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Thousands support Darkness Into Light in Tipperary

By **DYLAN WHITE**
e-mail: dylan.white@iconicnews.ie

Thousands of people walked from Darkness Into Light in County Tipperary last Saturday morning, determined to 'win the wars against suicide and self-harm'.

Community groups, schools, businesses, volunteers and members of the public rallied together for Pieta House's 10th annual flagship fundraiser, a global movement that takes place in more than 180 locations across the world.

Over 1,200 people raised more than €27,000 at Carrick-on-Suir Darkness Into Light this year, bringing the total generated since its inauguration in the town in 2016 to over €76,000. "The support this year has been fantastic. Many thanks to the committee members for their hard work, the 60 plus volunteers, the local men's shed, the schools who donated artwork, the Greenschool and the businesses and members of the public that donated food and teapots," Carrick-on-Suir Darkness Into Light treasurer Mary Power told South Tipp Today.

Carrick-on-Suir Darkness

Into Light catering coordinator Jillian Wheaton emphasised the importance of Darkness Into Light. "It is a beautiful juxtaposition of grief, hope and community spirit all in one night. There is real interaction between people, and it allows the community to support people who have been bereaved," Jillian said.

Carrick-on-Suir Darkness Into Light volunteer coordinator and CBS High School teacher Hollie Hickey praised her 5th year students for making signs for the 5km route and for supporting the event on the night. "Getting involved in Darkness Into Light requires a lot of commitment. It is a great experience and very rewarding," Hollie highlighted.

Carrick-on-Suir Darkness Into Light chairperson Karen McGrath added: "There's something about this walk that makes it worth getting up for. It makes it worth all the behind the scenes work. It makes it worth being from this town because there's no town like this to get behind something and give it everything."

"After what has been a particularly difficult year for our town, this provides an opportunity for us to get to-



CBS High School Clonmel 5th year students with their teacher Hollie Hickey at Carrick-on-Suir Darkness Into Light.

gether as a community and support each other.

"Whatever your going through in life please remember that it will pass. Remember that the darkest part of the night is just before the dawn."

Over 1,800 walked in a sea of yellow in Cashel for the fifth annual Darkness Into Light event in the town. Paralympian Peter Ryan gave a moving and inspirational speech following an introduction and message of thanks by Cashel Darkness Into Light chairperson Bernie Ryan. The Cashel walk

included a reflective kilometre walked in silence from the top of Friar Street. "It was particularly poignant and received very positive and moving feedback," said committee member Cher Quinlan.

Cher went on to thank the volunteers, entertainers, Cashel Rugby Club, Rock of Cashel staff, Tipperary County Council and all those who supported the event.

Over 1,000 people also turned out for Darkness Into Light in Tipperary Town, which was supported by local actress Rachel Pilkington.



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'I will be fighting very hard to improve mental health services in Tipperary'

By DYLAN WHITE
e-mail: dylan.white@iconicnews.ie

Tipperary Fine Gael general election candidate Garret Ahearn admits providing the necessary mental health services is a "huge issue" in the county and across Ireland.

Ahearn says the recent meeting on mental health services in Clonmel with Tipperary's Fight for Mental Health Services group was a positive move in the right direction.

Ahearn plans on fighting to improve mental health services in Tipperary. "The services in Tipperary aren't up to the standard that should be expected and it's quite similar in a lot of counties outside of Dublin. It's something that I personally will be fighting very hard for," Ahearn tells South Tipp Today.

"If you go to A and E at South Tipperary General Hospital with a mental health issue, you are just left there with everyone else which is totally unacceptable. Overcrowding at South Tipperary

General Hospital [is inter-linked with mental health and] is a massive issue that needs to be tackled. Hopefully the opening of the primary care centre in Carrick-on-Suir will take some pressure off.

"Minister for Mental Health and Older People Jim Daly has acknowledged that there are challenges in Tipperary - the closure of St. Michael's has caused huge problems. There is not one bed in Tipperary that is specifically designed for someone suffering with mental health issues - they go to Cork or Kilkenny. He is committed to ensuring that out of the new 40 or 50 beds coming into South Tipperary General Hospital, 10 or 12 of those beds will go to the psychiatric ward. That's not what everyone wants - some people would lobby very hard to reopen St. Michael's but at least this is one step in the right direction".

Ahearn says Tipperary needs a spokesperson in Government to fight their corner and get the required services for the county. "We will have a bit of money to

spend in the next Budget and to think that we have no one in Government fighting our corner on behalf of Tipperary is a real issue for the county. It is easier for a county to be represented when we have a representative in Government".

Ahearn encourages the public to support mental health initiatives taking place

throughout the month. "The month of May is a time when we try to build awareness of mental health with the Green Ribbon campaign, a national campaign that my brother founded where everyone wears a green ribbon to change the stigma around mental health," he adds.



