19: Fixtures have been unveiled for the U19 'B' Hurling Championship. We have been 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 Kilcoleman on July 7th with our final game against Portroe on July 14th in Kilcoleman. 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 087-2359336. 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 Operations 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 clonakennygaa.com.

KILADANGAN

County League: The club have entered one team in the County League, and they will take on Clonoulty/Rossmore 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 of 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 Flannery 0863577571.

Under 19: The Under 19 hurlers have been drawn in a group with Toomevara and Ballina. The championship will start on Wednesday 30th June where the lads will be away to Toomevara at 7.00pm

Under 17: On Monday last, the Under 17 footballers took on Kilruane in Cloughjordan in the North/Mid League. See GAA Scoreboard for result. They will take on Upperchurch/Drombane on Monday 14th June at 7.30pm in Puckane.

Under 15: The Under 15 footballers will commence action this Thursday 10th June against Ballinahinch/Templederry in Puckane at 7.30pm

Under 13: Both Under 13 sides were in action in Cloughjordan on Tuesday 8th June, both taking on Kilruane MacDonaghs. No result at the time of going to press.

Under 11: The Under 11 'D' side take on Newport in Puckane this Saturday at 11am whilst the 'B' side are away to Moneygall at the same time.

Inter-county: Well done to the Tipperary hurlers on their win over Westmeath 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 off 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 collection can be arranged. We will accept any type of metal/batteries/lead/copper/brass/electric cables/aluminium/stainless steel/cars/bikes/old machines tractors. We don't accept TVs / washing machines and household electric appliances. For further information contact Art Flannery 0863577571, Paul Fogarty 0873790889, Seamus Quigley 0862726262, or any committee member

Young Whistlers: Well done to Olibhia Mulhall, Sorcha O'Mahony, 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 €15,600 jackpot or the Second Chance €500 Draw last week. We would urge people to sign up for the lotto online at kiladangangaa.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 every Monday at 9pm.

Golf Classic: Kiladangan GAA will hold their Golf Classic on Friday 30th July at Nenagh Golf Club. It is a 3-ball champagne scramble, and we have some fantastic prizes on offer. More details will be announced in the coming weeks.

KILRUANE MACDONAGHS

Senior: Kilruane MacDonaghs will play Borris-Ileigh in the first round of the County League this Saturday, 12th June in Borrisoleigh at 7.00pm. Admittance is by ticket only with a hundred spectators allowed attend. Our 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 Burgess with the first round on Wednesday, 30th June. The top two teams qualify for the semi-finals.

Juvenile Fixtures: Our U15 'D' football team has home advantage against Thurles Gaels on this Thursday, 10th June with the throw-in at 7.00pm. Our U11s host Nenagh in MacDonagh Park on Saturday at 11.00am with three games down for decision. The 2020 U14 'D' County Hurling Final against Fr. Sheehy's is pencilled in 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), Coolnagower, Cloughjordan and formerly, Curraghmore, Boher, Ballina.

LORRHA

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 Hogan and Clodagh 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 Nowlan Park.

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: Lorrha host Borris-Ileigh this Thursday at 7.30pm.

Lotto: The jackpot is at €5,700 with a match 3 pot of €100. You can play online at clubforce.com while lotto

envelopes can be dropped off at the clubhouse, Mulrooney's The Ferry, Kelly's Rathcabbin, or at the Scéal shop Lorrha. If you need Lotto envelopes, contact Hubert Duggan 0872185995 or Kevin Molloy 0876738986.

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/ Templederry 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.

Cúl 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 Damian Shanahan, Sinead Culleton, 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.gaa.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 Brackens and Thurles 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. Time and venue for this to be confirmed. Ballinahinch await the winners of this game in the final.

The Junior '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 17th 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 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 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.

Further information on this phase of the project/fundraising can be had from Liam Heffernan, Mary Jo O'Reilly, or Anne Kennedy.

Tipperary Draw: Congrats to Jimmy Hannon who won €200 in the Tipperary Draw last Friday. This are three more draws left in this year's draw. All outstanding monies should be paid in the coming weeks.

Éire Ógres: Camp '21 continued on Saturday. The children enjoyed lots of games and skill challenges at the many fun Ógres challenge stations. We look forward to all of these new Ógres progressing to mainstream 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 can't wait to have all the children back for week three next Saturday morning for more fun and games. It's not 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 0868774496. Any girl born in 2015 or if they have turned 5 already can contact Paul on 0864692641. Please contact either Erica or Paul before next Saturday to register for the Ógres 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 Ógres.

Cost of the camp will be €2 per session paid at the gate and all participants will get an Éire Ógres t-shirt at the end of the 4 weeks. No hurls or helmets required.

Under 7: Training 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 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 this Friday as the boys have their first football challenge match on Saturday against Kilruane in Cloughjordan @ 11am. Gaelic Football training is at 5.30pm on Wednesdays.

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 have 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 this 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 Keane's 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

Og in Roscrea on Saturday 12th June at 6.00pm.

Exams: Best of luck to all our members sitting the Leaving Certificate exams.

SHANNON ROVERS

Intermediate Hurling: Next Sunday Shannon Rovers will be at home against Borrisokane in the opening game of the 2021 County Intermediate Hurling league. Boherlahan take on Moyne Templetuohy in the other group game.

100KM Walk: Almost 100 people have registered or signed up to the 100kms in 30 days challenge in support of Breast Cancer Ireland. Log on to www.htttp://100km30days.ie and register, choosing Ballinderry Community Sportsfield. The 100kms is to be completed during June and is open to all ages.

Under 17 Football: Our under 17 footballers got first taste of action when they paid host to Portroe. See GAA Scoreboard for result. Next Monday 14th June they are due to play host to Aherlow/Latten Cullen at Ballinderry at 8.00pm. They complete the group stage with a third-round game at home to Emly.

Under 15 Football: The opening game for under 15 footballers will take place on this Thursday, 10th June away to Portroe at 7.30pm. Round two sees us at home to Clerihan the following Thursday at 7.30. We travel to Ballyporeen for round three. Hopefully, a venue halfway will be found for this game.

Under 13 Football: The Under 13 played Moneygall on Tuesday 8th June; no result at the time of going to press.

Under 11 Football: Shannon Rovers Gaels received a bye in the opening round of the Under 11 Go Games football on Saturday 12th June. June 19th will see us take on Portroe in Portroe before we are at home to Lorrha.

Camogie: Áine Slattery returned to the goal to help Tipperary over Offaly in the National Camogie League quarter final last Sunday. Tipp take on Kilkenny in the semi-final at Nowlan Park next Sunday. Best of luck Áine.

Sympathy: to Helen Leenane, Ballinderry and the extended Brennan families on the death of Jackie Brennan, Milford, Borrisokane who died on Friday last.

Sympathy also to the extended O'Dwyer families and relations in Ballinderry on the death of Lizzie O'Dwyer, Cloninaha, Ballinderry who passed away on Friday. May they rest in peace.

SILVERMINES

Senior Hurling: We have been drawn with Newport, Clonakenny and Sean Treacy's in Group 3A of the county senior hurling league. Our first game is against Clonakenny in Dolla at 7.00pm 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 GAA lotto has a jackpot of €4,000 and the club are appealing to all members to play the lotto online through 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).

Dolla Clean-Up: Thanks to everyone who took part in a clean-up of Dolla last week.

Tipp GAA Clubs Draw: Congratulations to Noreen & Marion Timmons who won €1000 in this months 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

Iomáint Sinsir: We would like to wish our senior hurlers the very best of luck in their first-round match in the County Hurling League v Sean Treacy's this Sunday @ 12:00 noon in Lacken Park.

Faoi 17: Our Under 17 Footballers played their first match in the Football League v JK Brackens on Monday. Check GAA Scoreboard for the result. They play Nenagh Eire Óg in round 2 next Monday in MacDonagh Park at 7:00pm.

Faoi 15: We would like to wish our Under 15 Footballers the best of luck in their first-round match in the North Championship v Nenagh Eire Óg this Thursday at 6:30pm in Lacken Park.

Faoi 13: Both of our two 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 Óg 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.

Crannchur an Chlub: 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 tickets online through our Smart lotto app.

