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TOP MARKS FOR CLONMEL N LITTER SURVEY

The latest survey by business group Irish Business Against Litter (IBAL) shows Clonmel is again Cleaner than European Norms, finishing in eighth position in the ranking of 40 towns and cities.

The An Taisce report stated: "Clonmel has met the high expectations we have come to expect of it, with eight out of ten sites surveyed getting the top litter grade.

"Some of the particularly good ones included Clonmel Train Station (interior and exterior); N24 Approach Road and O'Connell Street – the latter was impressively clean throughout. Anglesea Street was also a Grade A site.

"The Recycle Facility at the main car park had items stuffed between the bins and there were heavy levels of a wide variety of litter at Gaelcholaiste Cheitinn/CTI Senior College of Further Education".

An Taisce surveyed 25 towns and 15 city areas on behalf of IBAL.

towns were deemed clean, a slight improvement on the previous year, with 40% judged to be cleaner than the European average.

In contrast, city areas occupied six of the bottom seven places in the rankings.

Ennis was declared the country's cleanest town while Waterford was again the country's cleanest city.

In general the survey found an increase in litter levels along roads connecting towns, with the majority "moderately littered". The Clonmel-Kilkenny road was free of litter.

According to the survey, 2017 saw falls in the prevalence of fast food wrappers, plastic bottles and dog fouling.

Chewing gum, cigarette butts and cans continue to be major sources of litter.



Pictured at An Garda Siochana Band Concert in Hotel Minella, Clonmel during December were from left: Seamus Hayes, Sheena Fennessy, Sergeant Kieran O'Regan, and Lorraine Lowry, Principal Scoil Chormaic, Cashel.



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Catherine shares story of caring for a loved one with dementia

The mother of a Tipperary model emotionally shared her real life story of caring for a loved one with dementia at The Alzheimer Society of Ireland's (ASI) AlzTalks event.

Tipperary dementia advocate Catherine Kennedy, who is the mother of Miss Tipperary and Miss Ireland 2016 Niamh Kennedy, talked about when her husband Liam received his diagnosis of Younger Onset Familial Alzheimer's in 2002 at the age of 42.

The ASI launched a number of touching real life stories of people with dementia and carers that were recently recorded at the celebratory AlzTalks event at the Cork Arts Theatre during World Alzheimer Month 2017.

The eclectic event looked to shatter the stigma and misconceptions that often sur-

round dementia as people with dementia and carers spoke about their own personal experiences to a live audience.

Catherine recalled the struggles they faced because of Liam's young age. "When you get a diagnosis like dementia, age shouldn't come into it when you are looking to get supports. Because Liam was so young and was diagnosed with Younger Onset Alzheimer's, there were literally no supports for him - no respite, no free GP, no nothing," she said.

FULL-TIME NURSING CARE

A year after Liam's diagnosis, he was admitted into full-time nursing care and the family had to adjust to their new reality. "I remember in the early days of visiting Liam I would take him for a walk every morning and then collect the children from primary school. They would go in and do their homework with Liam and sit

and play with him in his room," she continued.

The ASI supported Catherine during this time - especially the help she received from the National Alzheimer Helpline 1800 341 341 that put her in touch with her local support groups. Sadly, Liam passed away in 2011. Niamh has since become an official ambassador for the ASI in her Dad's memory.

Catherine has very vivid memories of Liam talking about Niamh. "Our daughter Niamh was to receive her First Holy Communion in May, so we bought the dress and she modelled it for her daddy in the nursing home. I vividly remember one thing Liam said to me in care home just after Niamh had modelled her dress for him. Liam turned to me and said: 'Do you know what? She will be a model someday.' Little did we know that Niamh would go on to be crowned Miss Ireland in 2016," Catherine

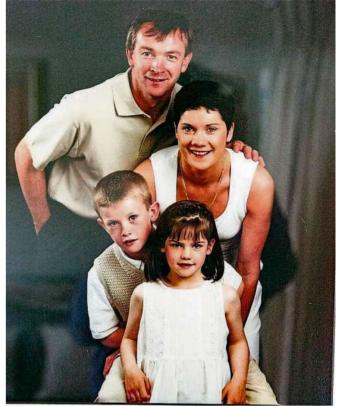
Niamh spoke to South Tipp Today recently about losing her father Liam, who was a school teacher at Nenagh CBS, when she was 15 years old.

FONDEST MEMORIES

Niamh, who has since suffered from depression as a result of only comprehending the "severity" of what Liam went through after being diagnosed at 42 years old, re-called their fondest fondest memories together.

"I was really close to my dad and it was very hard growing up without him as a teenager, particularly for my older brother Colm not having his dad around.

"We had fantastic times together. My dad was a great sailor and would bring us out sailing to Lough Derg every weekend. He was a brilliant carpenter too and would always make us little presents," affectionately membered.



The Kennedy family - Catherine, Colm, Niamh and Liam.



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Caroline Tipperary's Kirwan and John Tobin with Macra president James Healy at Macra/Bord Bia National Beef and Sheep Stockjudging finals.



It was a historic night for CJ Kickhams Mullinahone Gaa Club at the South Board Convention recently as Eddie McCarthy became South Board secretary, the first person from the club to hold the position, L-r: Martin Cody (club vice chairperson), Johnny Kennedy (club chairperson), Eddie McCarthy (South Board secretary), Victor Direen (club secretary), Dick Egan (club assistant secretary),

Next issue of South Tipp Today will be 25th January

Clonmel fundraiser for Vietnam charity mission

fundraising quiz will take place in Liam Daly's, O'Connell St., Clonmel, on

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support would be greatly appreciated.

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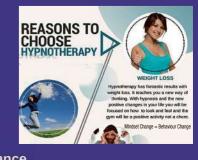
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4 SOUTH TIPP TODAY www.southtipptoday.ie Thursday, January 11, 201

NEWS

MICHAEL COADY LAUNCHES HIS SEVENTH BOOK OF PROSE AND POETRY 'GIVEN LIGHT'

The function room of the Carraig Hotel in Carrick-on-Suir was packed for the launch of Carrick-on-Suir writer Michael's Coady's seventh book of prose and poetry 'Given Light' recently.

People queued to get copies of Given Light signed by the award winning writer before and after the launch ceremony.

Master of ceremonies Walter Dunphy spoke of how fortunate the people of Car-

Michael Coady signing copies of 'Given Light' at the launch in The

rick-on-Suir were to have Michael, who has enriched the lives of so many over the years. He said Michael was "central to the social fabric of the town with intimate knowledge of its rich past". And he spoke of Michael's links to Newfoundland and the deserved literary awards he has received.

Gallery Press founder and editor Peter Fallon praised Michael Coady's latest work and recalled the thrill of discovering the Carrick-on-Suir writer's distinctive voice over 37 years ago. This voice was carried through with great strength in every single book.

"Philip Larkin, the poet, had chronicled England and Michael Coady has chronicled Ireland for four decades," he said.

Mullinahone born lecturer and researcher Catriona Clutterbuck of UCD's School of English and Drama officially launched Given Light and gave a wonderful talk on Michael's work. She was very proud to be part of the "birth" of Given Light where Michael's vivid memories and perception of time and people are moulded into a raw compassionate and vibrant thread of living, earthy yet ethereal, and so mysteriously tangible.

Michael Coady, who is a former columnist of The Nationalist and is a member of Aosdána, spoke poignantly of his former teacher and great friend, the late Liam Hogan, in whose memory he has dedicated Given Light.

He said Liam had a character of "enormous integrity, liberal principles and a very strong sense of democracy"

strong sense of democracy".

Michael then read from Given Light, which features some of his own photographs, and concluded with music from the Chris Palmer Jazz Band, who played in Carrick-on-Suir in 1955.

The book is now on sale in local book shops.



Martina Coady, Tony Curtis and Lucy Coady at the launch.

Jobs expert to deliver free workshop in Carrick

Des McCabe, international career development specialist and author of the best-selling book 'Work it Out!' will deliver a FREE half day workshop in the Carraig Hotel on Tuesday, 16th January 2018 from 10am to 1pm.

If you are unemployed, under-employed, self-employed, part-time, freelance, retired, looking to return to work, change career or a fresh start - then this is for you!

Work it Out! can help you to find the work you want, create income and build your future. It's a new approach to jobs, career and personal success.

Over 12,000 people have already benefitted from this amazing event – so don't miss out!

The enjoyable half day workshop is open to everyone irrespective of their current situation, background or age. And remember, you're very welcome to bring a family member or a friend. Tea and coffee is available from 9:30am.

There are limited tickets remaining so booking is essential. Call/text Jimmy Ryan now on 087 095 6222 or email jimmyryanwio@gmail.com you can also book online at workitout.info



At a recent retirements and 40 year service celebration at Corman Miloko were, back I-r: Gerry Walsh, Robbie Dunne, John Hickey, Richie Lyons, John Walsh, Albert Lonergan, Terry Carey, Aidan Bowe.

Middle: Kevin O'Brien, Lorraine O'Gorman, Colin Regan, Sean Lonergan, John Fogarty, Michael Halpin, Austin O'Meara.

Front: Michael Ryan, Des Ryan (retiree) Richard Friend (40 years service), Neil O'Dwyer, Liam Morrissey (retiree), Tommy O'Shea, Michael Quirke. Missing from, the photo is Maurice Walsh (retiree).

Clonmel to Carrick Greenway to open later this year

The official opening of the Greenway from Clonmel to Carrick-on-Suir is set to take place in the middle of this year.

Tipperary County Council members were informed that the Greenway was "effectively completed" by Director of Services Marcus O'Connor at a meeting on Monday..

He informed members that the contractor had withdrawn from the site and there

was a conciliation process taking place that he was not able to publicly comment on.

Mr. O'Connor said the council was now working on a signage strategy for the greenway which had to be put in place before the facility was officially opened

.He expected the official opening of the greenway to take place in the middle of the year

He said the greenway was in use and was proving to be a very popular facility. Thursday, January 11, 2018 www.southtipptoday.ie





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SAFEFOOD COMMUNITY FOOD INITIATIVE 2016 -2018 PROMOTING HEALTHIER FOOD CHOICES TO FAMILIES IN SOUTH TIPPERARY



Budgeting and meal planning skills, accessing healthy and safe food and reducing food wastage – these are key principles of the SafeFood Community Food Initiative. (CFI)

South Tipperary Development Company is responsible for the delivery of the SafeFood CFI programme in South Tipperary 2016-2018. In 2016 the programme focussed on the families of pre-school children while in 2017 the programme was aimed at families of primary school children.

The main aim of the Programme is to raise awareness of healthy food; develop skills in preparing healthy, low cost meals, prevent food wastage and promote food safety and food hygiene. Since 2016 the programme has been delivered in a number of communities across South Tipperary. Participants across the county have engaged in a short cookery programme which has culminated in several Showcase Events where participants come together and network with relevant organisations and with each other to demonstrate their cooking skills and share the learning of the programme with one another. The programme has been very successful in 2017 and has been actively supported by the Steering Group members and participating organisations and community groups.

South Tipperary Development Company looks forward to delivering the SafeFood CFI programme in 2018. The focus of the programme in 2018 is on young people and teenagers- raising their awareness of food waste and developing healthy cooking skills. If your school, community group or youth group would like to be involved in the programme please contact South Tipperary Development Company on 052-7442652 for more details.





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ARTS AND CULTURE

Want South Tipp Today to cover an event? Contact dylan.white@iconicnews.ie or 052-6172535

Milestone issue for Boherlahan-Dualla Historical Journal Society

A milestone was reached by the Boherlahan-Dualla Historical Journal Society with the launch of it's 20th issue recently.

It contains 21 articles with plenty of photographs and accompanying maps and sketches.

To a full house, Maura O'Brien, a native of the parish, had the honour of addressing the crowd and launching the journal. She is steeped in the history and folklore of both sides of the parish and is most generous with her store of knowledge.