Carrick-on-Suir Darkness Into Light committee members
Ross Clery, Rose O'Sullivan, Mary Power, Shauna Power, Jillian Wheaton, Karen McGrath, Shannon Power, Hollie Hickey, Shana Mansfield and Eddie Reade.



Carrick-on-Suir Clancy Brothers Festival promises to be more exciting than ever

The 2018 Clancy Brothers Festival has a programme packed full of music in the pubs, on the streets and at the Riverside Family Day.

Focusing on folk, the famed Live Music Pub Trail boasts more than 30 acts in 11 venues, including gigs and open sessions where all are welcome. Musicians are coming from far and wide to play in the pubs and bars across town and into the hinterland of Tullahought.

From folk to trad, roots to rock and blues, there is something for everyone this June bank holiday weekend.

On May 31 at 9:30pm, the Eoghan Power Memorial Singing Competition takes place in Figgerty's Pub, New Street. This folk ballad competition sees each entrant sing two folk songs of their choice for the chance to win the Perpetual Eoghan Power Memorial Trophy and a cash prize. A regular highlight of the festival, the competition always draws a great crowd.

Young musicians take over the Main Street on June 2 from 2:30pm. Another regular festival favourite, the Youth Busking competition fills the streets with music

and spectators. The competition is open to under 18s and there are great prizes for the winners.

Both competitions are €10 to enter, and entry forms are available from the Heritage Centre, Main Street, Carrick-on-Suir, or from www.clancybrothersfestival.com.

On June 3, the Riverside Family Day takes place in Seán Healy Park from 2pm. This year features many family favourites including inflatable fun, merry-go-rounds and amusements, pony rides, local and international traditional crafts, face painting, music and dance. This year also debuts a taste of international cuisine by Bridgewater House.

Throughout the festival there is the annual free open air concert, which will feature The Cedartowns and Carouse playing an infectious mix of foot stomping folk and Americana, and contemporary and classic songs for music lovers to enjoy.

Art Trail

The 2018 Clancy Brothers Festival Art Trail is bigger than ever with 14 venues across town, providing a platform for new, emerging and established artists to showcase their latest creations.

This year includes 'Giving Art a Voice', an exciting new collaboration between visual artists, creative writers and the public, asking 'if art could talk, what would it say?'

Before the festival artists chose some of their artworks and recorded how they came to be and what inspired their creation. Local writers were then paired with an artwork and wrote a short piece in response to it. During the festival weekend, all the artworks will be on view at the Tudor Artisan Hub and visitors to the exhibition can jot down a few words about their reaction to the artwork.

The reaction to each piece of the public and the writers will be read out on June 3 from 1:30-3:30pm at the Tudor Artisan Hub, followed by the recording of the artists talking about the piece in their own words.

'Giving Art a Voice' explores what art evokes in each of us and how our response to art compares to the original vision of the artists. This collaborative project is in association with LIT, Margaret O'Brien (Writing Changes Lives) and the Tudor Artisan Hub.

The 2018 Clancy Brothers Festival takes place from May 30 to June 4.

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Martin Quinn calls for stroke specialist nurse at South Tipperary General Hospital

A Tipperary stroke survivor is calling for the immediate appointment of a dedicated stroke specialist nurse at South Tipperary General Hospital.

Martin Quinn, who suffered a devastating stroke live on-air on a local radio in 2013, says that it "simply isn't acceptable" that such a key post is vacant. "This post is vacant since January 2017 and questions need to be asked as to why this post has been vacant for so long and what efforts have been made to recruit someone to fill the post. I know only too well the importance of having a dedicated stroke specialist nurse in the hospital. The nurse was also a key person in facilitating the Stroke Survivors Group, and this has faltered completely since she left the

post," Martin says.

Martin wants funding from the HSE to go towards the establishment of Stroke Survivor Groups in South Tipperary and for the engagement of coordinators to facilitate this process. "The Irish Heart Foundation (IHF) has recently been approved for funding on this basis in CHO Area 1, which covers groups in Cavan, Monaghan and Sligo. I am now calling for similar funding to be approved for CHO Area 5, which covers South Tipperary, Carlow/Kilkenny, Waterford and Wexford, to enable a group to be set up in South Tipperary. This model would see the costs being met jointly by the HSE and the IHF through fundraising," he continues.

Martin has seen how be-

neficial these support groups are to stroke survivors. "It gives survivors a focus, a place to meet and socialise, a place to engage in activities and well being, and a place to talk and share similar experiences. It also helps survivors to build back their confidence after what has been a very traumatic event in their lives. I am speaking from experience and I know how vital this is to us as stroke survivors".

Martin recently attended the IHF Stroke Survivors Conference in Croke Park, which he says showed a "bleak picture of life for younger stroke survivors in Ireland, including severe deficits in vital recovery services, financial hardship and widespread feelings of anxiety, anger and isolation".