Comhbhrón: CLG Tulach Sheasta wish to extend our deepest sympathy to the family of the late Ger Gavin, Life President of Nenagh Eire Óg. Ar dheis Dé go raibh a hanam.

Átd Mór: We would like to wish all students commencing the leaving certificate 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 in 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 086-2413884.

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 21 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.

RUEPOINTMEDIA

Publication:	Dundalk Leader	**Media Cost (€):**	666.42
Date:	Thursday, June 10, 2021	**Reach**	18,000
Page:	3,4	**Size (Sq. Cm)**	174



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.



Aileen McGeough, Breast Cancer Survivor Ambassador.

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.

RUEPOINTMEDIA

Publication:	The Avondhu	**Media Cost (€):**	101.2
Date:	Thursday, June 10, 2021	**Reach**	9,000
Page:	36	**Size (Sq. Cm)**	55



KILBEHENNY

Contact Mary O'Brien on
087-2422660 or email
maryobrien101@gmail.com

KILBEHENNY FUNDRAISER

An online fundraiser for Breast Cancer Ireland is being organised by two girls from Kilbehenny National School, namely, Lucy Geary and Ciara Maher, both aged 11. The girls would be delighted for your valued support as they are taking part in a 100K 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 Ciara KBNS' 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.

RUEPOINTMEDIA

Publication:	C103	**Media Cost (€):**	53
Date:	Friday, June 11, 2021	**Reach**	75,000
Page:	Link	**Size (Sq. Cm)**	10

C103 @ 11-Jun-2021 22:35 - (breast)

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 a 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

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	38
Date:	Friday, June 11, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	341

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.

W ith 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 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.

RUEPOINTMEDIA

Publication:	Northern Standard	**Media Cost (€):**	1402.38
Date:	Thursday, June 10, 2021	**Reach**	13,500
Page:	23	**Size (Sq. Cm)**	318



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



Niall Carroll, Jack Carroll, Laura Carroll and Cara McAdam

County Louth couple Niall Carroll and Cara McAdam's 100km in 30 Days challenge for Breast Cancer Ireland has surpassed the €1million 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 €1,051,000 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, and this years' 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 monies raised this year will be channeled 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

RUEPOINTMEDIA

Publication:	Sunday Times (ROI)	**Media Cost (€):**	13,288
Date:	Sunday, June 13, 2021	**Reach**	71,570
Page:	Link	**Size (Sq. Cm)**	1,379

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 cafés 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 fivestorey 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?

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 better for retirement, property or pension?

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

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	4946
Date:	Monday, June 14, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	todayfm.com	**Media Cost (€):**	72
Date:	Monday, June 14, 2021	**Reach**	23,120
Page:	Link	**Size (Sq. Cm)**	142

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 l 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!

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	4523.94
Date:	Saturday, June 19, 2021	**Reach**	6,502
Page:	42,43	**Size (Sq. Cm)**	1226



sport

GAA ROUND UP

BALLINA

Senior Hurling: Our Senior hurlers played Templederry Kenyon's in Ballina in the first game of the Co Hurling League on Sunday. Templederry led at the break 1-10 to 0-9. Ballina missed a number of scoring chances and would have 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 Kenyon's 4-21.

Ballina will play Lorrha in round 2 of the County League over the course of weekend 26th June.

Congrats to Kian Donnelly & Cathal O'Donnell who both made their Senior debuts with Ballina. On 2nd June 1963, Kian's grandfather Jimmy O'Donovan played his first championship game for Ballina (Junior Hurling V Silvermines) following his transfer from Toomevara. While for Donie & Diarmuid Whelan, it was also a first - their first game with the club since transferring in.

Fixtures: 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 Co. Under 21 'B' Football final v Upperchurch/Drombane in Dolla on Saturday, 26th June.

In Under-19 'A' Hurling, Ballina have a bye in round 1 and then will face Kiladangan in Puckane on Wednesday 7th July, followed by a home game v 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 Sage.

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 out-door 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: 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. 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 €650 in 50 numbers next week and we are down to the last 2 envelopes for guaranteed prize money. We have now given away over €7000 since we started. Thanks to Bridget Darcy's Hair Salon Ballywilliam, The Talbot Bar Nenagh and Lily'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 Buirgheas CLG along with all of our players.

Healthy Club Group: We still asking members to join our healthy club committee. If you are interested, contact club secretary Gemma Flynn 0872359336.

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 Kilcoleman, 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 E45YH76 and we would advise you to save this in your phone for safe keepings.

KILADANGAN

Senior: Hard luck to the Senior hurlers who lost to Clonoulty/Rossmore last Saturday 2-25 to 2-13 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 hurlers have been drawn in a group with Toomevara and Ballina. The championship will start on Wednesday 30th June where the lads will be away to Toomevara at 7.00pm.

Under 17: On Monday 7th June, the U17 footballers had a 4-5 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

June; see GAA Scoreboard for result.

Under 15: Well done to the Under 15s who commenced their football championship last Thursday where they defeated Ballinahinch/Templederry in Puckane.

Under 13: Both Under 13 sides were in action in Cloughjordan on Tuesday 8th June, taking on Kilruane MacDonaghs. The 'B' side lost 1-1 to 3-4 whilst the 'D' side won 4-5 to 3-2. The 'B' side also took on Portroe on Tuesday 15th June with no result at time of going to press.

Under 11: Well done to both Under 11 sides who started their campaigns with wins over Newport (in the 'D' championship) and Moneygall (in the 'B' championship). They will be out in action again this Saturday against Borrisokane (in 'B' championship) and Ballina (in 'D' championship).

Inter-county: Hard luck to the Tipperary hurlers who lost to Waterford last weekend in the National Hurling League.

Scrap Metal Collection: Last Saturday saw a great start to our scrap metal collection with lots of items donated and collected by club volunteers. We will be in Ballycommon on Saturday 19th June from 9.00am onwards to accept donations and can facilitate collection of large items. For further information contact Art Flannery 0863577571, Paul Fogarty 0873790889, Seamus Quigley 0862726262.

Lotto: There was no winner of the Monday 7th June jackpot of €15,700 or the Second Chance €500 Draw.

We would urge people to sign up for the lotto online at kiladangangaa.com. There are a number of options available online on how long you can sign up for.

We are delighted to partner with Tony's Tipp Top Shop & The Thatched Cottage Ballycommon, The Whiskey Still & The Lake Cafe Dromineer and Kennedy's Shop Puckane to promote 'Shop Local'. We will give €25 vouchers for local businesses as part of the lucky dip on the lotto draw. An option of €25 cheque will also be available to anyone who wishes to take that option.

We greatly appreciate your support of the club through participation in the club lotto, which helps in supporting development of our underage and adult teams along with the development of our club and community facilities.

Golf Classic: Kiladangan GAA will hold their Golf Classic on Friday 30th July at Nenagh Golf Club. It is a 3-ball Champagne Scramble and we have some fantastic prizes on offer.

KILRUANE MACDONAGHS

Under 14: Our U14 hurlers lost in the 2020 'D' County Final to Fr. Sheehy's 3-13 to 3-5 in Dundrum 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 1-8.

The U15 team travelled to Toomevara and just shaded the verdict 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 MacDonagh Park. In the 'B' championship MacDonaghs prevailed 3-4 to 1-1 while the visitors took the honours in the 'D' championship 4-5 to 3-2.

Last Saturday, MacDonagh Park was a hive of activity as MacDonaghs and Nenagh played three U11 games. MacDonaghs recorded two victories with the 'A' team coming out on top 4-6 to 1-9 while our third team was also victorious. Nenagh took the spoils in the clash between the second teams.

Lotto: The Jackpot stands at €3,100. 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, Beechwood was a popular, highly respected, and most obliging figure in his local community of Kilruane.

A man of many talents, he trod the boards with the Kilruane Drama Group, was a committed member of the Church Choir and crafted many a piece with the Ardcroney Woodcarvers. Johnny played hurling and football with MacDonaghs. In 1970 he was on the U21 football team that won the club's inaugural title in that grade. Lining out at corner-forward, he helped himself to 1-1 in the victory over Silvermines in Roscrea. The following year he captained the side that relinquished the title to Naomh Pádraig in Nenagh. In 1972 he wore the number thirteen jersey on the senior football team that made the historic breakthrough by capturing the divisional title for 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 Alaska 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 set anchor 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 2013. 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 Tricolour flew at half-mast in MacDonagh 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 cortege 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. Leaba i measc na naomh dó.