A great community person over the years, she is still very active in parish affairs, especially in church related matters. She is no stranger to the readers of the journal where she has made her own unique contribution with her record of the religious who worked on the home and foreign missions. She passionately believes in acknowledging the selfless work of so many people in bringing a ray of hope to the downtrodden, underprivileged and powerless people across all five continents of the world, a contribution that can easily be forgotten and overlooked in the secular and affluent world of the 21st cen-

Being the 20th issue, there is a review of the Journal Society, dealing with its origins, outlook and development. Besides a continuation of a series of articles in the journal, the 2017 issue brings its own surprises. In the modern world of rapid travel, what must it have been like for a family to spend 135 days cooped up in a sailing ship on its way to New Zealand? That story is told in 'In search of a better way of life'. The descendants of that family have renewed contact with their

long lost cousins back in Boherlahan-Dualla.

A stimulating article on the post box, which enriches the villages and crossroads of rural Ireland, is a reminder that it is not just a functional piece of furniture but a part of the cultural landscape, reflecting our history and national image.

No historical journal based on a rural parish can escape the interaction between the land and its people. Part two of 'The Murder at Ardmayle' records a violent time in the history of land occupation, which resulted in murder, trials, execution and a narrow escape from the hangman's rope.

The series on the Smith-Barry Cashel Estate resumes with the trial of Thomas Walsh, proprietor of the Cashel Sentinel, for his publication of a report on a land meeting that may or may not have taken place.

A much more tranquil article concerns the management of the Synone Estate, with special reference to local families that spent a lifetime of service working there. In particular, it captures the extraordinary bond between the horseman and his equine friend, best seen on the ploughing field.

Valuable information on occupiers and landowners relating to the development of the Cashel branch line through the parish has been unearthed in documents recorded at the turn of the 20th century. The trend towards tenant proprietorship can be gauged.

In an article on Kilballyherberry, the traces of ancient settlement are documented, together with an examination of the socioeconomic state of the townland on the eve of the Great Famine. A similar type article on the Furry Hill focuses on the post-famine years, concentrating on the struggle for survival, the relationship between landlord and tenant and the changing demographics.

In the Camus article, the foundations have been laid for further development. Here, the focus is on the involvement of the Catholic and Protestant Archbishops in the townland with reference to the 'notorious' Miler McGrath.

Two articles lie within the 'Centenary decade of commemorations'. One deals with the quiet revolution which took place in the political outlook of the people of the parish in the aftermath of the 1916 Rising and their positive response to the humanitarian efforts to alleviate the misery of those affected by the fallout from the events of Easter Week, while the second article concentrates on the work of an upper-class lady's involvement in the Home Front during the Great

One article specifically deals with genealogy. The final part of the 'Mannin Records' is reproduced, which contains the births, marriages and deaths in Ardmayle and Ballysheehan in the late 1730s. Other articles in the journal can also be helpful to the genealogist in search of ancestry.

Memory plays an important part in the story of any parish. A number of articles stem from personal memory or on the recollections of others. The simplicity of growing up in the 1940s and '50s is recounted in 'Childhood memories of Ardmayle'. Recreational pursuits, neighbourliness, earning a few shillings, managing without electricity and an awareness of the riches of

the countryside are found in this article. Fond memories of a local farm labourer, thatcher, clock-mender and musician are woven together in 'Dick Cantwell: An interesting and varied life'. It was this man's ability to teach music and inspire a love of same that will be his lasting legacy.

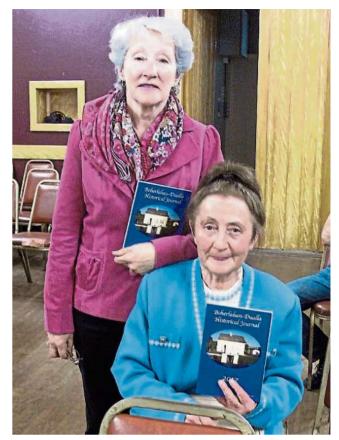
The old N8, forming 'The Great Divide' between the two halves of the parish, provided a parish exile with a starting point to recount his memories of the families residing along it and its environs

Making a living to provide for one's family was no easy task in the early years of the 20th century. Such a story is recalled in 'What's in a name?' through the medium of verse. What was it like to work in the fire brigade before motorisation, the development of suitable equipment and high tech training?

Being a faith people, three articles cover matters of religion. One reminds the reader of a place of worship in medieval times. All that remains are the icy-clad walls of a ruined church on the crest of a hill, surrounded by a graveyard sacred to the dead of distant years and also in later times.

The journal was dedicated to Fr. Joe Egan PP in recognition of his goodwill, support and patronage of the history, heritage and culture of the parish.

The formalities of the night, overseen by chairperson of the society Tom Ryan began and ended with some of the children from Little Flower National School, Ballytarsna, playing a jig and a reel under the guidance of their principal Siobhán McGrath, which were based on the handwritten music sheets of Dick Cantwell mentioned above.



Kathleen Greenslade with Maura O'Brien.



Catherine Maher and Teresa McGrath.



Michael Ryan, Willie Joe Dwyer and Liam Ó Duibhir.



Louise Gleeson, Joan O'Dwyer and Siobhán McGrath.

Thursday, January 11, 2018 www.southtipptoday.ie SOUTH TIPP TODAY

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MONDAY - Pallasgreen

Pallasgreen Community Hall, (Beside GAA Pitch), Pallasgreen, 5:30pm and 7:30pm Christine 087 9122247

Monday - Clonmel

Bridge Centre, Cashel Road 9.30am & 11.30am 5.30pm & 7.30pm

Tuesday - Clonmel

Bridge Centre. **Cashel Road** 9.30am

Denise 089 4403375

Tuesday - Tipperary Town The Excel 9.30am, 11.30am, 3.30pm

5.30pm & 7.30pm Siobhan 086 1637240

Wednesday Afternoon - Clonmel **Bridge Centre, Cashel Road**

5.30pm & 7.30pm Claudia 087 2459908

Wednesday Afternoon -**Carrick on Suir**

The Carraig Hotel, **Main Street**

3.30pm, 5.30pm & 7.30pm

Thursday - Cashel **Larkspur Tennis Club** 9.30am, 11.30am,

5.30pm & 7.30pm Wendy 086 0683386

Thursday - Cahir

Cahir House Hotel, Cahir 5.30pm & 7.30pm Norma 086 8892339

Thursday - Carrick on Suir The Carraig Hotel, Main Street

9.30am Alice 087 2905420

Saturday - Clonmel Clonmel Óg 9am & 11 am

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CAHIR NEWS

RTE's OT Walk in Cahir on Saturday

NATIONAL OPERATION TRANSFORMATION WALK **THIS SATURDAY**

The Cahir Meet and Train Group would like to remind all that although the Operation Transformation started on the 9th January with a new couch to 5km program. The first official RTE Operation Transformation 5km Walk takes place on Saturday the 13th January at 11am from Duneske and all are welcome.

Everyone is invited to walk or run the route and when it concludes on Saturday the 24th February you can gauge your improvement. There is no charge for the walk and everyone is asked to be ready for warm up at 10.45am.

There is also an open day in Duneske Leisure so please allow time for parking.

We meet Tuesday and Thursdays at 7.20pm for warm up and high vis must be worn. All are welcome and as normal there is no charge.

1977 CLASS REUNION

The much anticipated leaving Cert Class of 1977 reunion took place in the comfortable surrounds of the Galtee Inn last weekend. On the cold and blustery night after a Mass in St. Mary's for deceased classmates the ladies were very ready for the delicious hot refreshments that were served up to them once they had settled in.

The names of those lovely ladies who attended are Lina Ryan, Marguerite Kennedy, Maureen Marnane, Therese O'Riordan, Siobhan Hally, Margaret Keith, Catriona Keating, Helen O'Donnell, Anne Doolin, Deirdre Phelan, Colette Butler, Bernie English, Olive Carroll, Brid Allen, Sheila Kingston, Mairead Blackburn, Anne Walsh, Mary Condon, Frances Mulcahy, Alicia Lonergan, Claire Looby, Rhoda Walsh, Eleanor Conway, Merchy Caplice, Mairead Walsh, Mary O'Donnell, Philomena Ryan and Mary Barry who travelled from Sligo and so unfortunately did not make it in time for the group photo.

CAHIR LADIES FOOTBALL CLUB

Cahir Ladies Football Club was given a Mayoral Reception in the Town Hall, Parnell Street, Clonmel on last Friday evening in recognition of winning the County Senior Championship Joe McGrath Cup. Presiding on the night was Mayor of the Clonmel / Cahir Borough District Cllr Catherine Carey. The mayor welcomed the ladies football



Ringing in the New Year 2018 at Patrons Night in Cahir House Hotel last Sunday night were (from left) Alan Fitzgerald, Michelle Marnane, Aisling Tobin and Pat Moran.

team and the Chairperson of Cahir Ladies Football Club, Liam Shinnick, Manager John Murphy and team Captain Aoife Casey. Excellent speeches were given by Mayor Carey, Cllr Andy Moloney, Cllr Michael Anglim, Liam Shinnick, John Murphy and Aoife Casev.

Mayor Catherine Carey then presented certificates to the team to mark their achievements. She then presented Liam Shinnick with a certificate in relation to the success of Cahir Ladies Football team. It was a proud night for Cahir Ladies Football Club.

CAHIR DAY CARE CENTRE

We had a very successful launch on the 26th November last for Mossie Casey's upcoming fundraising cycle from Vietnam to Cambodia. Mossie is undertaking this challenge from the 10th to the 18th February 2018 and all funds raised will go directly to the Cahir Day Care Centre. Don't forget Sponsorship cards are available at the Day

Our Christmas party was held on the 5th December last and we had great day with mass celebrated by Fr Tom followed Christmas Dinner, a raffle with great prizes, bingo and music & dancing for the after-

The Meet and Train Group did a Santa fun run on the 9th December in aid of the Day Care Centre and considering it was a very frosty morning there was a wonderful turn

CAHIR SOCIAL & HISTORICAL

The Society's first lecture of 2018 will be given by Professor John Ryan in Cahir House Hotel on tomorrow, Thursday the 11th January. Titled "Soil and Society: Per-

spectives on History, Culture, Health, Environment, and Sustaining Civilization" the lecture will start at 8pm. Admission is €3 for Members and €5 for Guests. All welcome to attend.

MEN ON THE MOVE

This 10 week programme for adult men aged 35 and over started on Monday but continues every Monday and Thursday so it is not too late to sign up for it. So if you want to exercise, be fitter, and have more energy, then sign up at Cahir Park AFC. Achieve your goals with twice weekly, 1 hour physical activity sessions with walking, soccer, normal walks and lots more. Trained instructors are on hand to advise, monitor and give feedback so you can track your progress.

This is a FREE course that also includes talks in nutrition and mental health etc., All you need is a tracksuit/ jogging bottoms, a teeshirt/sweatshirt,

trainers/runners and a light weight waterproof top and bottoms in case of rain. Bring a bottle of water too.

For more details call Tipperary Sports Partnership on 052 6187080 or see info@tipperarysports.ie Spread the

SLIMMING WORLD GROUP

A new Group has started up in Cahir House Hotel on Wednesdays. The start time is 7.30pm. This is a Slimming World Group being run by David Hanlon Kelly. So if you want to lose those excess pounds then you can call David on 086 0411314.

CAHIR COUNTRY MARKET

The Market will be back after their Christmas break on next Friday the 19th January, 2018. As usual we will have a selection of fresh vegetables, tasty confectioneries, jams & marmalades, as well as fresh eggs, potted plants and fresh cut flowers available on the morning. Times are 9am to 11.30am and venue is Cahir Community Hall beside Cahir Post Office.