Martin Quinn with Irish Heart Foundation's Helena O'Donnell and Chris Macey.

A new Irish Heart Foundation study was carried out after a recent IHF and HSE audit showed a 26% increase

in working age stroke in just seven years, the equivalent of 300 extra younger strokes a year. "This study underlines

the alarming extent to which younger stroke survivors are struggling to get their lives back on track after leaving hospital and how little help many are getting to deal with the often profound physical and psychological impact of their brain attack," says Chris Macey, IHF Head of Advocacy.

Chris says having a stroke is a devastating experience, but the impact on many people is being exacerbated by an absence of expert help them on the road to recovery. "There are now more than 2,000 strokes a year in Ireland among people of working age and it's time we stopped writing them off and provide the helping hand they so desperately need," he adds.

Ireland's first national stroke strategy is currently being developed by the HSE and significant new investment in community care, therapy services and vocational is vital for all stroke survivors, particularly those in the younger age bracket.



Martin Quinn was delighted to welcome Minister for European Affairs Helen McEntee T.D. and Tipperary Fine Gael general election Garret Ahearn to the Canon Hayes Recreation Centre, Tipperary Town, recently. Prior to her current appointment, Minister McEntee was Minister of State for Mental Health and Older People and was very supportive of efforts to retain Mount Sion Community Residence in Tipperary town. During the minister's visit to the Canon Hayes Centre, she had the opportunity to greet the members of the Munster Special Olympics basketball team who were training in the centre and to discuss issues of relevance to the centre and Tipperary town.

Ben honoured for study on Chinese 'One Child Policy'

Rockwell College student Ben McDonald is feeling proud after winning the Irish silver medal in the 'Young Economist of the Year' competition. He was presented with his award at a function in Croke Park recently.

"When my name was called out having come second out of over 500 entries, I really could not believe it," Ben said.

Ben's entry focused on the behaviour patterns of Chinese consumers as a result of the One Child Policy. During his presentation, Ben explained how this policy is leading to there being more males than females in China and how men must save for a dowry to entice

young women to marry them.

The judges said Ben's work scored highly due to his originality and commended him for his thorough research. Rockwell economics teacher Pat Egan praised Ben's "hard work and attention to detail with so many demands on his time particularly with his Leaving Cert coming up in June".

Ben is originally from Loughrea in Galway and is a nephew of Fr Sean Broderick, former principal and president of Rockwell College. He is a five border in Rockwell, but hopes to study Law and Economics at UCD in September.



Rockwell College's Ben McDonald with his economics teacher Pat Egan.

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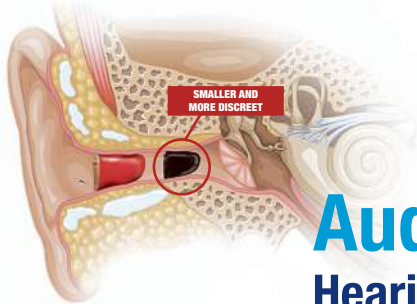
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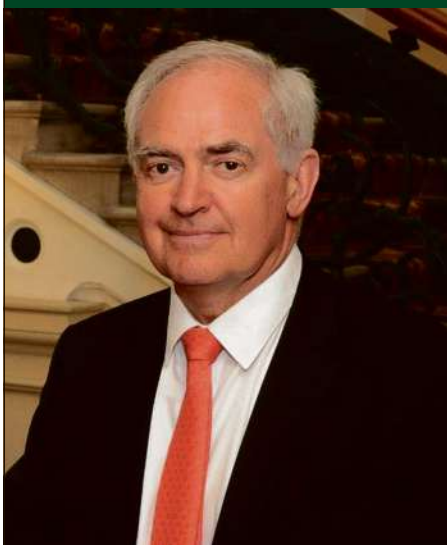
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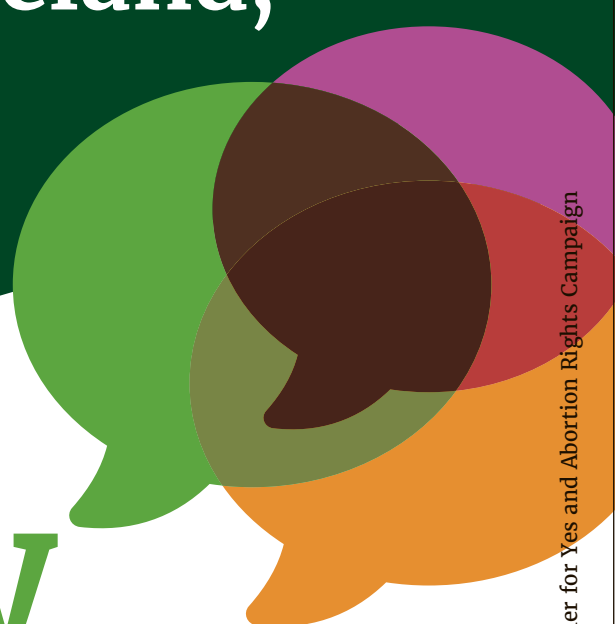
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The search is on to find 'MISS TIPPERARY 2018'

The search is on to find contestants with beauty, poise and personality to take part in the forthcoming Miss Ireland 2018 event. Entries are now being taken for the nation's hottest beauty search to find the perfect girl to represent Tipperary at the Miss Ireland final in August.