Sympathy: The club extends sympathy to the family of the late Willie Costen, Bothar Mhuire, Cloughjordan and formerly Enniscorthy, 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, Clodagh McIntyre 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 U13s and U15s 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 lotto jackpot is at €5,850 with a match 3 pot 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 Rathcabbin, or at the Scéal shop Lorrha. If you need Lotto envelopes, contact Hubert Duggan (0872185995) or Kevin Molloy (0876738986).

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.

Junior: The north junior leagues are scheduled to get underway this weekend, see north board fixture list for details.

Under 19: We will play Ballinahinch/Templederry in our first match of the north hurling championship on 30th June. The other teams in the group are Borrisokane and Borris-Ileigh, and matches will be played every week.

Juvenile Football: Well done to our U15 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.

NENAGH 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, 1-22 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 thanks 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.

Éire Ógres 2021: continued for week three on Saturday. The children enjoyed lots of games and skill challenges at the many fun Ógres challenge stations. We look forward to all of these new Ógres progressing to mainstream training in the NÉÓ 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.

We can't wait to have all the children back for the final week next Saturday morning for more fun and games. Parents/Guardians must remain for the hour.

After the Ógres camp we plan to move the children to U5 training. Anyone interested in joining the post Ógres U5 training - for boys born in 2016 planning to attend should contact Erica 0868774496. Any girl born in 2015 or if they have turned 5 already can contact Paul 0864692641. Please make contact as soon as you can as an online health questionnaire needs to be completed before taking part.

For any parents who plan to take a coaching role with the U5 group must complete two steps, firstly Garda vetting must be completed and secondly an online Safeguarding course. These can be accessed online though www.gaa.ie

Under 11: Our footballers played their first games of the year against Kilruane MacDonaghs. We had over 30 kids playing three really competitive games in Cloughjordan.

Under 13: The Under 13 Football championship commenced last week with our D team beating Portroe and our A team being beaten by Newport.

Under 15: The Under 15's played their first football championship game last Thursday and showed great battling qualities to just lose out by two points to Newport. Next up will be the shield final in a couple of weeks.

PORTROE

Under 11 Football: Portroe v Shannon Rovers on Saturday 19th June at 11am in Portroe.

Under 13 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 Thursday June 17th at 7.00pm in Annacarty.

Under 17 Football: The boys were away to Emly in round 2 of the County Football last Monday and their next game is fixed for Monday June 21st against Aherlow/Lattin Cullen at 7.00pm in Lisvernane.

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 0-18.

Junior Football: 2020 North Final - Portroe v Ballina in Ballina next Saturday 19th June at 7.00pm. A limited number of tickets will be available.

Sympathy: Portroe GAA club wishes to express their sincere sympathy to the Ryan family, Ardarra, 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 Borrisokane 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 Boherlahan or Moyne Templetuohy.

Under 17 Football: In a game of two halves, Shannon Rovers Gaels defeated Portroe 3-7 to 0-8 in the first round of the County Under 17 championship at Ballinderry Sportsfield last Monday week. This was a good win when one considers that Rovers Gaels were short three players with Matthew Costello plus 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 before Aodhan Kirwan's goal brought Rovers 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/Latten in the second round on Monday 14th June, see GAA Scoreboard for result.

Under 15 Football: Fionn Higgins scored 3-1 as Shannon Rovers Gaels produced a great days work 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 their stall with efficiency and hard work. Two early points by Rory Fox set the ball rolling and they led 1-4 to 0-1 after fifteen minutes with Dara Moran grabbing the goal. Approaching half time Fionn Higgins secured 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 up front before Michael Gorman finished off a good move for a fine goal towards the end.

Rovers Gaels are at home to Clerihan in the second round on Thursday 17th June at 8.00pm.

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 Sportsfield last Tuesday.

Trailing 2-5 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 Moneygall 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 19th June before we are at home to Lorrha on June 26th. All games commence at 11 am.

Meanwhile, our under 11s had a successful day when taking on Borrisokane in a Gaelic Football/Hurling challenge game at Ballinderry 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 will go directly to Breast Cancer Ireland. Log on to www.100km30days.ie and register Ballinderry Community Sportsfield. The 100kms is to be completed during June.

SILVERMINES

Juvenile Fixtures: The U9's & U11's started their Go Games last week and will have fixtures ongoing over the next few weeks. Managers will keep you updated.

The U15's are in action this Thursday 17th June v Ballina in Dolla @ 7.30pm.

The U13's 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 2016 and 31st June 2017. Anyone who is interested and would like to register can contact Noreen 0879288642 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, Borrisoleigh.

Senior: Congratulations to our senior hurlers who bet Ballina in the first round of the league last Sunday.

TULACH SHEASTA

Iomáint Sinsir: Well done to our senior hurlers who won their opening game in the County Hurling League v Sean Treacy's on Sunday, 2-11 to 0-16 in Lacken Park.

Faoi 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 Morcarkey-Borris on next Monday evening.

Faoi 15: Our Under 15 Footballers had a great win in their match v Nenagh Eire Óg last Thursday 2-7 to 1-8. They have now qualified for the North Final on June 24th where they will play the winners of Ballina v Silvermines which is due to be played this week.

Faoi 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 Óg and have qualified for the North Final on June 22nd. The 'D' team had a fantastic match v Templederry which went to extra time before Newport won by a point, 2-2 to 1-3. 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.

Faoi 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 Kilcoleman and our Purple 2 team play Ballinahinch in Lacken Park.

Crannchur an Chlub: Club lotto 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. 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 Ragg 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 juniors 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 ahead at the full-time whistle.

Tour de Parish '21: Our Tour de Parish fundraiser takes place 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 are now available online at our social media platforms and will be posted here next week. Text your name and distance to 0879665385.

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 highly visible 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 0862413884.

Walkway: With the emphasis on being healthy and active and staying fit it 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 Áine Gilmartin, PRO of Nenagh Éire Óg Camogie, with sponsorship for the Éire Ogres Camp held recently for the Juvenile and Camogie Club.

RUEPOINTMEDIA

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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 and all funds raised will go directly to Breast Cancer Ireland. Please log on to www.https//100kmin30days.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 naturally grown 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, Cloninaha, 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 Terryglass church with burial in the adjoining cemetery. May she rest in peace.

We extend our sincere sympathy to Helen Leenane, 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 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/c/portroeburgessyoughalparishes. 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: Laoise and Jodi Conroy, Cloneybrien; Irene Ryan, LA, c/o Tom Ryan; Nicole Tiernan, Curragh; 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 Clubforce 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.

ALLIANZ LEAGUES

Tipperary senior hurlers ended their Allianz 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 1B campaign with four points 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: €50; adult non-player: €50; students and U21: €25; students and U21 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, Ardarra, 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 priestly ministry.

BURGESS

CEMETERY MASS

The annual Cemetery Mass will take place in Youghalarra Cemetery on this Thursday, June 17, at 7.30pm. There will be no morning Mass in Youghalarra church on Thursday morning. Burgess cemetery Mass will be on Thursday, June 24, at 7.30pm. There will be no morning Mass in Youghalarra church on Thursday, June 24. In the event of inclement weather Mass will be celebrated at 7.45pm in the nearby church. Massgoers are asked to observe all relevant social distancing measures.

BUIRGHÉAS CLG LOTTO

There was no winner of the €5,900 jackpot on June 7. The lucky dip (€30) winners were Marie Hughes, Carrigatoher; O'Brien Girls, Ogonelloe; Una Merry, Kilcolman and Saoirla Gilmore, Newtown. The seller's 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 Duharra Camogie.

Books can be bought on https://www.pallasmarketing.ie/product/north-tipp-bingo/ and printed at home to play. Books are €8 each or two for €15. Your support would be appreciated.

SACRAMENTS

Pupils of Youghalarra NS will receive the Sacrament of Confirmation on Thursday, July 8, at 7pm and First Holy Communion on Friday, July 9, at 11am. 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, Killaloe Diocesan Secretary, on his appointment as Bishop of Ferns.