CAHIR PANTOMIME SOCIETY

It is not long now until this vear's Cahir Pantomime Production of Robinson Crusoe will take place. Dates are from the 15th to the 18th February, 2018 and on a Thursday, Friday, Saturday and Sunday nights with Matinees on the Saturday and Sunday too.

CAHIR COMMUNITY LOTTO

There was no winner of the Draw that took place on Wednesday 3rd January, 2018. The Draw was witnessed by Kitty Saunders. The numbers drawn were 1, 9, 20 and 31. The lucky 4 lucky dip winners each winning €25 were Mary Quinn, C/o Cahir, O'Malley, Douglas Rd, Cork, May O'Meara, C/o Cahir Day Care Centre and M. J. M. C/o Kennedy's Butchers, Cahir.

ACTIVE RETIREMENT NEWS

We had our monthly meeting on last Wednesday the 3rd January in the Parish Rooms. We will start 2018 with the Regional Quiz in Cahir House Hotel on February 5th at 1.30 pm. Tables of four are €20. We would like to have as many members as possible present on the day. February the 14th is the date for Finbar Wright at the Cork Opera House. The cost is €33.50 pp and the concert starts8pm.

Our Annual Spring Lunch is on February the 27th in Cahir House Hotel at 2pm. Mass for members and deceased members will take place in the hotel beforehand. The Spring Break to Wexford for three days is on April 16th. The cost is €159 pps for three nights B&B. three Dinners and entertainment as well. We have a limited number of rooms with no single supplement. For further information on all of the above please see committee members. New members always welcome

CAHIR PARK AFC

TSDL Youth League 1st Division - Cahir Park 3, Clonmel Celtic 1

For Cahir Park scorers were Rhys O'Regan and Dylan Fitzgerald. For Clonmel Celtic scorer was Ago Williams.

Fixture Postponed -The Junior A Team fixture away to Old Bridge postponed last Sunday.

U16 Boys League Result-Bansha Celtic 2-3 Cahir Park AFC.It was another fine performance from the lads last Sunday in tough conditions at "the patch". Bansha adapted to the testing conditions better at the start but Cahir also adapted and were able to control the attacking threat. With the last kick of the half from outside the box, Bansha scored. Within 90 seconds of the start Jack equalised with a smart finish. 20 minutes later, he scored again and Cahir were adapting to the worsening conditions under-

A smart finish by Darragh 5 minutes before full time gave us a 2 goal cushion which we needed as Jack got sent off for a second bookable offence. Before we could reset, Bansha pulled one back but we were able to see out the game for the win. The commitment from every player was there for all to see in such testing conditions on the day. That character will be needed for the rest of the season. Well done everyone. Training is on this Wednesday as usual.

U12 girls - Our U12 girls took to the pitch against Killenaule in last week's league fixture. The first half was tight with great defending on both sides. The Killenaule girls got the edge in the second half with an early goal which settled them. Cahir missed a few chances but Killenaule made the most of the breaks with the final result 4o to Killenaule.

Academy- the Academy will resume on this Saturday the 13th January 2018 at 9am, at 10am-Under 11C;

Footballforall-Cahir Footballforall Training resumes on Saturday 20th January at 3pm. All welcome.

CAHIR GAA NOTES WWW.CAHIRGAA.COM

Sympathies - Our club would like to offer our condolences to the Guthrie family and extended family on the death of Bridget Guthrie (nee O'Donnell) RIP, who passed away over the Christmas period, thoughts are with all the family, may she rest in peace.

Unfortunately we have to bring you more sad news, the has occurred of Gearóid O'Donnell (Loughloher) RIP, son of Mary and Tom. Our club want to offer our condolences to the O'Donnell and extended family, our thoughts are with all the family at this sad time. May he rest in peace.

2018- A New Year with new beginnings for our club and we want to wish everybody a happy new year and let's hope it is a successful 2018 for us

Presentation Night - on last Friday the 5th last we had our medal presentation night for our U21 South football and hurling champions in Cahir House Hotel. A great evening was had with all the players in attendance. The football manager Tony McKenna presented the footballers with their medals and Pat Cashman hurling manager presented the hurling team with their medals. Also on the night we honoured the five Cahir ladies footballer's (Emma Buckley, Aisling Mc-Carthy, Aishling Moloney, Roisin Howard, and Rachel O' Donnell) who had a very good year with their county team who had All-Ireland success.

The Club would like to thank everyone who worked hard to organise the evening, Cahir House for the great food, Leah O'Donoghue for all the photos and Maria Taylor of the Nationalist/South Tipp

AGM - Our AGM will take place in the club rooms on this Saturday evening, 13th January at 8pm. All are wel-

Cahir Christmas lights - As a club we are delighted to give a donation to the Christmas lights in the town again this year. They looked great and well done to all involved.

Camogie Notes- Members of Cahir Camogie club received their county medals for victories in U16, U14 and U12 from Tipperary County and Cahir club members Orla McEniry and Roisin Howard recently. Roisin Howard and Orla McEniry with Meabh Casey presented the U14 team Orla Cashman with the U16 county cup and Holly Keating with the U12 Shield

NEWS ITEMS

If you wish to include news items/photos on the Cahir pages please contact Cahir Correspondent, Maria Taylor by phone on 086 1022014 or email at caplicetaylor@hotmail.com





- Family Law & Divorce
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- Debt Management & Insolvency



Parenting Plans :-Tips on a smooth transition for all involved

Contact Us for Advice





JOHN LYNCH, PRINCIPAL, WITH GILLIAN O'MAHONY, SENIOR ASSOCIATE SOLICITOR

Jervis House, Parnell Street, Clonmel Tel: (052) 612 4344 or reception@lynchsolicitors.ie www. Lynchsolicitors.ie

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*In contentious business, a solicitor may not calculate fees or other charges as a percentage or proportion of any award or settlement.

GREAT GETAWAYS South Tipp TODAY

GREAT VALUE HOLIDAYS





12.19 & 26 APRIL 2018 (€329)

PRICE INCLUDES

- ✓ Return flights from Dublin to Jersey
- √ Taxes and security charges

- 4 nights' accommodation at the 3* Mayfair Hotel, St
- / Breakfast
- ✓ Entertainment on selected evenings
- *DEPOSIT €200 per person



18, 23 & 25 APRIL 2018 (C279)

PRICE INCLUINES

- √ Return flights from Dublin to Prague
- √ Taxes and security charges
- √ 3 nights' accommodation in the 4* Best Western
- Kinsky Garden
- √ Breakfast
- *FULL PAYMENT REQUIRED AT TIME OF BOOKING



1 OCTOBER 2018 (£1999)

PRICE INCLUDES

- √ Return flights from Dublin
- / Taxes and security charges
- ✓ Checked in luggage
- √ 15 Night Route 66 Flydrive Standard Package
- √ 15 Days Car Hire Compact 4dr Inclusive
- ✓ Accommodation throughout
- DEPOSIT €200 PER PERSON







HEARTWISE

HELP YOUR HEART The fallout for FOR 2018 Heartwise

We spend a lot of our time in our lives helping others and more often than not we neglect ourselves. This year make a conscious effort to push yourself higher up on that priorities list and you will be amazed at the difference it will make to your daily life.

I have often heard the phrase "It is too late in my life for me to make changes" but in reality it is not. You can be 18 or 80 and you can improve your quality of life. Let's have a look at two small things that you can do.

1. FOOD TRACKING

Food records bring awareness to eating habits and help identify weight loss roadblocks. Research suggests that by identifying patterns of unhealthy eating choices in the record you keep, you can begin to change them.

Get one started with these

Create a food record that includes the following items:

Date and day of the week. Also note the general time of day — such as ľunchtime morning,

All foods you eat and drink. Be specific on the types and amounts, and include details such as added fats, sugars — like butter, honey and other sweeteners - and

Portion sizes. Measure or estimate the size in volume, weight or number of items. In general a portion size is about the size of you closed fist.

Write down where you are, whether it's in your car, at your desk or on the couch and whether you're eating alone or with someone else.

What you're doing while you eat. Pay attention to what else you may be focused on, such as watching TV or socializing at a restaurant.

How do you feel — happy, sad, stressed out?

To make your food record worthwhile, be honest and record every bite of food you eat. If you don't record everything, you won't have an accurate picture of your intake. For the most accurate results, try to record your food intake within 15 minutes of the time you eat. Use a daily food journal to help keep you accountable.

2. EXERCISE

I have previously spoken about the benefits of exercise so very briefly physical activity can help protect you from the following health problems,

Heart Disease and Stroke High Blood Pressure

Noninsulin dependant Diabetes

Obesity

Osteoporosis

Depression, anxiety and

So how do I even begin to exercise? Firstly, make sure you consult your doctor before starting any new exercise. Walking is the easiest form of exercise but dancing, gardening, swimming and the gym are but a few ways of getting and staying fit. Let's take a look at a 40 minute walking exercise program.

Main Phase

fast for 20 seconds and easy for 40 seconds of each minute. Increase the 20 seconds of fast walking by 5 seconds each week and decrease the recovery time by 5 seconds unit you are walking fast for 20 mins

Cool Down

Gradually decrease your speed over 10 minutes and bring your heart rate down to the same number of beats as when you started the walk.

Follow the rules above and in a few weeks you will see the numbers on the weighing scales going down but don't be in a rush, aim for 1 to 2 pounds per week. Fast, fad diets don't work, so be patient, lose the weight but do it slowly and keep it off for good.

HEARTWISE Medical exercise and lifestyle management. Ph: 086 2422388

hen parties who have children separate, there is Warm Up: Walk at a comfortable a fall-out from the separapace for 10 mins. For the next 10 mins walk

Maintenance payments, what schools they'll attend, who cares for children and when, are just some of the issues to be dealt with.

John M Lynch

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 www.linkedin.com/company/lynch-solicitors

LEGAL ADVICE

At Lynch Solicitors we have had several decades of experience in family law and have found that parenting plans can be a very workable solution for families.

A parenting plan is an agreement between parents of a child, who are no longer in a relationship, on common issues which affect the child.

It allows parties to come to a mutual agreement so that everyone can avoid conflict. The children can benefit from consistency in how both parents parent them.

A good parenting plan can also help avoid the need for costly and sometimes bitter litigation.

HOW TO AGREE ON A PARENTING PLAN

Structured negotiation can be helpful to establish a parenting plan and there are a number of ground rules which we would suggest.

These ground rules would include full disclosure from both parents, that interim agreements be struck where appropriate and that the negotiations in general be on a without prejudice basis.

It is important also that when negotiations start, neither parent get involved legal proceedings. It is also important that both sides adopt a cooperative, problem solving approach.

children when their

parents separate

IS IT LEGALLY BINDING AND ENFORCEABLE?

A parenting plan is not strictly speaking legally binding. It is an agreement between parents based on both parents coming together in good faith with a willingness to abide by the terms agreed for the benefit of the whole family.

It is then based on both parties' commitment to make it work.

You can, however, make the terms of the parenting plan a Court order which would be enforceable.

LISTEN TO THE VOICE OF THE **CHILD**

A clear and honest explanation about what is happening and why, appropriate to their age, should be given to the child.

If they have an opinion to express it should be listened to but a child should not be forced to express a view (for example which parent they prefer to live with) or made to feel that the responsibility for any decision rests with

If a decision has to be taken against their views then the reasons for doing so should be explained to them.

Children will usually want to keep in touch with their wider family such as aunts and uncles, grandparents and cousins as well as family

They need to know that they can keep in touch with

people they care about by either contact visits or perhaps through email and telephone calls.

It is important to remember that needs change as children grow up and any parenting plan should look ahead and discuss the impact of change before difficulties

SOME GUIDELINES FOR CONTACT VISITS

Contact visits are meant to be enjoyable, but they can be stressful at first, for all concerned. It is worth persevering with, because they can benefit you all.

It is helpful for children to have a regular pattern of contact visits which should be established as soon after separation as possible.