Miss Tipperary is being held and organised by a former Miss Tipperary and previous Miss Sunday World winner, Esme Mansergh-Wallace. Esme is coming back from the success of picking the overall winner of Miss Ireland twice in recent years - Clonmel's Aoife Walsh in 2013 and Portroe's Niamh Kennedy in 2016.

The Miss Tipperary title is fast becoming one of the most popular titles to win as the last six winners, including

Esme herself, have been successful in reaching the final knock out rounds of Miss Ireland.

"We have had great success with our winners. Aoife winning helped launch the competition hugely in its first year and Niamh's success has cemented the heat as one of the strongest in the country," Esme tells South Tipp Today.

"Our other winners - Linda Creedon (2014), Lauren Browne (2015) and last year's beauty Cailin Duggan all reached the final 7 and we have had huge success with our runners up also qualifying in the semi-final, so Tipperary has been strongly represented in the past.

"I am so thrilled to be back running the Miss Tipperary heat this year and am really hoping that we can be as successful as we have been the last five

years," Esme continues.

The final of Miss Tipperary will be held at The Anner Hotel in Thurles on Friday 1st June at 8pm. "The Anner is the perfect venue for an event like this, and I am delighted to welcome the hotel as the main sponsors of this year's event.

"Due to the success of the last few years, there has been huge interest which is fantastic. An agent from Pulse Models in Cork will attend and will be scouting for potential models to sign with Pulse. It is a great opportunity for girls who are keen to start a modelling career. A lot of the contestants from the last few years have gone on to sign with agencies and have had a huge amount of work, so it is a great opportunity for all participants, not just the winners," Esme adds.



Miss Tipperary 2017 Cailin Duggan with event organiser Esme Mansergh-Wallace.

Mind, body and soul at Ss. Peter and Paul's Primary School

The boys at Ss. Peter and Paul's Primary School are on a journey of mindfulness. In these modern times, it's so important for children to understand the importance of how physical movement and mindfulness can assist us in managing stresses.

There is a lot of emphasis in the school on physical activity, with the boys doing a full PE programme incorporating athletics, dance, tennis, football and hurling.

However, it's not just the boys who are encouraged to be active. There is also a full



Kyle Burnett, Cailean O'Dea, Oskar Sirocki and Michael James O'Reilly.

fitness programme everyday for the parents, grandparents and carers of the boys.

Gabi Kozlowski provides fitness training classes in the school from Monday to

Thursday for the parents, grandparents and carers. Gabi's sole intention is to get

the people of Clonmel fit and active. If parents are fit, healthy and active, their children will follow their example.

Parents also have yoga classes every Friday with Tash Hennessy. Tash then takes yoga classes with the boys. As 7-year-old Kaine Hartery of 1st class said: "I know I have to work on my left side because it's not as strong as my right".

The boys also practise mindfulness with Jennie Hannigan. Each week the boys are taught the importance of living in the moment

and using meditation techniques. When asked what meditation is about, 2nd class pupil Finn Tobin said: "It's when you close your eyes and go hmmm."

An added benefit of these interventions is that the boys focus and the attention to their studies has improved also. It's hoped that this full package of parent and pupil classes, working on fitness and mindfulness, will provide the boys with the coping skills they will need to navigate their way through their busy modern lives.

CYCLE AGAINST SUICIDE AWARENESS AT CASHEL COMMUNITY SCHOOL

Cashel Community School students took on the 46km 'Greenway Challenge' from Dungarvan to Waterford on Wednesday. The event was the culmination of a school programme that created awareness of suicide prevention.

Their efforts have added impetus following

the award of Ambassador School status in recognition of all the work and support done to promote positive mental health in the school.

In the lead-up to the cycle, the participants trained hard on their bikes and availed of special circuit training coordinated

by the PE department. The students also fundraised for Cycle Against Suicide by selling orange wristbands, tee-shirts and cycling jerseys. The initiative was further enhanced by a presentation given to staff and students from renowned Paralympian Peter Ryan.



Clonmel Park Hotel Leisure Centre's five simple steps to losing weight for Summer

Clonmel Park Hotel Leisure Centre manager Anthony Hewitt outlines five steps to losing weight and toning up for summer.