SYMPATHY

Sincere sympathy is extended to Ann Woods and family, Ballywilliam, on the death of her brother Paddy Ryan (Luke), Cappanuke, Cappamore, Co Limerick. May

he rest in peace.

TEMPLEDERRY

SYMPATHY

We extend the sympathy of our community to Teresa and Joe Shanahan and family, Cloghinch, Templederry, on the death of Teresa's brother, Michael Treacy, 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 hurlers 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.

TEMPLEDERRY GAA LOTTO

Last week's draw was held virtually and there was no winner of the jackpot. This week's Jackpot is €7,200. Again a big thank you to all the sellers and purchasers of tickets, who are so vital every week to the continuation of the lotto.

THURLES

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 at a Continental Tour Gold race 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 Toddy Finn, formerly of Abbey Road, Toddy himself being a quality athlete in his time with many successes to his credit at national and regional level. She is grandaughter 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, Innisfallen 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 cathedral takes 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.thurlesparish.ie and clicking on the 'join lotto' button.

SYMPATHY

The death occurred last week of Ruth Holloway, Kilrush, Killinan. Daughter of Eamon and Margaret O'Gorman, formerly Abbey Road, she is mourned by her son Jake, daughter Jasmine and sister Ria, her parents and her many relatives in the area to whom sincere sympathy is extended. A funeral service for Ruth will be held at a later date.

SARS IN ACTION

Sarsfields began the competitive hurling season in fine style with four wins at different levels in five days. On Sunday morning they defeated JK Brackens in the County Senior League. On Wednesday last they got the better of Clonakenny, after extra time, in the Cahill Cup, Mid senior hurling competition and will meet Moycarkey-Borris in the quarter final. Sarsfields also had two successes at junior level with victories over Loughmore-Castleiney and Knock. Both senior teams play Cahill Cup quarter-finals this week with the second senior side taking on Holycross-Ballycahill.

VOLUNTEER APPEAL

Volunteers are need to support the provision of evening counselling by Accord counsellors. Those interested in helping with this valuable work on weekday evenings should contact 0504-22279 for details.

SCHOOL DEPARTURES

Two valued members of the teaching staff at Coláiste Mhuire Co-Ed in town are leaving the school to take up appointments elsewhere. Luke O'Meara, well-known hurler with Holycross-Ballycahill, is departing for an appointment in Abu Dhabi while Julianne Butler is moving to Castletroy. 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 major road development at Slievenamon 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 new town park and the hope is that the inconvenience for the public will be of short duration.

MONEYGALL & DUNKERRIN

SYMPATHY

The death took place recently of Andy Condron, who died at his home in Floriday, USA, formerly of Drumrue, Moneygall. Sincere sympathy to his wife, Rose, children, grandchildren, relatives and friends. May he rest in peace.

CHIROPODY CLINIC

Moneygall Dunkerrin Barna Social Services have organised a chiropody clinic, which will be held in Moneygall Health 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, Ignite Fitness will be running a bootcamp class at the sports grounds in Borrisokane at 7.30pm.You can donate whatever you want on the night and join in the class, which will be suitable for everyone 14 years old and over. All funds raised on the night will be given to the Irish Cancer Society. We will also have giveaways on the night, so come along and have some fun while supporting a great cause.

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 father 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 Borrisokane GAA. He hurled junior and intermediate in the 1960s and '70s and won medals in both. He later became a great Tipp Draw promoter for the club and always a keen supporter of Borrisokane teams and enjoyed our weekly lottery. Ar dheis Dé go raibh a anam.

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 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 Modreeny Ambush Centenary Booklet written by Ger Heffernan and Sean Hogan can be purchased at the MacDonagh Museum and also in Sheelagh na Gig 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, eye witness 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 Sheehys on a 3-5 to 3-13 scoreline in the 2020 county final played in Dundrum 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 Giustino 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 as a mark of respect to the late Johnny Peters. The game was refixed for Monday, June 14.

CHURCH NEWS

Confirmation will take place in Saints Michael and John's Church, Cloughjordan, on Saturday, September 4, and First Holy Communion will take place on Saturday, September 11.

The Parish Office in Cloughjordan is open Monday, Wednesday and Thursday from 10am to 2pm. Mass bouquets (birthday and get well) and Mass cards are available in the Parish Office.

SYMPATHY

The death has taken place of Johnny Peters from Beechwood. Sympathy is extended to his wife Mary, sons Jack and Darragh, daughters Siobhan and Aoife, sister Bridget, brothers Noel, Mattie and Laddy and extended family.

The death has also taken place of Willie Costen, Bóthar Mhuire, Cloughjordan, and formerly from Enniscorthy, Co Wexford. Sympathy is extended to his son William, daughter-in-law Lisa, brothers Harry and John, sister Anne and his grandchildren Lily-May, Kiara, Liam and Phoebe.

LOCAL LOTTO

The jackpot for the next draw in the Kilruane MacDonaghs Lotto is €3,000. Thanks to all subscribers for your continued support.

BALLINGARRY

COMMUNITY MARKET

Ballingarry Community Market will take place this Sunday at The Picnic Area, with parking at the GAA Grounds. Our market will run from 11am 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 on our social media platforms and on our website www.myballingarry.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 Towns 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 Cahir 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 2345817.

Our Junior B team played a very entertaining challenge match v Shinrone during the week with some impressive scores made. Final score: 5-18 to 3-18 to Shinrone.

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.

COMMISERATIONS

Commiserations 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

Commiserations 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 7.30pm. 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 this Monday, June 14. These prayers will be put into one prayer for the Holy Communion reflection on your confirmation night and we all will pray it together.

GOOD WISHES

Best wishes and prayers for Fr Ger 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 Ballinderry this Saturday, June 19, from 10am to 12 noon. Showcasing quality local produce, the market features naturally grown vegetables, organic eggs, 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 7.30pm. The tour features tales of high kings and vikings, chieftains and heathens as well as myths about monks, monsters, murders, 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 Bullaun Stones. Cost is €7 per person. For booking, phone James, 087-2031798.

PUCKANE

WANT TO WIN MONEY?

Kiladangan GAA Lotto is now live on Facebook every Monday night at 9pm. Details of how to enter are as follow: 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 kiladangangaa.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €15,600. Thanks to everyone for their support and stay safe.

SYMPATHY

To Sandra Ryan and family, Blackfort, Puckane, on the death of her uncle Seamus Gleeson, Manchester, England and formerly Silvermines, who passed away on June 10.

SRAP METAL COLLECTION

Kiladangan 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 9am onwards. Collection of large items can be facilitated. For further information please contact Art Flannery (Club Chairman) on 086-3577571; Paul Fogarty, 087-3790889 or Seamus Quigley, 086-2726262, or any other committee member.

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.

HURLING

Tipperary lost their final Allianz Hurling league game to Waterford at Walsh Park last Sunday with a number of Kiladangan hurlers involved. They included Alan Hannigan, 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, to 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.portomnabeo.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 Beo Biodiversity 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 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.

PLTC are now offering the six-month membership rates to new or renewing members. The six-month membership commences on July 1 and runs until December 31.

Club night continues every Wednesday from 7.30 until 9.30pm with a committee member always on duty. If anyone is interested in joining please contact 087-3906067 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, are extended to 3 -5pm. Appointments are available ideally and walk-in system remains in existence. Saturday time remains at 12-1pm. Wishing our clients safety and health at this time.

LORRHA MONASTIC TOURS

The history of 1,500 years of Lorrha Monastic Village by local historian James Heenan - Tales of High Kings and Vikings, Chieftains and Heathens; 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, Motte and Bailey, Holy Well and Bullaun Stones. Every Wednesday evening in Lorrha Village at 7.30pm, €7 per person.

For booking, phone James, 087-2031798.

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: getintogolfportumna@gmail.com or ring 085-1925466.



Deputy Michael Lowry and a number of the Lowry Team councillors joined members of North Tipperary IFA in Nenagh last Friday morning for the 'IFA Nationwide Day of Action' aimed at highlighting the negative impact of CAP Reform and the Climate Action Bill, which North Tipperary IFA Chairperson Imelda Walsh says will hit the most active, productive and viable farmers. From left: Cllr Shane Lee, Deputy Michael Lowry, Imelda Walsh, Chairperson of North Tipperary IFA; Cllr Michael O'Meara and Cllr Rocky McGrath.