The best pattern of visits will vary with the age of the child. Shorter, more frequent visits may work better for younger children.

If visits are very short, or very infrequent, it may be difficult for a parent and child to feel relaxed together.

If a child does not want to go on a contact visit it is important to try to understand why and to discuss this with those involved.

Because emotions are often raw following a separation, it may be difficult for parents to agree on contact arrangements. If there is no practical alternative a neutral contact point or party may be used temporarily.

For further information contact John M. Lynch, Principal Solicitor, at reception@lynchsolicitors.ie telephone (052) 6124344 The material in this article is for general information only and is not legal or professional advice. While every care has been taken, we advise you to seek specific legal advice

Your pet's ideal weight cut the fat!

The one thing most people want to get rid of after Christmas is those extra pounds from over-indulging over the festive season. This is also the perfect opportunity to think about the (ideal) weight of your pet...

Overweight dogs can be found in homes across the country. Vets report that over half of their patients are too fat. This is often the result of good intentions of people who spoil their pets to show that they love them. Unfortunately, this has negative consequences: However good treats taste at the time, they later create a huge strain on animals' hips in the form of fat deposits. Being overweight can lead to joint problems, shortness of breath, liver damage, diabetes, heart and circulatory

You should be able to feel cats and dogs ribs, hips and waist when you pet them. Ribs are visible in short-haired dogs of a normal weight. Overweight pets are often sluggish or even short of breath, have problems running and can be aggressive. There is only one solution -put your pet on a diet with more play and cuddling instead of treats. Keep portions a little



smaller and ask about diet feed at your local

It is also a good idea to talk to your vet about diet before it becomes a problem. They can work out how many calories your animal needs to maintain their ideal weight. Dogs' nutritional needs can vary widely depending on breed and life stage; a puppy and a senior dog will have quite different needs.

Call into your local store today to discuss your dog's personal needs with our Maxi Zoo

1st & 4th Clonmel Cubs begin new year

Happy New Year to all the leaders and our Cubs in 1st & 4th Clonmel Cubs.

We look forward to seeing you all on Monday 15th January at 7pm.

Don't forget a new year so let's start it off as we mean to go on, bring your folders and pens, ready for badge work.

ST. PATRICK'S DAY IN CARNE

We will also be getting ready for our weekend away in Carne, Co Wexford where we will celebrate St Patrick's Day this year.

Cahir Senior Citizens Party

and surrounding areas Senior Citizens Party is to take place from 4.30/5pm on Friday 19th January 2018 at Cahir House

Music Dancing and Spot Prizes. All welcome.

Any queries for transport etc to Cahir Gardai on 052-7445630.

Why sustainability means 'profit' to one Tipperary farmer

Origin Green dairy farmer Simon Breen milks a herd of 200 spring-calving cows in Emly, west Tipperary. Supplying Tipperary Co-op, Breen operates off a land base of 107 ha.

FEATURE

Operating a grass-based system, he follows a very simple philosophy. "Every farmer needs to work out his own system. If you can't explain that system in less than five minutes, it's too complicated-and I don't have time for complications," Simon says.

Key to Breen's business is a focus on two things - grass and stock management. "We held the cows back for a number of years because we were so restricted with quotas. But, then at one stage, we almost doubled our cow numbers," he explains.

SUSTAINABILITY MEANS

Recovering costs is very important to Simon. "I need my business to be highly efficient. Sustainability means profit to me. It just so happens that the more sustainable you are, the more profitable your enterprise becomes. There's nothing new in it. Being sustainable is we've always something done," he says.

Simon is just one of the many farmers who are certified members of Bord Bia's Sustainable Dairy Assurance Scheme (SDAS). SDAS farmers who participate in a farm sustainability survey as part of their audit are members of Origin Green.

By participating in SDAS, Origin Green farmers can measure and benchmark their sustainability practices, helping them to identify efficiencies which they can improve on their own farm, which can also improve profitability.

Key improvement measures include increased Economic Breeding Index (EBI), longer grazing season, improved nitrogen use effiimproved slurry ciency. management and energy efficiency.

According to Simon, participating in SDAS highlighted not only what they were doing right but also where they needed to up our game. "An example of this was when we scored poorly on slurry use. This is due to the fact that we spread very little slurry in the Spring. It can often be difficult to spread slurry here due to the soil type, but with renewed focus on it we have managed to increase its use in recent years," he continues.
GENERATING A PROFIT FROM

MILK PRODUCTION

When asked what it takes to generate a profit from milk production, Simon says: "It is important to be absolutely clear on your system and

what is the driver of profit in that system".

Simon's system rotates around grass and stock management. These two focus areas can be further broken down to include grass measurement, calving at the right time of year, strategic feeding and selecting the right cow.

(1) Grass Management

Simon measures his grass every week. This practice allows him to know exactly what quantity of feed is available on the farm at all times. It means he can plan ahead and ensure that he has the correct quantity and quality of grass as the seasons progress. The farm typically grows 15-16 t/ha (dry matter) each year and this figure guides the stocking rate on the farm, limiting the need to buy in extra feed.

(2) Calving at the Right Time

The breeding policy on Simon's farm is based on his grass production. He wants his cows calving close to the time when grass begins to grow rapidly. This maximises production from grazed grass - by far the most profitable feedstuff.

If most of the herd calve within a compact period of six weeks, that gives cows a long lactation and a better chance to go back in calf. It also provides an opportunity to utilise a lot of grass early in the grazing season. When a cow calves late, Simon only milks them once a day to conserve their energy and hold body condition. That way he can get them back in calf quicker.

(3) Feeding strategically

Simon's cows are grass fed as much as possible. Depending on the weather, they graze outside from February to mid November. During heavy rainfall, Simon uses on-off grazing method to reduce damage to soil and prevent his cows from 'wrecking the paddock'. He also questions the economics of very high stocking rates, which rely on drawing silage/grass from other farms or large amounts bought in feeds. Simon believes this may overload the milking platform with slurry, not to mention the extra workload often involved in this.

When it comes to feeding, Simon follows a philosophy of John Roche - a New Zealand dairy consultant - who spoke at the Irish Grassland Association Dairy Conference three years ago. On feeding, Roche said: 'Be careful that you're turning milk into money and not money into milk.'

(4) Selecting the Right



Simon Breen with his wife Carol and children Julia (7), Sarah (6) and Peter (18 months).

Simon believes that selecting the right breed of cow is critical to any system. Farmers often mention that they want a grass cow, but what Simon often sees on farms is not what is required to graze grass in his opinion. has a herd of Jersey/Friesian crossbreds on his farm and is very pleased with their performance within his system. Breeding focuses on milk solids - and protein in particular - because that's what he gets paid for.

ÖRIĞIN GREEN - A VITAL MARKETING TOOL

Simon is one of 400 suppliers to Tipperary Co-op - an exporter of butter, milk powder, baby powder, and Emmental and Kilderry cheese. Simon believes that Origin Green is a vital marketing tool. "We have to have something different to everyone else and Origin Green is a way of doing that".

Simon is part of a dairy group (Dairymis) of about 20 farmers, which also provides him with invaluable support and insight.

"It's a great way to benchmark your performance. We compare everything from productivity, production costs, labour efficiencies, grass production, fertility and more. They are a critical group but it is always in a constructive way," he says.

For the last number of years, Simon and his wife Carol have worked in partnership with his parents Peter and Sheila. This year Simon's parents made the decision to pass the remainder of the milking platform over to them. "I've taken the basics that I learned from my parents and I've added my own experience, research and ambition and moulded it into the farm we have now".

Simon has the benefit of having spent some time working on farms in New Zealand as well as a stint on a farm in France as part of his course, returning home in 1997. "There wasn't enough at home then for me to make a living, so I worked at everything from farm relief to welding, working on neighbours' farms and as an AI technician with Eurogene AI Services for about 15

It was around that time that Simon joined the Macra club Sologhead. This is where he met Carol, daughter of former IFA deputy president Michael Slattery, who was a member of Clonoulty/Rossmore club. They married in 2007. Two years later they built a home back on the family farm in Emly where they now live with their three children - Julia aged seven, Sarah aged six and Peter who is 18 months.

Simon is someone who soaks up information on how to improve efficiencies on his farm. The farm needs to generate a large profit and Simon is making a good fist of it. He makes no apologies for the fact that he has a family to support and a business to

"It's all about measurement and analysis now. You need to know your figures and you need to accept that when it comes to dairy cows it's not a sprint, it's a marathon," he adds.



Tipperary Co-op's Paul Fortune with Simon on the farm at Gorteen.



Simon Breen with his parents Sheila and Peter

12 SOUTH TIPP TODAY www.southtipptoday.ie Thursday, January 11, 201

CAHIR CORNER



 Bill Lonergan and Willie Delahunty at Cahir Meet and Train's Santa Run.



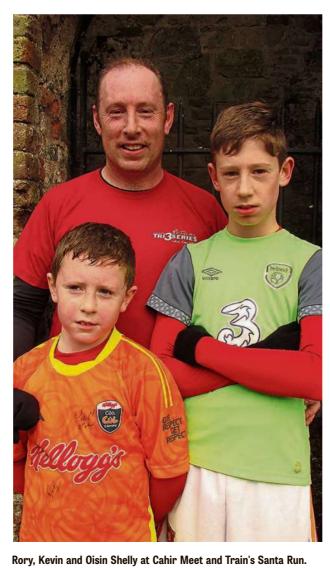
Ellie Mai and Grainne Wade at Cahir Meet and Train's Santa Run.



Taylor the dog ran with Johnny Cummins in Cahir Meet and Train's Santa Run.



Brian O'Gorman and Keeley Tideswell at Cahir Meet and Train's Santa



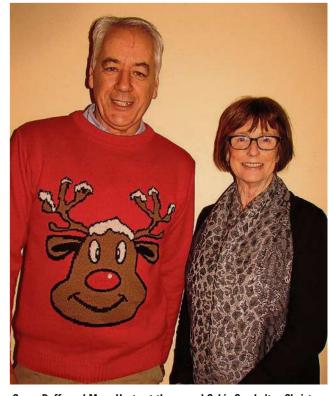
nory, Revin and Olsin Shelly at Gaill Meet and It am's Santa Run.



Hugh O'Donnell and Susan Moore at Cahir Meet and Train's Santa Run



Emily and Lukas Erbs at Cahir Meet and Train's Santa Run.



Gerry Duffy and Mary Harty at the annual Cahir Comhaltas Christmas concert in Cahir House Hotel.

SOUTH TIPP LIFE

Funds raised for National Children's Cancer Charity

A shave or dye fundraiser in aid of Aoibheann's Pink Tie took place at McCarthys Bar in Cashel recently.

Aoibheann's Pink Tie 'National Children's Cancer Charity' was set up in 2010 by Mick Rochford and Jimmy Norman after the tragic loss of Jimmy's daughter Aoibheann to cancer aged just 8 years. During Aoibheann's

year long battle with this dreadful disease, the family found little or no financial or practical support for children and their families.

Ger Moylan wishes to thank all the regulars and visitors who came along to make this a very successful and enjoyable fundraising night, and to JJ Carew for giving so freely of his time.

Clonmel parkrun

Clonmel parkrun is for all the family. The fun 5km walk/run takes place every Saturday at 9:30am from Clonmel Racecourse.







Ger Movlan and Cllr. Martin Browne.



Tony O'Sullivan was bald by the time barber JJ Carew was finished.



Cllr. Martin Browne with his wife Helen.



Deirdre Crotty and Sharon McGeer.



Éire Óg Annacarty and Donohill Camogie Club chairperson Siobhan O'Neill (centre) receiving the Tipperary Credit Union Canon Hayes Nominee Award from sponsor Anna Tuohy-Halligan and Mary Dorgan of Sport Ireland at the Canon Hayes National Sports Awards recently.