1. BAN FAST FOOD

Fast food may be convenient, but it's overloaded with empty, fatty calories. One meal can contain all of the calories you're supposed to consume in an entire day. Ban fast food!! This is one of the most important, effective ways to lose weight. SIMPLE!

2. COUNT 'EM UP

Calories work very simple. In order to lose weight, you must consume less calories than the calories you burn. If you eat something that is 500 calories then you must do a workout that exceeds 500 calories to lose any weight. Yes, you all knew this already - so do it! No procrastinators



here!

3. TAKE THE STAIRS

Many of you reading this will encounter a stairs or two during your working day. Do yourself a huge favour and take it. Maybe even count how long it took and beat it the next day. Dodging this obstacle is a big mistake. Give it a week's trial and tell me you don't feel better?

4. KICK UP THE CARDIO

If you already have a good cardio workout, kick it up a

notch to make it an even more effective way to lose weight. Add a little more resistance on the elliptical, set a higher ramp on the treadmill, take a Zumba class in addition to your yoga class.

5. ADD WEIGHTS

Add weights to your training. Almost any cardio workout can be kicked up by adding hand or ankle weights (or both). No Fail, No Gain! - ignore repetitions every so often and just do as many as you can until you 'fail'. Give it a go.

Warning, side effects - You may feel better, you may get more toned and you may lose more weight. #no-brainer

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Master of the National Maternity Hospital

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Cahir Park Golf Club's junior boys team of Pa Hickey, Luke Healy, Alberto Rodriguez Ariza and Conor Kirwan took part in a Munster competition recently.



Cahir Park Golf Club's Breda Hickey, Pauline Mulcahy, Rosemary Maher, Rosemary O'Donnell and Marie Reidy will play Dungravan Golf Club in the third round of the Ladies Challenge Cup in Mallow on May 27.



Clonmel's Noel McNamara Butchers thanks all those who contributed to his daughter Chloe's fundraiser recently. Chloe is a student nurse in Dublin and will accompany the Diocese of Waterford and Lismore's annual pilgrimage to Lourdes as a helper this summer. The winner of the hamper was Anne Condon from Ballingarrane. Pictured is PJ Condon collecting the prize from Noel McNamara.



Jack Nugent, Conor Hayes and Sean Hayes won silver medals in table tennis at the Community Games Munster finals at the University of Limerick recently.



Clogheen Drama Group enjoyed a night out at Cahir Park Golf following their successful production of The Cripple of Inishmaan.



LEFT: Locals turned out for the launch of South Tipperary Art Group's art exhibition at Carrick-on-Suir Library recently. The group are celebrating their 50th anniversary this year and are encouraging members of the public to visit the exhibition before the end of May.



LEFT: Carrick-on-Suir Daffodil Day committee and Scoil Mhuire transition year students presented a cheque of €10,400 to the Irish Cancer Society at the Nano Nagle Chapel recently. Seated l-r: Helen Comerford, Gladys Ronan, Marie Walsh, Nicola McMahon (Irish Cancer Society), Brendan Mulvaney, Hannah Delaney, Margaret O'Shea. Back: Tom Foskin, Lorna Butler, Laura Falconer, Rachel Foster, Laura Power, Shannon Madigan, Miriam Daly, Hannah Walsh, Jessica Gaynor, Ned Hanrahan. Missing from photo are Sr. Immaculata and Comeragh College transition year boys who helped raise the funds.



Clogheen Drama Group chairman Jerry Griffin thanking Liam Wall for directing The Cripple of Inishmaan.



The Brian Borus under 8 camogie team played St. Fanahan's in Ballylooby recently.



The May bank holiday Vintage Car Exhibition in Powerstown was a great success, with Tim O'Donovan from Thurles winning a BMW. Clonmel's Michael McKeogh won two nights at Hotel Minella and Cork's Evic Kirkham won €100. Family Carers Ireland were delighted that Clonmel Vintage and Classic Car Club choose them as this year's charity.



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Swallows season

By Albert Nolan

I was worried for a few weeks as reports filtered in of swallows appearing all over the country.

While I was glad to share in their joy, I had yet to see or even hear a swallow. A few times I tried to convince myself that a half call or twitter brought me into the league of summer migrants, but I do have some standards when it comes to birdwatching.

A few days ago I was in a garden centre buying some pollinator friendly plants for a project, with some very active and interested third year girls who were doing a social innovator project on bees. Ceanothus, heathers, flowering currant and herbs will create a colourful yet pollen and nectar packed food for bees.

I was loading up the car when out of the corner of my eye I saw a bird perched on the electricity wire. It took a few moments to register, but I was thrilled to see my first swallow of the year. I forgot the plants and got chatting to the owner of the garden centre. He has extensive sheds and each year the swallows return to the same place and build their nests.