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.

RUEPOINTMEDIA

Publication:	Galway Advertiser	**Media Cost (€):**	1706.24
Date:	Thursday, June 17, 2021	**Reach**	50,000
Page:	43	**Size (Sq. Cm)**	344



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 Cara McAdam, which raised over €1.2 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-focussed virtual event, with over 22,500 #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 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.

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.ieto 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! As an additional incentive, there are hundreds of prizes to be won throughout the event to include hotel breaks, restaurant vouchers, luxury brands and family days out.



The Sherry FitzGerald Team in Galway sporting their #pinkarmy T-shirts

RUEPOINTMEDIA

Publication:	Dundalk Leader	**Media Cost (€):**	1030.27
Date:	Wednesday, June 16, 2021	**Reach**	18,000
Page:	8	**Size (Sq. Cm)**	269



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



Hitting the streets in support of Breast Cancer Ireland

RUEPOINTMEDIA

Publication:	The Echo	Media Cost (€):	4384
Date:	Saturday, June 19, 2021	Reach	9,449
Page:	27	Size (Sq. Cm)	548

■ Ocean to City a virtual success, and Kilmacsimon RC among those eager to take up the challenge

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 on our screens, with 15 events online and 20 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.



Kilmacsimon Rowing Club's Seamus Murphy, Kieran Curtin, Mary Calnan and Anne Bradfield, with cox Helen O'Brien.



Kilmacsimon Rowing Club's Martin McCarthy, Declan O'Sullivan, Seamus Murphy, Padraig McCarthy, and (cox) John Scannell.



Three teams from Kilmacsimon Rowing Club on the way back from their 5 miles (8km) row.







Three Kilmacsimon 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 CJ McDonagh of Kilmacsimon Rowing Club.



Ailish Calnan, Mary Calnan, Anne Bradfield, Anna Fehilly of Kilmacsimon Rowing Club, at Ocean To City 2021.



Kilmacsimon Rowing Club's Jean Humphries, Catherine Curtin, Karen Nixon, Ailish Calnan, and cox John Scannell, during Ocean To City.

RUEPOINTMEDIA

Publication:	Echolive.ie	**Media Cost (€):**	171
Date:	Saturday, June 19, 2021	**Reach**	10,880
Page:	Link	**Size (Sq. Cm)**	507

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
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Caption:
Ailish Calnan, Mary Calnan, Anne Bradfield, Anna Fehilly 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..

RUEPOINTMEDIA

Publication:	Today FM	**Media Cost (€):**	266
Date:	Monday, June 21, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	The Argus	Media Cost (€):	2700.6
Date:	Tuesday, June 22, 2021	Reach	9,307
Page:	28	Size (Sq. Cm)	420



Men and women from Saint John of God Day Centre putting their best foot forward for Breast Cancer Ireland.

Still time to join the Pink Army's 100k

By MARGARET RODDY



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 982,000km 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.

For more information, check-out www.100kin30days.ie

RUEPOINTMEDIA

Publication:	Nenagh Guardian	**Media Cost (€):**	4597.74
Date:	Saturday, June 26, 2021	**Reach**	6,502
Page:	24,25	**Size (Sq. Cm)**	1246



down your way

TERRYGLASS & KILBARRON

ENJOY THE SUMMER

With the end of term for both our national schools during the week and our secondary and third level students finishing exams in the coming week - we hope you all have a happy and safe summer. Enjoy your break and we hope you can all return to 'normal' classes in September.

100KM IN 30 DAYS

It's great to see so many people have signed up to this fundraiser, and that they are out walking every day and clocking up the kilometers. 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.https//100kmin30days.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.

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, June 26, in Terryglass 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.

KILBARRON NEW CEMETERY

Maintenance fees are now due for 2021. Payments can be made to Tess O'Meara, Willie Joe Tiernan, Dermot Costello or Joe Slattery.

BOOKING OF MASSES

Masses for month's 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 Kilbarron church.

PORTROE

CHURCH NOTICE

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/c/portroeburgessyoughalparishes. 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, Garrykennedy 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; Tishy O'Halloran, Portroe; John Hogan, Killoran; Andy McCloskey, 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 plus gym, €70; adult player inc gym, €50; adult non player, €50; students and u21, €25; students and u21 plus gym, €50; juvenile first child: €25; juvenile second child: €15; juvenile 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 2510804) 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 grouping for the 2021 championship. Each group will have one of the four seeded teams in the draw in Burgess, Lorrha-Dorrha, Newport and Killenaule. The remainder will be selected through an open draw from: Portroe, Carrick Swans, Clonakenny, Ballina, Cashel King Cormacs, Sean Treacy's, St Mary's, Gortnahoe Glengoole, Templederry, Kiladangan B, Thurles Sarsfields B and Silvermines.

BURGESS

CEMETERY MASS

The annual cemetery Mass will take place in Burgess cemetery on this Thursday, June 24, at 7.30pm. There will be no morning Mass in Youghalarra church on Thursday June 24. 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.

BUIRGHÉAS CLG LOTTO

There was no winner of the €6,000 jackpot on June 14. The lucky dip (€30) winners were Claire Walsh, Grallagh; Bridie Kyne, Ballymoylan; Fr Tim O'Brien, Carrigatoher 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.

NORTH TIPP 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.pallasmarketing.ie/product/north-tipp-bingo/ and printed at home to play. Books are €8 each or two for €15. To date €7,050 has been won by players on North Tipp Online Bingo. Your support would be appreciated.

TEMPLEDERRY

MASSES THIS WEEK

Masses this week will continue at the usual times. Please note that this Wednesdays Mass and next Saturday's Mass will not be live-streamed. Live-streaming of Masses will continue again on

the following week.

TEMPLEDERRY GAA NEWS

Our seniors will be out in the league again this weekend. Please see fixtures on the Nenagh Guardian for details. Our junior B team were narrowly defeated by Burgess in Kilcolman on Saturday evening last.

TEMPLEDERRY 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.

TEMPLEDERRY 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 Templederry on Saturday, July 10.

The Confirmation ceremony will take place in Templederry 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, Latteragh. May he rest in peace.

CEMETERY MASS

The annual Mass at Kilkeary 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 Thurles 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 Pallottine 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, Thurles Parish Pastoral Council, to mark the occasion. Thurles parish wishes Fr George many more productive years in his priestly ministry.

SYMPATHY

The death occurred last week of Angela Finn, An Culan, 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 Harney, Manna Cottage, Templemore, who passed away last week, was a member of the highly regarded Fielding family of Clongour and Liberty Square formerly. She was predeceased by her husband Billy and is mourned by her 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 Clowery, The Village, Holycross and formerly of Shaftsbury, Dorset. Sympathy to his wife Biddy (Hayes), 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 Littleton, having led 0-12 to 0-08 at half-time. The B team had a fine win over Holycross-Ballycahill 0-25 to 1-17 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 (Kilkenny) with Brendan Carroll and Eamon Walshe 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 Dundon 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 re-roofing 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 film-maker with Thurles 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 thurleslibrary@tipperarycoco.ie to book your place today!

TOOMEVARA

CEMETERY MASS

The annual Mass at Kilkeary 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 transition 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, tidying, 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

Clarke Memorial Hall) will be available to the public within the next month or so at a relatively small cost. We hope to have it renovated, painted and with a new floor following a serious water leak in February.

AGLISH GRAVEYARD

Subscriptions are now due for the ongoing upkeep of the graveyard.

Some subscriptions for last year are still outstanding. Subscriptions can be lodged into Aglish Graveyard Account at Borrisokane Credit Union or paid directly to Charley Tighe, 087 9984542 or Barbara Harding, 087 7905062.

CLOUGHJORDAN

CHURCH NEWS

Confirmation will take place in Saints Michael and John's Church, Cloughjordan on Saturday, September 4, and First Holy Communion will take place on Saturday, September 11.

The Parish Office in Cloughjordan is open Monday, Wednesday and Thursday from 10am to 2pm. Mass bouquets (birthday and get well) and Mass cards are available in the Parish Office.