New Year, New You..... **WORK IT OUT !!!!**

Time to get moving in 2018

After the feasting of Christmas and the toll it has taken on our wallets and waistlines it is time to resolve to get healthy this year.

Exercising more is a great resolution. It can help you lose weight, build muscle and flexibility , make daily tasks easier to perform and improve your overall health and outlook.

But regular exercise brings much more than physical benefits. After only a couple of sessions, the effect on your energy levels is remarkable. You'll concentrate better, feel more alert, and be much calmer when dealing with problems.

This effect on stress and depression is one of the most remarkable and rewarding results of regular

Whether it's to do with the release of endorphins during exercise or just because you're standing up straight and strong, the certain fact is that you become far less prone to stress.

Getting exercise helps you put things in perspective. Tough problems often seem to work themselves out while you're exercising - it can be a surprisingly useful tool for creative thinking and problem-solving.

The other benefit of exercise, once you get over the initial shock of the first few workouts, is that it's enjoyable and extremely sociable.

Chill out at Knockofty | Reduce stress **Leisure Centre**

Make the most of 2018 at Knocklofty Leisure Centre, Clonmel. There's something for everyone.

We keep our pool warmer than most at 30°C which makes it more pleasant for our 'Swim & Sing' parent and toddler sessions on Wednesday mornings as well as for the enjoyment of our mem-

Currently we run 20 children's group swimming lessons per week. We start children swimming from the age of 5 years.

Our classes are small and personal and run with a maximum of 10 children, with only one class running at any one time.

For adults you can get in shape with our exciting WaterPumpTM pool workout or Bernie will put you through your paces in our Aqua-aerobics classes.

Another excellent way to get fit perhaps achieve a personal goal is to take part in one to one or Adult Swimming Lessons.



If you would like to lose a few pounds, tone up or if you have any upcoming physical challenges, our fully qualified and very experienced trainers will carry out a comprehensive Fitness Assessment from which they will design an Exercise Program to specifically target your particular aims and objectives.

Of course you can always just relax and unwind in our Jacuzzi and Sauna and our flexible Membership options mean that you'll get a great deal.

Phone - 052 6138302

with Tai Chi

Tai Chi is practised by over 300 million people worldwide because of the many proven health benefits that can be achieved through regular practice.

Bone density and thickness can be increased after a significant period of regular practice.

With the improvements inbone structure, bones are stronger and more resistant to twisting, pressure and bending. It is also proven to reduce pain and improve mobility in people who suffer from arthritis.

As we get older, the risk of falls becomes higher due to various factors including physical, psychological and environmental.

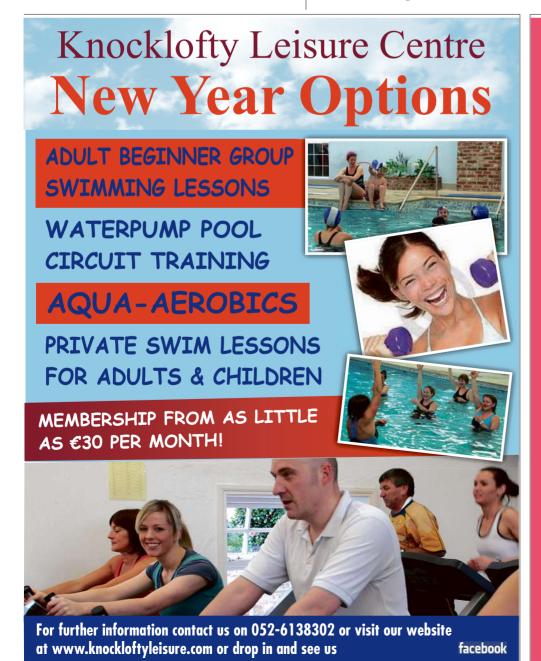
Tai Chi is an exercise that has been proven through studies to be the most effective to improve balance and is recommended by doctors worldwide.

It improves the body's mobility, flexibility, coordination and balance increasing strength and flexibility of working muscles and joints and expanding mo-

tion range.
It reduces stress hormones like adrenal that affect the heart and cortisol that can cause atherosclerosis in the arteries and adversely affect one's ability to concentrate, memorise and learn.

Tai Chi can be practiced to whatever level of intensity that suits a student's health, age and fitness. It is a universally accessible exercise system that offers huge benefits in today's fast paced world.

www.chentaichiireland.com





Thursday, January 11, 2018 www.southtipptoday.ie SOUTH TIPP TODAY



New Year, New You..... WORK IT OUT !!!!

Get year off to great start at Dundrum House Leisure Centre



Forget about all those long dark Winter nights and wet weekends.

If you are looking to join a gym in 2018, look no further than Dundrum House Leisure Club which has the whole package, fully equipped gym, sauna, steam room, jacuzzi, 20M swimming pool and kids pool, centrally located at Dundrum

House Resort.

The team at Dundrum House Leisure Club are knowledgeable, experienced, approachable and ready to help make your membership your best purchase of 2018.

Great selection of classes, fitness tests and free personalised gym programmes are all organised for you.

Become a member today

and we'll help you to achieve the healthy body, healthy mind and healthy lifestyle that you have always strived for. Go on, join today, because you're worth it!

Call us today on 062 71222 for more information about our latest Gym Membership offers or email leisure@dundrumhouse.ie

Practical Yoga classes for men

Enjoy practical and functional yoga classes for men.

The programme will concentrate on the physical side of Yoga and aims to improve core strength, flexibility and balance.

For flexibility yoga stretches the muscles that are tight, which in turn increases the range of motion in related joints.

Increased flexibility decreases stiffness, results in greater ease of movement

and reduces many nagging aches and pains.

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HIIT with Active 8

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The classes are proving very popular with people who want to get fit with a mixture of HIIT, Core, Tabata and circuit to keep the training ses-

interesting fun and challenging for everyone. Come along and train with Gabi 085-1587831.





Clonmel World Music host West End Scullion at Raheen House



For the first show of 2018, Clonmel World Music is delighted to welcome Scullion, one of the best ever Irish "Folk/Rock" bands.

This will be the first show in the ninth year of Clonmel World Music shows.

The gig takes place in Raheen House Hotel on Thursday, January 18.

Scullion remain to this day an important, successful and highly influential band in Ireland.

At its core Scullion is a collaboration between Sonny Condell (Tir Na nOg) and Philip King. The third long

time member of Scullion is Robbie Overson, who was asked to play with the band on Greg Boland's departure over 30 years ago, and is still the third member!!.

It's hard to believe Scullion were formed back in the mid 1970's. They have played at the Lisdoonvarna Festival, they have supported John Martyn on tour and they were one of the highlights of Self Aid back in 1986, where they were joined by Mary Black among others.

Philip King and Scullion were a regular fixture in the Folk Club that was very active

in Hearns Hotel in Clonmel back in the 1970's.

After a series of successful appearances and performances in 2017, Scullion play their first 2018 show in Ireland, in Clonmel on Thursday 18th January.

It promises to be the return that has long been anticipated ahead of some new recordings and special shows being planned throughout Ireland for 2018.

This amazing band has been on a musical expedition since its inception...

"We have played in back rooms, front rooms, bar rooms and bedrooms, flat bed trucks, concert halls, The Royal Albert Hall and everywhere else in between," says Philip King.

"The urge to sit and play in some of these rooms especially in the Ireland of 2017 is powerful. The exchange that happens when engaging live with an audience is more alluring and vital than ever in this age of virtual connec-

"We have an amazingly diverse musical language on this creative island and many of those strands are woven into Scullion's musical DNA"

success for **Tipp show**

JW productions are on a well deserved break after the success of their West End debut where they received a standing ovation to a full house at the well known Tristan Bates theatre in Covent Garden.

This incredible wowed audiences with various songs from well known musicals, opening the show with the blood curdling Sweeney Todd per-formed by the full cast.

Leah Cullinan enthralled the audience with her incredible voice singing 'Nobody's

Mia-Rose O'Sullivan and Caitlin Fanning sang beautifully a duet version of 'Tomorrow' while JW's own Holly-Jean Williamson and Kevin Hartnett stunned the audience with a brand new song from M.D. Stefan J. Doyle's new musical 'Mr. Carter' set to have its world premiere at the end of April.

Both Holly and Stefan have both also signed the famous doors of the theatre cafe in London after been invited by the cafe's owners alongside some of the greats such as Kristen Chenoweth, Clare Halse and Sheena Ea-

The Tristan Bates man-



described Calling as "an innovative triumph, a compelling show like no other" and was most impressed by the 42nd Street tap sequence and has invited JW back for future dates.

JW's break will be short as weekly drama/musical theatre lessons will commence on 20th January for all ages, message Holly on 0872345760 for more info.

Bar Crazy Night in



Social dancing in Cahir with Patrick **O'Sullivan**

Social Dancing has really taken off in The Premier County and especially in Cahir House Hotel where this Sunday, January 14th sees the very first visit of the hugely popular Patrick O'Sullivan.

Dancing is from 3-6pm with refreshments served.

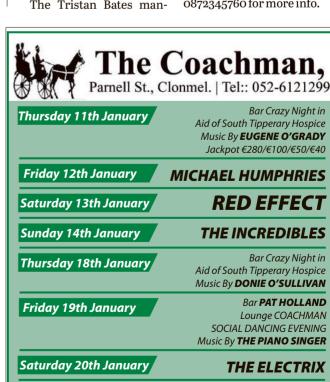
Admission only €10 and includes a Big Free Raffle and Spot Prizes Galore.

Patrick is sure to have the dance floor packed and always gives a fantastic and lively performance.

He will be joined by his son Conor O'Sullivan who is fast making a name for himself on



So follow the crowds to Patrick O'Sullivan and Conor this Sunday afternoon at Cahir House Hotel.



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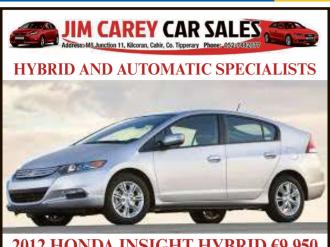
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PLANNING NOTICES

TIPPERARY COUNTY COUNCIL

above Authority for Retention Planning Permission for

(i) an existing garage attached to an existing dwelling,

dwelling and

(iii) all other unauthorised ancillary site development works at

Lissava, Cahir, Co. Tipperary.
The planning application may be inspected or purchased at a fee not exceeding the The planning application may be inspected reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee (20) within the period of 5 weeks begin-ning on the date of receipt by the authority of the application and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permis-

TIPPERARY COUNTY COUNCIL

Gerard O'Meara intend to apply to the

(i) the demolition of an existing extension to a dwelling, (ii) the demolition of an existing domestic

garage,

(iii) a new extension to the existing dwelling, (iv) a new waste water treatment system

and

(v) all associated site development works at Garnavilla, Cahir, Co. Tipperary.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee 20) within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permis-

TIPPERARY COUNTY COUNCIL

Maurice Casey intend to apply to the above Authority for Planning Permission

(i) a dwelling,

(ii) an entrance,

(iii)a waste water treatment system (iv) a stable building

(v) an effluent storage tank for the

proposed stables

(v) the change of use of an existing dwelling into a feed and bedding store for horses and all associated site development works at Lissava, Cahir, Co. Tipperary.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee 20) within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the Planning Authority in making a decision on the application.