He remembers his dad saying that it was the same swallows that returned each spring and by this stage there must have been a least 50 generations of swallows on his land. This long held belief was later confirmed when rings

were placed on the chicks. A long winter later and the ringed birds returned, confirming that swallows are indeed site faithful.

The old potting shed was a favourite haunt and one of his workmen swore that the plants grew better with the swallows droppings mixed in. The door was always left slightly open, meaning that the swallows never got trapped. This was in an age when doors could be left open, but much has changed for swallows over the years.

Mud, of course, is their nest building material of choice and after all the rain it is not in short supply. In my shed they repair the nest, which makes perfect sense as it takes at least three weeks hard labour to build one. Small pellets of mud are gathered up in their beaks, mixed with saliva, and layer by layer the nest takes shape. It is lined with grass and a few feathers, creating a safe and warm place for the chicks.

The eggs take around two weeks to hatch and a further three weeks to fledge. In a very good summer they can have three broods, but if this cold wet weather continues they will struggle to have one.

Insects form the main part of their diet and these are caught on the wing. Swallows eat thousands of insects during their stay in the country and provide an extremely useful pest control service. They overwinter in Africa before migrating over sea and sands as they fly

across the Mediterranean and Sahara desert.

The swallow is easy to identify and adults have a white underbelly, black wings and back. The throat has an orange patch and they have long tail streamers. These are shorter than immature birds and the females are attracted to males with the longest streamers.

Swallows feature strongly in mythologies and beliefs. Sailors who wanted to show they were old hands had the swallow tattooed on their chests, arms and neck. This was before written references and the tattoo showed that this man had severed his time on the roughest seas. It was also believed that if the sailor drowned his soul, it would be carried to heaven by swallows.

Comments/questions to albert.nolan@rocketmail.com or 089-4230502. Albert is also available to give walks/talks to schools, tidy towns, youth and community groups.

Upcoming events

Tipperary Birdwatch hosts a swift survey evening on May 21 at 8pm in St Mary's GAA Centre, Clonmel. All are welcome.

As part of National Biodiversity Week celebrations, the Organic Garden in Knockanrawley Resource Centre will host an event on discovering moths on May 25 from 8:30pm to midnight. Contact Sean at livinglimerick@antaisce.org or 087-9168613.

Family home in bankruptcy proceedings

John M Lynch

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The position of the family home in bankruptcy is that while the lender has options under the legislation, they invariably keep the family home out of bankruptcy.

This means that the lender proves their debt, the bankrupt's interest vests in the official assignee, the lender retains control of the asset, and the assignee does nothing where the home remains in negative equity.

Where the home continues to be in negative equity, the official assignee will allow the bankrupt's interest to be released back after three years. In the meanwhile, the assignee in bankruptcy will do nothing and will not object to the lender selling the home 'as mortgagee in possession'. This means that the lender can do all the required legal formalities to sell the home. The assignee, however, takes no active part in the process of sale.

The matter can be complicated if the property is held jointly with a spouse or partner. Furthermore, the matter will be complicated if there is equity during the

three-year period in the property. In such circumstances the assignee in bankruptcy is entitled to apply to the court for an order for sale.

There have been situations where the lender has proven their debt but have not in fact gone on to sell the family home even though it's in negative equity. In such circumstances, the bankrupt has two choices. He or she can vacate the family home which has the effect of writing off any residual debt over the value of the security. This is in effect a voluntary surrender.

They can, with the consent of the bank, remain in the property on the basis of a revised or reviewable payment arrangement. If, however, they remain in the property they continue to be responsible for the entire date under the mortgage.

This raises the interesting scenario that if the discharge bankrupt subsequently vacates the family home, would the lender be entitled to pursue for the balance in circumstances

where such a balance had been written off through the bankruptcy process.

Where the family home is in negative equity, there have been a number of initiatives - including the buy to let scheme - to try and keep people in their homes.

If someone is considering bankruptcy and is in discussions with their lender to put a buy to let proposal in place, they should ensure that the lender is prepared to continue with the buy to let proposal in the event of an application for bankruptcy.

Where the house is in negative equity, a buy to let proposal gives the lender the value of the security. The lender/owner then transfers the house to the Local Authority or other agency who purchases the house from them. That agency in turn enters into a letting agreement with the debtor. If the debtor becomes bankrupt, the official assignee will not object to the lender selling to the Local Authority or other agency [as mortgagee in possession].

It is therefore critically important to investigate the likely outcome of bankruptcy where the family home is involved and where the bankrupt may wish to retain the family home.

How to manage your anxiety

By Liz Quish

Everyone has feelings of anxiety at some point in their lives. Feeling anxious in certain situations can help us avoid danger, triggering our 'fight or flight' response.