HURLING

Kilruane MacDonaghs senior hurlers drew with Bossis-Ileigh, 4-10 to 0-22, in the opening round of the county league played in Borris-Ileigh on Monday, June 14. The junior hurlers were beaten by Nenagh, on a 2-12 to 0-24 scoreline, in the opening round of the league played in Cloughjordan last Saturday. On the intercounty scene Tipperary will play the winners of next Sunday's match between Clare and Waterford. This game will take place on Sunday, July 4. Best wishes for a speedy recovery to Niall O'Meara, who recently had his appendix removed. Niall will probably miss Tipperary's opening game on July 4.

RUGBY

Congratulations to Ben Healy, who was named Munster Rugby Academy Player of the Year after an outstanding season in the Munster jersey. Ben was presented with the John MacCarthy Award.

SYMPATHY

The death has taken place of Pat Kennedy, Cormack Drive, Nenagh and formerly of Knockearl, Cloughjordan. His Requiem Mass was celebrated in Saints Michael and John's Church, Cloughjordan, last Friday followed by burial in the adjoining cemetery. Sympathy is extended to his family and to his brother Martin Kennedy, Knockearl.

Sympathy is extended to Martin Kelly, Ardcroney on the death of his mother Mary Kelly (née Quigley), Knigh, Nenagh.

LOCAL LOTTO

The jackpot for the next draw in the Kilruane MacDonaghs Lotto is €3,100. Thanks to all subscribers for your continued support.

FOOTBALL FINAL

Best of luck to the Kilruane 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 Eoin at 086-2717000.

AMPHITHEATRE

Mary Coughlan, 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 Kilruane 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 Modreeny Ambush Centenary Booklet can be purchased at the MacDonagh Museum and in Sheelagh na Gig 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, 1880, 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 (Bantiss); Secretary, PJ O'Reilly; Assistant Secretary, Samuel Walton; Treasurer, Michael O'Reilly. Others who attended the meeting included Patrick Kenna, John Hawley, Con Condron, 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.

LORRHA

LORRHA CAMOGIE

U14: Well done to the U14 girls, who held out for a hard earned draw against Cahir on Sunday evening last in Motefield.

Lorrha's next outing is away to Moneygall on Sunday next at 6pm and we wish the girls the best of luck.

U12: The very young U12 squad are out in the first round of the championship this Wednesday evening, 23, when they play Kilruane MacDonaghs in Ardcroney at 7.30pm and we wish players and management the best of luck. Any girl interested in playing aged 9 and over, please contact Caroline O'Brien on 087 2345817.

NEW CATHAOIRLEACH

Well done to our parish man councillor 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 leas-chathaoirleach. Well done to both men and we wish them the best of luck in the year ahead.

CURES FROM THE PAST

Between 1937 and 1939, 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 Gallery. 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 heart-burn; chick-weed 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 warts in the water they would disappear. The cure for a stye on the eye was to point ten gooseberry thorns at the eye for three days. The cure for ring-worm was for the seventh son or daughter to rub their hand to the affected part for three days in succession. These medicines/cures are used for curing diseases but are not 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

Confirmation this year for Lorrha, Redwood and Rathcabbin will take place on Tuesday, August 24, at 7.30pm.

AGLISH GRAVEYARD

Subscriptions are now due for the ongoing upkeep of the graveyard.

Some subscriptions for last year are still outstanding. Subscriptions can be lodged into Aglish Graveyard Account at Borrisokane Credit Union or paid directly to Charley Tighe, 087 9984542 or Barbara Harding, 087 7905062.

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 7.30pm. The tour features tales of high kings and vikings, chieftains and heathens as well as myths about monks, monsters, murders, 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 Bullaun Stones. Cost is €7 per person. For booking, phone James, 087-2031798.

PUCKANE

SYMPATHY

The parish learned of the sad news of the passing of Mary (Babs) Kelly, Knigh, Puckane, last Wednesday, June 16. Sympathy to her sons, Tony, Martin, Michael, John and her daughters Alice Flaherty, Eileen (UK) and Sarah Devaney. Following funeral Mass in Saint Patrick's Church, Puckane, last Friday, her remains were taken to Ardcroney new cemetery for burial. May she rest in peace.

PUCKANE AND DISTRICT TENNIS CLUB

Puckane Tennis Club is to have a busy few weeks over the summer months. First on the list is an Introduction Evening with coaching provided by Kieran Galvin at 7pm on Sunday, June 27.

Players are invited to join the Open Team Event from July 19 to August 28. Details for entry are on the Club website, Facebook, clubhouse and in Kennedy's shop in Puckane. The club is grateful to Slattery's Garage, Tadgh O'Flynn Jewellers and The Whiskey Still for sponsoring this popular competition.

The closing date for entries is July 12. Meanwhile, the summer holidays have started and the Juvenile Committee will run a Juvenile Tennis Coaching week starting on July 19 and concluding on July 23 under the watchful eye of Annemarie Darcy.

RNLI

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 Drominagh Point close to the north-eastern end of the lake. When the crew got to the casualty vessel they found that the cruise hire company were already trying to re-float the cruiser.

SCRAP METAL COLLECTION

Kiladangan 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.

Ballycommon is the collecting point for any donations and many donations have been made to date. Large collections can be collected by club volunteers. For further information please contact Art Flannery (Club Chairman) on 086-3577571; Paul Fogarty, 087-3790889 or Seamus Quigley 086-2726262, or any other committee member.

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!

Kiladangan GAA Lotto is now live on Facebook every Monday night at 9pm. Tickets available at Kennedy's shop, Puckane, and Tony's Tipp Top Shop, Ballycommon.

Why not enter online at kiladangangaa.com/products and there are a number of options as to how long you sign up for. The jackpot currently stands at €15,900.

PORTUMNA

SUMMER READING CHALLENGE

The 2021 Summer Reading Challenge will commence in Portumna Library on Tuesday, June 29, for children of all age groups. They can register now but starter packs won't be available until that date. For more information and to register call to the library or phone the following number 0909741261.

TENNIS NEWS

The committee of Portumna Lawn Tennis Club would like to acknowledge and thank Martin Collins (RSS), Yvonne Hoary (TUS), Galway Rural Development and their participants for support in maintaining, improving and developing the club grounds and our clubhouse. The committee are very grateful to James Star, Micheal Hayes and JJ Lyons for all the work they have done at the club.

A huge thanks to Jonathon Lombard, whose hard work ensures that hygiene standards are met and exceeded. All the support is invaluable as it ensures the club is kept clean, tidy and safe at all times. Club night every Wednesday from 7.30pm until 9.30pm.

Follow the club on Facebook for all the updates.

ROSCREA

RECENT DEATH

The death occurred on June 18 of Margaret (Maggs) Hutchinson (née Tuohy), The Grange, Templemore Road, Roscrea. Predeceased by her husband Miley. Deeply regretted by her sons John, James, Miley, Patrick and Michael; daughters Christine, Mary, Margaret, Winifred, Gemma, Julie and Sandra; sons-in-law, daughters-in-law, brother James, sisters Christine and Winifred, brothers-in-law, sisters-in-law, nephews, nieces, grandchildren, great-grandchild, cousins, relatives, neighbours and friends. Funeral Mass took place at St Cronan's Church on Monday with burial afterwards in the new cemetery.

ROSCREA TRAIL BLAZERS

On Thursday night last the Blazers headed to Lough Derg, the Millennium Cross and Tountinna. The weather was perfect for great views across Lough Derg. This is a great place to go for moderate to easy walks. This Thursday, June 24, sees the blazers heading to a new walk in the Slieve Blooms led by local woman Teresa Watkins. Meeting at the church in Kinnity village at 6.45pm.

RUEPOINTMEDIA

Publication:	independent.ie/regionals/argus	**Media Cost (€):**	34
Date:	Friday, June 25, 2021	**Reach**	4,080
Page:	Link	**Size (Sq. Cm)**	327

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.

I n 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.

RUEPOINTMEDIA

Publication:	The Echo	Media Cost (€):	4608
Date:	Saturday, June 26, 2021	Reach	9,449
Page:	27	Size (Sq. Cm)	576

■ 49th Cork Sculling Ladder time trial at The Marina was a great event, with 146 scullers competing

Natalie and Colm champs!