The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

PLANNING NOTICES

TIPPERARY COUNTY COUNCIL

We Michael Walsh intend to apply to the We are applying to the above Planning Authority on behalf of our clients Marian Slattery and John O Connor for Planning Permission to construct a dwelling, waste vater treatment system, site entrance and (ii) an existing extension to an existing all associated site works at Mountjudkin, dwelling and

Signed Michael Mooney, Consulting Engineering and Architectural Services

or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation may be made in writing to the Planning Authority on payment of the prescribed fee of 20 euro's, within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the Planning Authority in mak-ing a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

TIPPERARY COUNTY COUNCIL

Micheal Moloney wish to apply to the above Authority for Planning Permission above authority on behalf of Catherine for Burke for full planning permission to construct a dormer dwelling, garage, entrance wastewater treatment system, connections to mains water supply, soakpits and all other associated site works at Cur-raghtarsna, Cashel, Co. Tipperary. The planning application may be inspected, or pur chased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observa tion in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee of 20.00, within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or obser vations will be considered by the planning authority in making a decision on the application. The planning authority may grant permission subject to or without conditions or may refuse to grant permission

TIPPERARY COUNTY COUNCIL

I, Micheal Moloney wish to apply to the above authority on behalf of Moira Phelan for Retention planning permission for the following works as constructed: Dwelling with associated extensions Detached domestic garage, Entrance, site boundary treatments and adjustments to site boundaries from that as originally granted under P39516 and all other associ-ated site works at Garrangibbon, South Lodge, Carrick-on-suir, Co. Tipperary. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee of 20.00, within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the planning authority in making a decision on the application. The planning authority may grant permission subject to or without conditions or may refuse to grant permission

WHAT HAPPENS WHEN YOU DON'T ADVERTISE.....

PLANNING NOTICES

TIPPERARY COUNTY COUNCIL

We, Patrick O' Meara Architects Ltd on behalf of our clients Paul and Patricia Quirke, wish to apply to Tipperary County Council for full planning permission for a development at Kilvemnon, Mullinahone, Thurles, County Tipperary. The proposal consists of the following;

- 1. Construction of a detached two storey dwelling and a detached single storey domestic garage.
- Installation of a proprietary domestic effluent treatment system and sand polishing filter, to appropriate standards.
- 3. Construction of a site entrance consisting of walls, piers, entrance gates and hedging and also, the realignment and improvement works to two existing agricultural site entrances.
- 4. Construction of a driveway, parking areas, footpaths, patio and hard landscaping areas.
- Landscaping of the site consisting of new grass areas, planting beds, trees, hedging and shrubbery and all associated site works.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed ee, 20 euro, within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

Patrick O' Meara Architects Ltd, Kilbraugh, Coalbrook, Thurles, Co.Tipper

Website: www.poma.ie

TIPPERARY COUNTY COUNCIL

The HSE wish to apply to the above authority for planning permission to carry out site levelling and enabling works in preparation for possible future hospital bed development. The enabling works will include the extension of an existing internal road and re-location of an existing car park, diversion of existing underground services in the area and all ancillary site works. The proposed site is within the curtilage of a protected structure (RPS 295) at South Tipperary General Hospital, Western Road, Clonmel, Co.Tipperary.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed 20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to

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Deadline: Tuesday 11.00 am

ACKNOWLEDGEMENTS

EGAN (Months Mind)



Michael (Mick) Egan

Powerstown Road, Clonmel, Co. Tipperary.

Months Mind Mass for the late Michael (Mick) Egan, will take place in Ss Peter and Paul's Church, Clonmel on Saturday 13th January at 7.30pm.

PHELAN



(Acknowledgement)

Thomas Phelan

1 Pearse Square, Carrick-on-Suir

22nd November 2017

The family of Thomas Phelan would like to thank all those who sympathised, sent Mass cards and attended his funeral service.

A special thanks to the staff of Waterford Regional Hospital for their care and kindness during his short illness. Thanks to Dr. Huma who cared for Dad over the years.

Thanks to Fr. Selvanathan who celebrated his Requiem Mass and to Darragh Walsh Undertakers for their

Thanks to Ballyneale GAA Club for providing a Guard of Honour and to the Davin Club for their input into the Funeral service.

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



BIRTHDAY MEMORIES

O'NEILL (Birthday Remembrance)



Please pray for Bridie O'Neill (nee Green) late of Old Toberaheena, Clonmel whose birthday occurs on 11th January (2nd Birthday away from home)

Always loved and remembered and sadly missed by her sister Nuala.

IN MEMORIAM

BROWNE

(9th Anniversary)



In loving memory of Charlie Browne, late of Powerstown, Clonmel, whose anniversary occurs on 12th January.

To us you were someone special, someone set apart. Your memory will live forever, engraved in our hearts.

Lovingly remembered and never forgotten by his wife Margaret, son John, daughters Geraldine and Martina, daughter-in-law, sons-in-law, grandchildren and great-grandchildren.

Anniversary Mass in Powerstown Church on Saturday 13th January at 6.15pm.

BROWNE

(9th Anniversary)



In loving memory of a dear father and grandfather Charlie Browne, whose 9th anniversary occurs on 12th January.

January is here with sad regret, the day the month we won't forget. Quickly and sadly came the call, without farewell you left us all. You went so suddenly without goodbye, but memories of you will never die.

Never forgotten by your son John, Fiona, grandchildren Colin, Jason and Keith, great-granddaughters Leah, Taylor and Holly.

IN MEMORIAM

BYRNE (1st Anniversary)



Ann Byrne

O'Mahoney Avenue Carrick-on-Suir

Died on January 14th 2017

If roses grow in Heaven Lord, please pick a bunch for me. Place them in my Mother's arms and tell her they're from me.

Tell her that I love her and miss her, and when she turns to smile, Place a kiss upon her cheek and hold her for awhile.

Because remembering her is easy, I do it every day, but there's an ache within my heart that will never go away.

Remembered and missed everyday by her son Paul, his wife Deirdre, and grandsons Jamie, Michael and Nigel.

CAREY

(3rd Anniversary)

Peaceful memories of Mary Rose Carey late of St. Patrick's Well, Clonmel, who died on St Stephen's Day 2014.

Mary Rose we will always miss your kind and caring presence for all of us.

No words or verse could ever say how much we miss you every day.

Always sadly remembered.

- Pat, Catherine and Fr Bill.

Masses offered.

CONDON



In loving memory of my wife Carmel Condon, late of 9 Clarke Villas, Clonmel, whose 2nd Anniversary occurs on 7th January.

To my dear Angel in Heaven, I just want you to know, that you're always in my thoughts and how much I love you so.

I know you're in God's care, that is how it should be, but when I get to Heaven, He will give you back to me.

Always loved and remembered by your husband Cyril.

Anniversary Mass offered.

IN MEMORIAM

CONDON (2nd Anniversary)



Carmel Condon

Clarke Villas

Treasured memories of a dear mum and grandmother who died on 7th January 2016.

Sadly missed along life's way, quietly remembered everyday. No longer in our lives to share, but in our hearts you're always there.

Greatly missed by your son lan, daughter-in-law Sharon and grandchildren Luke, Emily and Grace. xxxxx

CONDON

(2nd Anniversary)



In loving memory of my wonderful mum Carmel, whose 2nd Anniversary occurs on 7th January.

What I would give to clasp her hand, her happy face to see. To hear her voice and see her smile, that meant so much to me.

The rolling stream of life rolls on, but still the vacant chair, recalls the love, the voice, the smile, of my Mum who once sat there.

Always loved and remembered - your daughter Sonia, son Warren and grandson Adam.

CONWAY

(5th Anniversary)



In loving memory of Eddie, late of Burncourt, Cahir, who died on 18th January 2013 RIP.

Loved and remembered by his wife Eileen, all his family and friends.

Anniversary Mass in Burncourt Church on Sunday 21st January at 10am.

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Sympathy Prayer

Dear Lord, please comfort those in grief,

Love them, lift them, give relief

For loss they've suffered, sadness felt,

Make this sorrow slowly melt.

Lord, let happy memories ease,

Creating peace like a gentle breeze,

And as you help them make it through.

Draw them closer, Lord, to you.





FAMILY ANNOUNCEMENTS

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Email: sales@southtipptoday.ie Post or Call in to Queen Street, Clonmel, Co. Tipperary.

Deadline: Tuesday 11.00 am

IN MEMORIAM

CRONIN (6th Anniversary)



(Birthday Remembrance)

Christopher Cronin

8 Roaring Springs Old Bridge Clonmel

Aged 30 on January 15th

A birthday wish for you today, we miss you more than words can say. The pain and tears we try to hide, though our hearts are broke deep inside. No cards to send or gifts to give, but you'll have our hearts as long as we live.

If Heaven had a number I would call you on the phone, to wish you Happy Birthday and ask you to come home. A kiss blown up to the sky so blue catch it Christopher, it's just for you. Happy Birthday, xxxx

Love you always, forever in our hearts Mam Philly, Dad Gerry, bros TJoe and

CRONIN

(Birthday Remembrance)

Christopher

Roaring Springs

Old Bridge

Clonmel

Aged 30 on January 15th

every day. It seems to hit me even more

I send wishes to Heaven, carried to you upon a prayer. To the place where you are now, with tender love and care

Love Auntie Bridget xxxx

Though I miss you always, each and

because it's your birthday.

Christopher,

IN MEMORIAM

CRONIN (5th Anniversary)



In loving memory of our dear mother Nellie Cronin, late of William O'Brien Street, Clonmel who died on the 17th January 2013 RIP.

The years we spent together, we keep within our hearts. They hold precious memories that will never let us part.

We think of you with love today, as we have done so often. And feel again the bitter blow that never seems to soften.

And so today we pray again that God will let you know. How sad and lonely life is without you and how we miss you

Always remembered by your son Tony, daughter Maria, daughter-in-law Deirdre, grandchildren Amy and Aisling and Maria's partner John.

Mass offered

ENGLISH MCCARTHY

(26th & 13th Anniversaries)

Cherished and loving memories of our dear mother Sarah, late of Gortmore Cottage, Cahir Road, Clonmel who died on 1st January 1992 also our beloved sister Eileen who died on 25th December

Deep are the memories, precious they stay, no passing of time can take them

Never forgotten by the English family.

ENGLISH

(18th Anniversary)



In loving memory of Thomas English late of 4 Marlfield Road, Clonmel who died on 10th January 2000.

If memories bring us closer, we are never far apart, for you are always with us, in our prayers and in our hearts.

Always remembered by your daughters Bridget, Margaret and Teresa, sons-inlaw, grandchildren and great-grandchil-

Mass offered.

IN MEMORIAM

FITZGERALD (5th Anniversary)



Sandra

Boherduff, Clonmel

late of Stradbally, Co. Waterford

Who died on 14th January 2013

It only takes a little space to write how much we miss you. But it will take the rest of our lives to forget the day we lost

Never more than a thought away, you meant so much to us. But nothing we can say can tell of the love, that is in our heats today.

Love always - Raymie, Hazel and Tommy

FLOOD

(3rd Anniversary)



reasured memories of our dear friend John, Kilmuckridge, Co. Wexford whose third anniversary occurs on 23rd January

UNTIL WE MEET AGAIN Those special memories of you will always bring a smile. If only we could have you back for just a little while.

Then we could sit and talk again, just like we used to do. You always meant so very much and always will do too.

The fact that you're no longer here will always cause us pain. But you're forever in our hearts, until we meet again.

Angel Hugs - Forever Friends

- Sandra and Samantha xx



IN MEMORIAM

HALPIN (1st Anniversary)



In loving memory of a dear mother, grandmother and great-grandmother, Brigid (Bab) Halpin, Killusty, Fethard, who died on 12th January 2017.

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

Always remembered by Mary, Paddy, Tom, Brid, Alice and Michael, sons-inlaw, daughters-in-law, grandchildren and great-grandchildren.

nniversary Mass in the Sacred Heart Church, Killusty, on Sunday January 14th at 10am.

HIGGINS

(25th Anniversary)



In loving memory of our dear grandmother Katherine (Kathy) Higgins, late of Knockacoola, Ballymacarbry, Co. Waterford who died on January 9th 1993.

Your life was one of kindly deeds, a helping hand for others needs. Sincere and true in heart and mind, beautiful memories left behind.

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

Sadly missed by all your grandchildren and great-grandchildren.

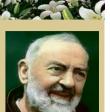
Masses offered.



In the Arms of the Angels Lewis Juleff

Our hearts till ache with sadness, secret

and Christian, and all your family.