But sometimes we can become overly worried about perceived threats, bad things that may or may not happen. When we're very anxious, we have intense feelings of worry or distress that are not easy to control. Anxiety can interfere with how we go about our everyday lives and make it hard to cope with everyday challenges.

On a physical level, anxiety causes an acceleration of our heartbeat, with breathing becoming shallow and fast. Some people may begin to sweat, feel dizzy or nauseous.

On a psychological level, anxiety can affect one's sleep and concentration levels, people can feel a sense con-

stantly being on edge or high alert. Although experiencing some anxiety is normal, sometimes it can be difficult to manage and can feel very overwhelming.

One of the most common behaviours in individuals experiencing heightened and ongoing levels of anxiety is avoidance. Avoidance prevents people from learning to cope with a challenging situation and reaching their goals. Learning to recognise your anxious thinking patterns when they arise can help in managing and reducing them quickly.

Awareness of anxiety begins by trying to identify the cause and/or trigger of anxiety and gaining an understanding of how it affects your mood and behaviours. It can be helpful to journal as a means of tracking your stressors, mood, thoughts and behaviours. This will further help in identifying

the cause of your anxiety and becoming more aware of when you may be engaging in unhelpful thinking, which feeds your anxiety.

A small increase in physical activity levels can trigger brain chemicals that improve your mood, well-being and stress levels. This can act as a prevention and treatment for anxiety as well as lead to improved body-image, self-esteem and self-worth.

Eat lots of fruit and vegetables and try to avoid too much sugar. Very sweet foods cause an initial sugar 'rush,' followed by a sharp dip in blood sugar levels which can give you anxious feelings.

Caffeine can also increase anxiety levels so try to avoid drinking too much tea or coffee. Avoid alcohol or drink in moderation. It's quite common for people to drink alcohol when they feel nervous to numb their anxiety. However, the effect

that alcohol has on how you feel is only temporary. When it wears off you feel worse, potentially more anxious, and your brain will be less able to deal with anxiety naturally.

Cognitive Behavioural Therapy (CBT) is a very effective model of counselling for people struggling with anxiety. CBT can assist in helping you to understand your thought process and how your thoughts are impacting and driving your anxiety driven behaviours. CBT can help you to take control of your negative thoughts and in turn help you to manage your anxiety more productively.

*Counsellor and psycho-therapist
Liz Quish runs one-day workshops on 'Taking control and managing your anxiety'. For more information, email liz@lizquish.com and visit www.lizquish.ie.*

Maxi Zoo on enjoying nature with your pet

You don't have to go and discover a completely new route every day to make future walks more enjoyable for both you and your dog. To do this, you only need to keep your eyes open when you're out in nature and you'll find lots of things along the way to incorporate into your walk and make it more fun.

Trees or bushes that stand close together make a great slalom course for your dog,

and you can incorporate your own legs as obstacles too. Or you could make a course by sticking branches into the ground with an appropriate distance in between. Why not lay sticks on the ground in a square and get him to "sit" in the box?

Call into your local Maxi Zoo store and speak with a pet expert about the best activities to do with your pet.



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CLONMEL

Lost necklace

A necklace was lost between 10am and 10:20am on Monday 14th May between the car park at St. Luke's Hospital and the entrance to the outpatients in St. Joseph's Hospital, Clonmel. Contact 087-1689388.

Lost car key

A Toyota car key was lost on Western Road, Clonmel, recently. Reward to finder. Call 087-2782476.

Wheelchair Society

Bag packing takes place at Dunnes Stores, Oakville, from May 24-26. AGM in Moynihan's Bar on June 6 at 8pm. New members welcome.

Gig

Clonmel World Music welcomes Woody Pines from Nashville on Thursday 17th May.

Tickets are available on www.clonmelworldmusic.com, from Gerry Lawless on 086-3389619, in Marian's Bookshop on O'Connell Street and at South Tipperary Arts Centre on Nelson Street. Doors for the gig open at 8pm. There will be no support act, and the band will start at 9pm.

Golf Club

Allen's fourball results: 1st Ben Hearne (13) and Michael McSweeney (13) - 45, 2nd Paul McGee (8) and Peter Foran (10) - 44, 3rd Johnny Quinn (4) and Pat Quinlan (14) - 43. 18 hole seniors champagne scramble on May 10 results: 1st Noel Maher, John Kennedy, Tony Horne - 80, 2nd Pat Purcell, Bob Greaney, Richie Power - 79, 3rd Paddy Ryan, Noel Morrissey, Pat O'Connor - 76. Next competition is on May 31.

Fixtures: May 19 and 20 - ILGU Munster Senior Ladies Championships (no men's golf). May 21 - nine hole men's ladies qualifier for Carnoustie. May 26 and 27 - Danone singles plus nine hole qualifying competition. Vice Captain's Prize takes place on June 9 - sheet will be up in the hallway on May 21. Mixed competition continues every Monday evening until September. Annual Club Classic takes place from May 31 to June 3.