WATERSPORT

■ Eoghan Dinan

IT was terrific to once again see the hustle and bustle of rowing activity at The Marina on Saturday last, the occasion being the Cork Sculling Ladder competition.

Having been postponed twice due to the Covid-19 pandemic, this was at last an opportunity for individual scullers to go up against each other in a competition that has traditionally kept Cork rowers warm across the autumn and winter months.

This was the 49th Cork Sculling Ladder time trial, sponsored by Argos Fire, across a 1800 metre course from the grotto in Blackrock Village to the old regatta finish mark, which is located between Lee Rowing Club and Shandon Boat Club.

And it threw up some competitive racing between former winners and advancing scullers who are newer to the sport.

Colm Hennessy of Shandon Boat Club emerged as the fastest across the course to take victory in the Cork Sculling Ladder time trial. And it was Colm's second time having done so, having won the time trial and the overall Cork Sculling Ladder in the 2013/2014 season. His time was 6:34.1.

Stephen O'Sullivan, also of Shandon Boat Club, was second in a time of 6:43.1, while former Cork Sculling Ladder and Dublin Sculling Ladder winner Albert Maher of Commercial RC was third in 6:45.3.

Natalie Long of Lee Valley Rowing Club also won the Cork Sculling Ladder time trial on Saturday in a time of 7:24.0, ahead of 2019-2020 winner Jessica Legresley of Shandon Boat Club in a time of 7:32.6, followed by Aine O'Mahony of Fermoy Rowing Club in third in a time of 7:48.4.

In total 146 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 octogenarian Seamus Quain, who has competed in the most Cork Sculling Ladders since its 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 — Ronan Byrne (UCC Rowing Club), winner of the 2014/15 and 2015/16 (Shandon Boat Club) and 2016/17 (UCC Rowing Club) Cork Sculling Ladder, and Margaret Cremen (UCC 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:

Men: 1. Colm Hennessy, Shandon BC, 6:34.1; 2. Stephen O'Sullivan, Shandon BC, 6:43.1; 3. Albert Maher, Commercial RC, 6:45.3; 4. Ciaran O'Sullivan, Lee RC, 6:48.3; 5. Ciaran Brady, Shandon BC, 6:51.2; 6. Donnacha Keeley, Clonmel BC, 6:51.3; 7 James Young, Cork BC, 6:52.5; 8. Rory Buckley, Shandon BC, 7:05.4; 9 Rob Diffley, Shandon BC, 7:05.4; 10 Sam Crean, Cork BC, 7:05.6; 11. John Casey, Kenmare BC, 7:06.8, 12. Gavin O'Flaherty, Shandon BC, 7:07.0.

Women: 1. Natalie Long, Lee Valley RC, 7:24.0; 2. Jessica Legresley, Shandon BC, 7:32.6; 3. Aine O'Mahony, Fermoy RC, 7:48.4; 4. Roisin Merz, Shandon BC, 7:50.4.

Winners :-

Men: Colm Hennessy, Shandon BC
Women: Natalie Long, Lee Valley RC

Section winners:-

MO: Colm Hennessy, Shandon BC, 6:34.1
MI: Stephen O'Sullivan, Shandon BC, 6;43.1
MCI: Ciaran Brady, Shandon BC, 6:51.2
MC2: Rob Diffley, Shandon BC, 7:05.4
MJ18: Ciaran O'Sullivan, Lee RC, 6:48.5
MJ17: David Ross – Chu, Shandon BC, 7:16.1
MJ16: James Young, Cork BC, 6:52.5
MJ15: Ronan Murray, Shandon BC, 7:31.3
MJ14: Fionn Mowlds, Shandon BC, 8:18.3
MJ13: Frank Maher, Commercial RC, 9:31.9
MMA: Jamie Byrne, Cork BC, 7:58.8
MMB: John Casey, Kenmare R & BC, 7:06.8
MMC: Albert Maher, Commercial RC, 6:45.3
MMD: Jim Breen, Galway RC, 7:28.8
MME: John O'Neill, Shandon BC, 7:37.1
MMF: Michael Caplice, Shandon BC, 9:20.9
MMG: James Conroy, AN Other BC, 13:08.5
MMH: Peter Crowley, Shandon BC, 9:34.3
MMI: Tony Corcoran, Lee Valley RC, 8:34.8
MMK: Seamus Quain, AN Other BC, 13:03.5
WO: Selma Bovarsne, UCC RC, 8:01.8
WI: Aine O'Mahony, Fermoy RC, 7:48.4
WC2: Danielle Sheehan, Lee RC, 8:21.0
WJ18: Shauna Kelleher, Fermoy RC, 8:14.8
WJ16: Kate Reidy, Lee RC, 7:52.5
WJ15: Louise Forrester, Shandon BC, 8:00.9
WJ14: Eimear O'Flaherty, Lee RC, 8:09.4
WJ13: Roisin O'Donovan, Lee Valley RC, 9:17.4
WMA: Natalie Long, Lee Valley RC, 7:24.0
WMB: Jessica Legresley, Shandon BC, 7:32.6
WMC: Susan Maher, Commercial RC, 8:43.3
WMD: Sally Cudmore, Lee RC, 8:19.1
WME: Liz Buckley, Lee RC, 10:24.9

Row in behind Ailish and her 100km in 30 days fundraising goal

Best of luck to 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.

Ailish is pictured here with her clubmates at the Ocean To City row.

■ To support Ailish on her fundraiser visit www.justgiving.com and search for 'Ailish Calnan 100km in 30 days'.



Ailish Calnan of Kilmacsimon Rowing Club, who is fundraising for Breast Cancer Ireland by rowing 100km in 30 days.



Some of the Kilmacsimon Rowing Club group who took part in 2021 Ocean to City Cork leg.





Competitors taking part in the 49th Cork Sculling Ladder Time Trial.



49th Cork Sculling Ladder Time Trial winners Natalie Long of Lee Valley RC and Colm Hennessy of Shandon BC, with event organiser Pat Hickey.

RUEPOINTMEDIA

Publication:	Echolive.ie	**Media Cost (€):**	45
Date:	Saturday, June 26, 2021	**Reach**	10,880
Page:	Link	**Size (Sq. Cm)**	138

Ailish rowing 100km in 30 days for Breast Cancer Ireland

Clubmates row in behind fundraiser by Kilmacsimon Rowing Club member

Best of luck to 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.

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Caption:

Ailish Calnan of Kilmacsimon Rowing Club, who is fundraising for Breast Cancer Ireland by rowing 100km in 30 days..

RUEPOINTMEDIA

Publication:	businesspost.ie	**Media Cost (€):**	279
Date:	Saturday, June 26, 2021	**Reach**	9,180
Page:	Link	**Size (Sq. Cm)**	993

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 ceremonyJackie Glynn, Ireland Chapter of PMI president and Féilim Harvey, partner in PwC, heading up their Portfolio and Programme Management Practice in IrelandFéilim 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 RTÉ 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

Surgeons) – Pan African Paediatric Surgery E-Learning Platform – 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

RUEPOINTMEDIA

Publication:	Business Post	**Media Cost (€):**	12470
Date:	Sunday, June 27, 2021	**Reach**	26,652
Page:	30	**Size (Sq. Cm)**	1000



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.

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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 an overhaul 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 paediatric surgeons across Africa.

Agenda Communications 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 at PwC, heading up their portfolio and programme management practice in Ireland, and awards sponsor, said: "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 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. While 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."

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, she commented on the impact of the pandemic on the project management profession: "The disruption of 2020 provided a window into the future of business as it unfolded 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. The scope and speed of change was accelerated, with digital adaptation being moved forward 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."