GOD'S **GARDEN**

God looked around His garden And He found an empty place He then looked down upon the earth And saw your precious face

He put His arms агоинд уои And lifted you God's Garden must be beautiful He always takes the best.

He knew that you were suffering He knew you were in pain He knew you'д never ever Get well on earth again.

So He closed your weary eyelids And whispered "Peace be thine" Then He took you up to Heaven With Hands so aentle and kind.

It broke our hearts to lose you But you did not go alone. For part of us went with you The дау God welcomeд you







tears still flow. What is meant to lose you, no-one will ever know.

Dearly loved by Mam and Dad, Gillian





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IN MEMORIAM

JULEFF



In loving memory of our nephew, Lewis, late of 43 Abbey Meadows, Clonmel.

Each of us in our own way, have special thoughts of you today.

Deep in our hearts your memory is kept, to love and cherish and never forget

Sadly missed and always remembered by the Power family.

KELLEHER

(4th & 12th Anniversaries)





Treasured and precious memories of a wonderful mother and father, grandmother and grandfather, mother-in-law and father-in-law, Elizabeth (Lily) and Edward (Eddie) Kelleher, late of 12 College Avenue, Clonmel whose anniversaries occur on the 13th January and 1st February.

Deep are the memories, precious they stay, no passing of time can take them away. They bring a smile, sometimes a tear, but always a wish that ye were still

Though Heaven and earth divide us, we are never far apart. For ye are always in our thoughts and forever in our hearts.

Precious memories, tears unseen, still wishing your absence was only a dream

To know, to love and then to part, is the saddest fate of the human heart.

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

Sadly missed and remembered with love always, your daughter Marcella, son-inlaw Donal and grandson David.

Joint Anniversary Mass in the Friary Church on Saturday 13th January at

IN MEMORIAM

KENNEDY

(45th Anniversary)

In loving memory of my dear father Richard Kennedy, late of 39 Garrymore, Clonmel who died on 20th January 1973.

There is a bridge of golden memories, from here to Heaven above. It keeps you within all our hearts, it's called the bridge of love.

Always remembered by his loving daughter Lily, grandchildren, great grandchildren and great-great-grand children.

LONERGAN

(15th Anniversary)



In loving memory of Eamon, late of 13 St. Anne's Tce., Ardfinnan, who died tragically on 11th January 2003.

Gone are the days we used to share, but in our hearts you are always there. The gates of memories will never close, we miss you more than anyone knows. With tender love and deep regret, we who love you never forget.

ove always - Dad, Mam, brothers Niall and Colm, sisters Aoife, Cait and Ciara, sisters-in-law, nephews and nieces.

MADIGAN

(14th & 26th Anniversaries)





In loving memory of our dear parents Dotie and John Madigan, 1 Oliver Plunkett Terrace, Clonmel whose nniversaries occur at this time RIP.

Nothing can replace you, nothing ever will. In life we loved you dearly, in death we love you still. May your gentle souls rest in peace.

Always remembered by your sons, daughters, grandchildren and great arandchildren.

IN MEMORIAM

MCGARRY



loving memory of Danny McGarry, late of Soilshawn, Newtown, Drangan, Thurles, who died on 14th January 2017

A limb has fallen from the family tree, that says grieve not for me. Remember the best times, the laughter, the song, the good life I lived while I was strong.

Always remembered by his niece Breda and family and all his great friends in Drangan.

Rest in Peace.

MCMAHON (9th Anniversary)



Joseph McMahon

Lislyn, Spa Road, Clonmel

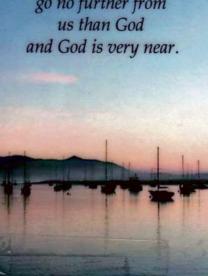
In Joving memory of Joseph McMahon, Spa Road, Clonmel, who died on 2nd January 2009. Rest in Peace.

Always in our thoughts and prayers.

Sadly missed by your loving wife Noreer and family Fiona, Sinead and Donagh, Bill, Kees, Lisa and grandchildren.

Masses offered

Those who die in grace go no further from us than God



IN MEMORIAM

MORRISSEY

(8th Anniversary)



In loving memory of William Oliver (Willie) Morrissey, late of St. Martins, 11 Davis Tce, Clonmel who died on 2nd January 2009 RIP.

A day filled with sadness returns to us today, to mark the day you left us in such a sudden way. So much in life has altered, so much in life is new, but one thing never changes, is our love and thoughts of you.

your loving sister Jacinta, brother-inlaw Ritchie, nephews Barry and Jonathan and niece Maria. xxxx

Masses offered.

MULLINS



In loving memory of Patrick Mullins, late of River Street and Old Bridge, Clonmel who died on 3rd January 2017 RIP.

lt's been a lonely time without you, and nothing is the same - all we have are memories, and your picture in a frame. You hold a spot deep in our hearts, where the sun will always shine, for there will never be another to me, like that wonderful Dad of mine.

God bless you Dad.

Sadly missed and always remembered by your loving daughter Jacinta, grand-children and great-grandchildren.

O'FLAHERTY

(4th Anniversary)

In loving memory of our beloved brother Walter, late of Clonmel and Limerick who died on 14th January 2014. Also remembering his loving wife Joan who died on 9th May 2014 and his dear mother Bridget (nee O'Shea) late of Carrickon-Suir who died on 31st January 1943

Deep in our hearts your memory is kept, to love, to cherish and never forget.

Sadly missed by Angela, Francis and their families.





If it seems that I am far away on this empty and solemn day,

heart and know it's true.

that I am still right here with vou.

If during the day things are going wrong,

please don't feel sad and alone.

Just open your heart and know it's true.

that I am still right here with vou.

falls and the day is done. If you are feeling

When nighttime

won't come, lust open your heart and know

alone and sleep

that I am still right here with

it's true,

Close your eyes, and feel the warm embrace.

Sleep peacefully in the wings of

If sadness finds you in the morning light, if you feel alone,

don't give up trying!

Hold this feather close and know it's true.

that I am always here with you.





ANNOUNCEMENTS

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IN MEMORIAM

PURCELL



In loving memory of my wonderful husband Nicky, Elm Park, Clonmel and formerly of Drimnagh, Dublin, who left this world on 13th January 2013.

Death is not extinguishing the light, but putting out the lamp, because the Dawn

I love and miss you so much Nicky. There are no words to write how my heart aches for you. My friend, my soulmate, until we meet again.

Loving you forever - Teresa. xxxxxxx

PURCELL

(5th Anniversary

Dad, your needs were simple, your wants were few, if your family was happy, so were you. A heart of gold, a life so true, loved and respected by all

Deep are the memories, precious they stay, no passing of time can take them away. They bring a smile, sometimes a tear, but always a wish that you were

Love you always Dad - Nick, Samantha

Grandad, Look around your garden Lord, our Grandad won't be hard to find. He will be the one with the big smile. Tell him we love and miss him and that he was one of a kind.

Always in our thoughts from now 'till the

Love Mikey, Jay, Lee, Lily and Nicky xxx

PURCELL

In loving memory of Nicky Purcell, late of 247 Elm Park whose anniversary occurs on the 13th January RIP.

No longer in our lives to share, but in our hearts you are always there.

From your mother-in-law Lily Landy. Jonny, Ed. Richard with all our love.

IN MEMORIAM

PURCELL



In loving memory of Nicky Purcell, late of 247 Elm Park, Clonmel, whose nniversary occurs on 13th January.

No need for words except to say, we ove and miss you always, not just today

ove - Marvlou, Jessie, Sabrina and Carly, Martin and James xxxx

REALE

(4th, 41st & 63rd Anniversaries)

Fourth anniversary of our dear brother Michael, whose anniversary occurs on 19th January. Also remembering our parents, mother Johanna and father Michael Charles, late of Glenconnor and Cashel.

In the silence of our minds where no-one else can see. Your smile, your voice, your memory are kept so tenderly.

Padre Pio and Mother of Good Counsel look after them.

ondly remembered with love, smiles

Sadly missed by Maria, Violet and Carmel and their families.

Mass offered.

SHAW

(6th Anniversary & Birthday Remembrance)



In loving memory of our sister Kathleen, late of Gortmalogue, who passed away on 6th January 2012 and Birthday Remembrance on 14th January

Like falling leaves the years roll by, but memories of you will never die. Those we love don't go away, they walk beside us everyday. Únseen, unheard but always near, still loved, still missed and very dear.

Sadly missed by your brothers and

IN MEMORIAM

FAMILY

SWEETMAN

(49th & 14th Anniversaries)

William (Billy) & Rita

3 Connolly Park

If memories bring us closer, we are never far apart. For you are always with s, in our prayers and in our hearts.

Sadly missed by your sons - Mark, Anne and family (Galway), Ronald, Mary and family (Cork), and niece Lorraine, John and family, Clonmel.

Mass offered in Galway.



Though today, you walk in sorrow You will not be alone. There is One whose loving wisdom Is far greater than our own.

Put your trusting hand in His, As a little child would do And He like a loving father Will guide and comfort you!

Day by day, there will come to you New faith, new hope, new light. You'll find that stars unseen by day, Shine through the darkest night

And though your heart is longing, For the dear one who's at rest. You'll know before the journey's end, That God's dear ways are best!



When I come to the end of the road and the sun has set for me, I want no rites in a gloom-filled room. Why cry for a soul set free! Miss me a little, but not too long, and not with your head bowed low. Remember the love that we once shared, miss me but let me go. For this journey we all must take, and each must go alone. It's all part of the Master plan, a step on the road to home. When you are lonely and sick of heart, go to the friends we know and bury your sorrows in doing good deeds. Miss me, but let me go.



6 SOUTH TIPP TODAY www.southtipptoday.ie Thursday, January 11, 2018

COMMUNITY NEWS

DRANGAN

Whist Drives

The next Whist Drive in Drangan Community Hall will be in aid of St. Joseph's Young Priests Society on Monday next, January 15, at 8.15pm sharp.
All whist drives will com-

All whist drives will commence at 8.15pm for the coming season.

Dancing Lessons

Dancing Lessons are held in Drangan Community Hall every Tuesday from 8pm to 10pm.

All are welcome to learn several kinds of dances for just €5 per night.

Parish Lotto

There was no jackpot winner on Tuesday, December 19, when the numbers were 2, 6, 8, 22. The four match three winners were: John Cuddihy Knockroe, Jenny Seale Convent Lane, Ned Barnable Clonyhea and The Meade Grandchildren Drangan who won €25 each. Jackpot will be €8,100 for our next draw.

Progressive 25

Winners on Thursday,
January 4: Tess Maher &
Kitty Brett; Bernie Myles &
Alice Quinn; Chas Keane &
Seamus Moloney; Joan Boland & Jimmy Gleeson; Lory
Byrne & Joseph Meagher.
Jackpot winners for
December were Kieran
Browne & Liam Meagher.
New players are always welcome to our 25 games on
Thursday nights.
We wish all our players a
very Happy New Year and
thanks for your support in

Drangan Badminton Club

Senior badminton has started on Mondays and Thursdays in Drangan hall at 8pm.

All welcome ... new, old members and anyone interested in playing a game, so come along and join us.

St Patrick's GAA

St. Patricks GAA Lotto

Lotto results Tuesday, January 2. Jackpot €5,400. Numbers drawn: 1, 2, 12, 25 - no winner

No match three winners so five lucky dip winners (€20 each) were: Dick Mockler Ballycullen; Eamon Anglim, Lismoynan; Michael Nash, Shanakyle; Max Hanley, Killusty; Mary Denn, Cloran. Second chance draw numbers drawn: 6, 15, 17, 26. No winner.

Next draw on Tuesday, January 16, for jackpot of €5,600.

All are welcome to attend the Lotto Draw in the clubrooms at Anner Park at 9pm.



A group of hardy and dedicated walkers and runners who braved the cold weather on Christmas morning last to take part in the ANNUAL GOAL MILE which commenced at Main Street in Fethard.

You can now play St. Patrick's GAA Lotto by logging onto our website "stpatsgaa.ie" and also receive our free fortnightly newsletter.

This may be of special interest to those with family or friends away from home.

NEWCASTLE

Muintir na Tíre Community Council

The January 300 Club draw will take place in the Community Hall on Wednesday, January 17, commencing at

7.45pm.
This will be followed by a Committee Meeting, starting at 8pm.

Recent Wedding

Congratulations to Kathy McGrath, Burgesland, Newcastle, and Robert Coleman, Youghal, who were married in Newcastle Church on Friday, December 29. Congratulations also to Noel Hackett, Newcastle, and Caroline Smith, Clonmel, who had their wedding in Newcastle church on Saturday, December 30.

Sympathy

Sincere Sympathy is extended to the family of Mrs Mary Lonergan (née Hally), Lacken, Ballinamult, whose interment took place following requiem Mass in Newcastle on Wednesday week last.

Sympathy also to the family of Cathrine Meskell Frehans, Newcastle, whose burial took place following requiem mass in Ballybacon on Saturday, January 8. RIP

BALLYLOOBY DUHILL

Fundraiser for Pieta House A special fundraiser will be held in The Village Inn, Ballylooby, in aid of Pieta House this Saturday, January 13, at 8pm. Monies donated in honour of Liam Hayes, Olwyn Clancy and James Tobin. There will be live music with DJ on the night plus raffle and spot prizes. Your support for this worthy cause will be much appreciated.

GAA Lotto

Lotto results on Tuesday, January 2. No Jackpot winner this week, lucky numbers drawn: 14, 16, 18,

Two match three winners: D J Brunnock and Carmel Dunlea. Next week's jackpot €2.200.

Yoga for the Retired

Duhill Community Council was a grant recipient in the "Go for Life National Grant Scheme" for physical activity in older people. A four week chair yoga class with David Russell is planned and will commence on Monday, January 15, at 11.45am for approx. one hour. The class is suitable for anyone hoping to get back to exercise, or to maintain your core strength and flexibility all very important physical factors as we age. Further details from: Maggie Moloney (086) 3846839.

Duhill Card Drive

The 45 Drive continues every Sunday in Duhill Hall at 8.15pm sharp. Thanks for your continued support.

Duhill New Year's Party

The annual New Year's Party will take place in Duhill Hall at 1.30pm on Sunday next, January 14, RSVP to Mary or Maggie: 086-8502443/3846839.

Personal Monitored Alarms

For those who might require a personal monitored alarm please contact any member of Ballylooby and District Alert Group.

Alarms are installed free for the over 65's. Further details from Peter on 086-6044886 or Tom on: 086-8608888.

Brian Borus Chur Gate Collection

Brian Borus have been granted a church gate collection in our parish next Saturday/Sunday, January 13/14. Your support will be appreciated

New Dairygold Chairman

Congratulations to local parishioner and dairy farmer John O'Gorman, Ballyboy who was elected Chairman of Dairygold one of the largest Co-ops in the country.

Sympathy

Sympathy is extended to the family of Mrs Anne Grubb late of Castlegrace and the Big Acre Stud who passed away on December 18. Interment took place in Kilcommon Cemetery, Cahir. Sympathy is also extended to the family and relatives of John McGrath, Bridge Street, Clogheen, and late of Oranmore, Co. Galway, who died on December 23. We extend our sympathy also to the family and relatives of Jimmy Wyse (Wyse's Garage, Clogheen) who passed away on January 2. Sympathy is also extended to the O'Callaghan family on the death of Pat (The Butcher) who passed away on Thursday, January 4. All of whom were laid to rest in Shanrahan Cemetery. RIP

BANSHA

Galtee Rovers – St. Pecaun's GAA Club

The AGM was held on Saturday last and the following are the club officers for 2018 - Life Presidents: Larry

Roche, Mossie Tierney, John Marnane, Roger Roche: President: Pat White; Chairperson: Katie Bourke; Vice-Chairman: Lar Roche; Secretary: Noel Browne; Assistant Secretary: Liam Bergin, Tony Kennedy; Ladies football secretary to be confirmed; Treasurer: Mike Barry; Assistant Treasurer and Club Draw Organiser: Pat Bergin; P.R.O.: Tony O'Brien; West Board Rep: Liam Bergin and Brian Shiels; County Board Rep: John Morrissey; Coaching and Games Officer: Liam Phelan; Schools Officer: Patricia Healy; Registrar: Brendan Healy. The adjourned AGM will be held on Saturday, January 20, at 8pm in the McGrath Centre and as always new faces are most welcome.

Templeneiry Church

All night time events resumed in Templeneiry; Set Dancing on Mondays at 8pm; Civil Defence on Wednesdays at 8pm; Knitting Group on Thursdays at 7pm; Art Classes resume in early February with children's art classes starting soon. Greta Peters will host a Style Night on Friday, February 2. New people are always welcome to join.

Tea and coffee every Tuesday and Thursday morning after 10am Mass, open invitation to drop in. 086 8314443 for any information re: Templeneiry

CLOGHEEN

Clogheen Transformation

Siul Eile is encouraging the whole community and surrounding areas to participate in Clogheen Transformation and show your support for RTE Operation Transformation leader, Clogheen native, Felicity Moroney.

The eight- week walking program starts Thursday, January 11, with a 4km walk. Registration in community hall from 7pm, with walk starting at 7.30pm.

Mary McCarthy RIP Deepest sympathies are ex-

tended to the Noonan
family on the death of Mary
McCarthy, 35 Fr Sheehy
Terrace, Clogheen, just before Christmas.
Mary was a lovely gentle
person and even though
Mary was in poor health she
would always have a smile
and a wave for all she would
meet on her daily walk to

the shops.
She is survived by her son
Tommy, daughters Elizabeth, Molly and Agnes and
all her extended family. May
her kind soul rest in peace.
Mary was interned in Shanrahan Cemetery following
requiem mass in Clogheen.

James Wyse RIP

There was shock and sadness with the news that well-known businessman James Wyse, Clogheen, had passed to his eternal reward. James was proprietor of Wyse's Garage Clogheen along with his late wife Breda for many years. The garage was known all over the country. James enjoyed helping his son Frankie with the garage up to the time of his passing. James is survived by his sons John and Frankie, daughters Veronica, Fiona and Audrey, grandchildren and all his extended family. Following removal from his home to St Marys Church Clogheen for requiem mass, he was laid to rest in Shanrahan Cemetery. May his kind soul rest in peace.

Pat O'Callaghan RIP

Another well-known business man, Pat O'Callaghan, passed to his eternal reward last Thursday following a short illness. Pat was in his late eighties and enjoyed being host to the regular visitors on a daily basis to his home in Main Street, Clogheen, along with his wife Mary where the kettle was always on the boil for the welcome cup of tea. Pat, with Mary, ran a very busy butcher's shop in Main Street, Clogheen, for many vears.

Pat loved tracing back historical events and had a great head for finding family connections from the locality.
Pat is survived by his wife Mary nee Caplice (Burncourt), son Patrick, daughter in law Maura, brother Frank and all his extended family.

Following removal from his home to St Marys Church for requiem mass, he was laid to rest in Shanrahan cemetery.n peace. hursday, January 11, 2018 www.southtipptoday.ie

LIFESTYLEHave you got a story for South Tipp Today?

Email dylan.white@iconicnews.ie

'Optic Nerve' exhibition at South Tipp Arts Centre showcases four artists

Four artists from the KCAT Studio in Callan, Co Kilkenny, who have a particular connection to Tipperary, will exhibit in South Tipperary Arts Centre during January and February 2018.

The exhibition is entitled 'Optic Nerve' as it gives us four very different ways of seeing the world.

"Life would be very dull without art" says Eileen Mulrooney, whose love of art was first fostered at the Presentation College in Carrick-on-Suir. KCAT has enabled her to further develop and broaden her skills. Although she enjoys sculpture and mixed media, Eileen returned to her first loves of drawing and painting when she joined the KCAT Studio in 2005.

Sinéad Fahey's bright and striking images have been a hallmark of KCAT Studio. A native of Carrickon-Suir, she has travelled and shown her work widely both nationally and internationally. In her work, Sinéad draws on memory by imaginatively recalling and documenting important people and moments in her life and in the lives of her friends and colleagues. "My work is about the feeling I have inside" explained Sinéad. Her works often give special attention to human interactions, gestures and scenes that may, in everyday life, pass by unnoticed.

Francis Casey is a founding member of the KCAT Studio and hails from Carrick-on-Suir, Co. Tipperary. Initially working primarily in stone, Francis now balances his studio time between drawing, printmaking, copper etching, enameling, painting and sculpture. His current body of work identifies cultural icons prominent in the memory of the artist, the subjects coming from the worlds

of politics, music, film and $_{\mbox{\scriptsize TV}}$

Thomas Barron, a native of Cashel, lives in Grangemockler Camphill, Co. Tip-Thomas exhibited widely in Ireland and abroad and has been awarded numerous commissions. Highly regarded as a painter, Thomas works predominantly on canvas, often of considerable scale. His work develops through a series of very carefully worked stages where the process begins in pencil and progresses to include multiple layers of paint resulting in pieces with a great sense of depth and a particular com-positional balance between colour and form.

KCAT Studio is a professional artists' studio supported by The Arts Council. The Studio artists are supported by facilitators in all aspects of their professional development. There is a strong sense of community



and mutual support between the artists and facilitators, which extends beyond the walls of the studio. Working individually, all share, inspire and motivate each other. The group has executed commissions and exhibited as far afield as Australia, Japan, the United States and Europe.

South Tipperary Arts

Centre is open from 10am to 5pm, Monday to Saturday. Call 052 612 7877 or info@southtippartscentre.ie for more details.

Michael Ahern to give lecture on Tipp Quakers 1655-1924

On Tuesday 16th January at 7.30pm 'The Quakers of County Tipperary 1655 – 1924' by Dr Michael (Mick) Ahern, of Clonmel, the January lecture from the Tipperary People and Places Series takes place in The Source, Thurles at 7.30pm.

Although never exceeding five hundred members at any given time, Tipperary Friends produced many individuals who won an honoured place both in their own community and in the wider Quaker world. They contributed greatly to the economic life of the community. They aspired to live simply and plainly, be honest in their dealings and industrious in their ways. They opposed violence of any kind

and were always to the forefront in promoting charitable causes.

Michael Ahern admits to having a long obsession with the Quakers. He holds an M.A and a PhD from the National University of Ireland. He is a retired vocational teacher and a regular contributor to various magazines and journals. His publications include The Quakers of Co. Tipperary 1655 - 1924, Figures in a Clonmel landscape and Clonmel County Gaol. All are welcome.

For more details contact Mary/John at 0761 066123 - studies@tipperarycoco.ie - FaceBook @tipperarystudies - Twitter @TippStudies



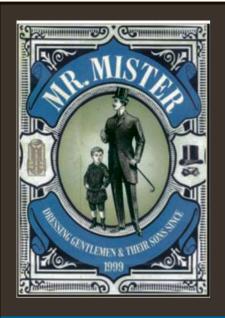
A scene from a Quaker workhouse. Clonmel historian Michael Ahern will give a lecture "The Quakers of County Tipperary 1655-1924" at The Source in Thurles on Tuesday night next, 16th January starting at 7.30 pm.

EDDIE AND EILISH CELEBRATE THEIR GOLDEN WEDDING ANNIVERSARY



Eddie and Eilish Sullivan, Graigue, Clogheen, celebrating their 50th wedding anniversary with family and friends in the Park Hotel, Dungarvan.





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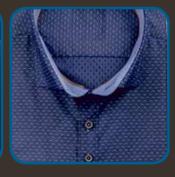




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