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
- Project Management for Social Good (in association with Breast Cancer Ireland): RSCI (Royal College of Surgeons) Pan African Paediatric Surgery E-Learning Platform
- 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 Expleo



Jackie Glynn, Ireland Chapter of PMI president and Féilim Harvey, partner in PwC, heading up their Portfolio and Programme Management Practice in Ireland

Naoise Culhane

Ireland Chapter of Project Management Institute

pwc



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



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



Pictured at the Ireland Chapter of Project Management Institute's (PMI) National Project Awards in association with PwC: Jackie Glynn, PMI Ireland Chapter president, Dave Bolger, Special Covid-19 Response Award winner, and Féilim Harvey, partner at PwC

Naoise Culhane

RUEPOINTMEDIA

Publication:	RTE 2FM	**Media Cost (€):**	329
Date:	Sunday, June 27, 2021	**Reach**	375,500
Page:	Link	**Size (Sq. Cm)**	10

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

RUEPOINTMEDIA

Publication:	Irish Daily Star	**Media Cost (€):**	9617.04
Date:	Monday, June 28, 2021	**Reach**	44,234
Page:	18	**Size (Sq. Cm)**	342



'Cancer felt like a ticking time bomb'

BRAVE MUM'S FUNDS APPEAL

■ John KIERANS

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 Cloney 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 22,000 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.

"These gene mutations 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 24 to reduce the risk of breast cancer was the right one.



COURAGE: Tara Cloney; (inset) with mum Caroline and daughter Emma

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 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.

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.100kin30days.ie.

RUEPOINTMEDIA

Publication:	irishconstruction.com	**Media Cost (€):**	13
Date:	Monday, June 28, 2021	**Reach**	500
Page:	Link	**Size (Sq. Cm)**	948

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

Project Management for Social Good (in association with Breast Cancer Ireland): RSCI (Royal College of Surgeons) – Pan African Paediatric Surgery E-Learning Platform

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

RUEPOINTMEDIA

Publication:	The Opinion	**Media Cost (€):**	978
Date:	Thursday, July 1, 2021	**Reach**	4,000
Page:	48	**Size (Sq. Cm)**	10



Declan Fahy pictured in his magnificent new Beer Garden in Clonakilty.
PHOTO PADDY FEEN

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.

RUEPOINTMEDIA

Publication:	The Argus	**Media Cost (€):**	11104.61
Date:	Tuesday, June 29, 2021	**Reach**	9,307
Page:	30,31	**Size (Sq. Cm)**	1727

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 34 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.



Frances McGuinness, Gemma Byrne and Deirdre Murray-Corcoran holding a cheque for €600 in aid of The Children's Health Foundation following a bake sale held at Blackrock Nursing Home. Pictures: Aidan Dullaghan/Newspics



Residents and members of staff at Blackrock Abbey Nursing Home who are taking part in the 100km in 30 days charity event in Blackrock.







RUEPOINTMEDIA

Publication:	The Argus	Media Cost (€):	5330.47
Date:	Tuesday, June 29, 2021	Reach	9,307
Page:	18	Size (Sq. Cm)	829

Walking The Cadger's Pass

By MARGARET RODDY

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 Omeath 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, Omeath , making their way along route known as the Cadger's Pass, meeting at the Cloch Ard na gCartaí.

According to Seamus Murphy, one of the walk organisers, the word 'cadger' goes back to the 1400s and means pretty much the same as hawker, pedlar or huckster, or the South Armagh term pahvee, or mangaire in Irish.

The path across the mountain was taken by young 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 McArdle Brown Bullers who had taken a route from the west, met at Cloch Ard na gCartaí, 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 Anaverna 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.



xxxxxxxxxxxxxxxxxxx



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 McBennett and Margaret McDermott at the start of the Cadger's walk from Ravensdale. Picture Ken Finegan/www.newspics.ie



Mary McDonald checks the fastenings of Susan McArdle's 'herring' at the start of the Cadger's walk from Ravensdale

RUEPOINTMEDIA

Publication:	Drogheda Independent	Media Cost (€):	1948.29
Date:	Tuesday, June 29, 2021	Reach	6,852
Page:	5	Size (Sq. Cm)	303



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 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 hope to raise over 1.2million 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 1.2million 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 85% 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 the decision to 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.100kin30days.ie.



Tara Cloney with her mother, Caroline McBride.

RUEPOINTMEDIA

Publication:	Mid-Louth Independent	**Media Cost (€):**	622.12
Date:	Tuesday, June 29, 2021	**Reach**	12,000
Page:	5	**Size (Sq. Cm)**	302



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Tara Cloney with her mother, Caroline McBride.

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You can donate at www.100kin30days.ie.

RUEPOINTMEDIA

Publication:	Dundalk Democrat	**Media Cost (€):**	1289.92
Date:	Tuesday, June 29, 2021	**Reach**	5,539
Page:	13	**Size (Sq. Cm)**	278



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 childrens 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 100k 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 100k 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 30Day Walkathon to raise money for Breast Cancer Ireland PICTURE: ARTHUR KINAHAN

RUEPOINTMEDIA

Publication:	The Echo	**Media Cost (€):**	3288
Date:	Wednesday, June 30, 2021	**Reach**	9,449
Page:	2	**Size (Sq. Cm)**	411



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 journey; more 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 cousin bravely come through after experiencing 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 mum 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."

Apart from her family, friends, and her Ballymaloe family, who stood by her thick and thin, so too did someone else.

"The wonderful Michael and I have actually been friends since when I did the Ballymaloe Cookery course in 1989."

Something was stirring.

"A friendship turned into romance that surprised us both, but that I am eternally grateful for."

They married this week in a magical lockdown humanist ceremony in the Drawing room of Ballymaloe House. In accordance with Level 5 restrictions, only their witnesses and Helen's children were by their sides.

"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.

"Kiwi 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.

"Rachel made our praline wedding cake. 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."

Helen, who just two years ago had to hear the news that nobody wants to hear, wants to spread the good news.

"It is so lovely to have good news to share! Michael and I believe it is important for me and others to share our hopeful 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.

"Routine mammograms didn't show up anything. When I found a tiny lump, because of my sister's history, I had an ultra-sound 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 Seamus O'Reilly, consisted of eight sessions of chemotherapy fortnightly and my prognosis was excellent, largely because I acted so quickly. So I was one of the lucky ones."

She was lucky in life and lucky in love.

"Throughout my chemotherapy I was able to continue working at Ballymaloe House in my part-time role as marketing support," says Helen.

She kept going, even though the going got tough.

"I was wiped out during a treatment week," says Helen.

"But I was generally well enough during week two to go into the office. With a plan in place and my Ballymaloe family being part of it, things were made so much easier for me."

Helen was cocooned with tender loving care.

"I am incredibly grateful for the love, support and strength that my family and my Ballymaloe family gave me throughout the scary journey I went through."

She came full circle.

"Getting married at Ballymaloe House was a dream come true."

Helen had more than a little help from her friends, who befriend all those who receive a cancer diagnosis.

"The Daffodil centre at CUH and ARC were with me every step of the way," says Helen.

"They provided an invaluable source of information, guidance and comfort. The Daffodil Centre introduced me to 'Look Good, Feel Good' when I was losing my hair, eye-brows and eyelashes. I attended one of their make-up lessons 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 *WoW!* feature all about her Wig & Tash Bash at the Blackbird in Ballycotton, in October, 2019, half way through her treatment — which raised funds for Breast Cancer Ireland.

Helen did go to the ball, resplendent in a fun curly pink wig.

"This was something I wanted to do long before my own diagnosis," she says.

"In memory of my beautiful friend and BCI ambassador, 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 and my 'big girl' pants, just as Emma would have advocated! And I got on with life as normal."

With her man by her side and her supporters on-side, Helen won the battle against breast cancer in late November, 2019. But the journey wasn't over.

"The next stage of my journey was a double mastectomy to reduce the risk of cancer reoccurring," says Helen.

"Professor Mark Corrigan, who had been so supportive throughout my treatment, informed me that the operation was booked for after Christmas, on Thursday, January 9.

"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 touch therapies provided by the staff and the volunteers of ARC House helped Helen continue her journey and get over the bumps on the road.

Having undergone surgery in early January, she was adamant she'd go to the ball again.

"I'd been involved with organising the annual Ballycotton RNLI Fundraising Gala dinner at Ballymaloe House for the past seven years. I was adamant that I and my new double Ds would be at the Gala Dinner on January 31 st." The dream team raised €20,000 for Ballycotton RNLI.

Then the pandemic struck.

"I was advised to take extra precautions."

"I was separated from my Ballymaloe 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 off 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 flowers on our doorstep. 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.

Mrs and Mr 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.

Wow!



Helen Cuddigan with her children Louis and Matilda, who live in Ballycotton.