Best wishes to the Clonmel team competing in the Munster Ladies Senior Cup. The competition is being hosted by Clonmel Golf Club. Visiting teams will include East Cork, Limerick, Castletroy, Muskerry, Ballyunion, Kilarney, Douglas, Mallow, Cork and Lahinch. Lotto: Jackpot of €6,300 is



Roisin O'Reilly, Leanne Hewitt, Morgan McIntyre, Rionna Linnane, Shauna Landers, Briana Linnane, Lucy Norris, Jade Fitzgerald and Faye O'Riordan celebrating RL Hair, Gladstone Street, Clonmel's first successful year in business.

up for grabs on Saturday at 5pm.

Whist

Takes place on Sunday 20th May at 2:30pm in Clonmel Bridge Centre.

Arts Centre

South Tipperary Arts Centre's May exhibition, 'Protest! Memories of 1968', is a celebration of the spirit of 1968.

The exhibition mixes iconic artworks from the time with social and participative elements based on local photographs, artefacts and stories, and an audio-visual element with films and slideshows.

It's accompanied by a programme of events that looks back to move forward, an invitation to participate in re-opening debate and shaping creative response to the enduring challenges of living with belief in today's world.

Screenings of Rocky Road to Dublin, the 1967 documentary film by Irish-born journalist Peter Lennon and French cinematographer Raoul Coutard, which poses the question 'what do you do with your revolution once you've got it?', take place at the Arts Centre on 17th May at 7pm, 21st and 28th May (school groups), 29th May at 11am and 31st May at 7pm.

The Arts Centre would like to thank Tipperary County Museum for the loan of 'Liberty at the barricades, after Delacroix', a limited-edition print by Robert Ballagh, and to the artist for 'The 3rd of May, after Goya' and 'Rape of the Sabines, after David'. Thank you to Jim Fitzpatrick for loaning 'VIVA CHE 1968!', the original red and black Che Guevara poster reproduced exactly from the original artwork, which was first shown in the 'Viva Che' exhibition in London in May 1968. The exhibition runs until

16th June. Call 052-6127877 or info@southtipparts-centre.ie for more information.

PROBUS Club

Next meeting takes place in Raheen House Hotel on Thursday 24th May. Clonmel Junction Festival director Nollia Healy will deliver a talk. Meeting commences at 10:30am. Contact Jim Keating on 086-1737532.

Man United

Manchester United Supporters Club's Clonmel branch AGM takes place in the Coachman Lounge on Thursday 24th May at 8pm. Memberships for next season will be renewed. New members welcome.

Belle Voci

Belle Voci choir are holding their annual summer concert in Hotel Minella on Friday 25th May at 8pm. Admission is €15 and tickets are available on the door, in Marian's Bookshop on O'Connell Street or from choir members. Special guests include Clonmel Rugby Club Male Voice Choir under the direction of Keith Greene, along with Sean Callaghan, Dave Corbett and Ros Stafford of the Tipperary Ramblers, a very popular local group who promote folk songs, ballads and traditional Irish music. Beforehand, the choir travel to New Ross to compete in the AIMS Choral competition on 20th May.

Festival

An annual biodiversity and natural heritage festival which consists of lots of talks and guided walks to get people out and about exploring the region's wonderful biodiversity and natural heritage returns this month to the South East.

The 2018 Bealtaine Living Earth Biodiversity Festival takes place from 19-27 May in locations around the

south east with free events for over 2,000 people. Events for schools take place during the day and events for the general public and families in the evenings and at the weekends.

The festival, now in its 14th year, is coordinated by Calmast, Waterford Institute of Technology's science outreach centre in partnership with government and non-government organisations. "We are delighted to be working with over twenty groups who will be coming together with Waterford Institute of Technology to offer their expertise and enthusiasm for over 50 free events," said Calmast's Cordula Weiss, who is the coordinator of the festival. "We are delighted to have a special event in Clonmel Library (22nd May) for schools, 'Under your skin', which is supported by MSD. In this interactive workshop, primary school students will learn about the science of the skin, with lots of fun activities to illustrate the science," she explains.

"The festival is growing year on year and this year we are very happy to have such centres as Mount Congreve Estate and Curraghmore Estate and JFK Arboretum join us in celebrating the natural heritage of the South East. We are delighted to have extended the festival to now have events in Waterford, Wexford, Carlow, Clonmel, Dungarvan and lots of places in between," she adds. Visit www.livingearth.ie for events information.

GIGS

Ireland/Newfoundland band Codeen perform at Burncourt Community Hall on 27th May at 7:30pm, at Clonmel Town Hall on 29th May at 8pm, at Buddy's Big Shed in Glengoele on 3rd

June at 8pm and at Brewery Lane Theatre in Carrick-on-Suir on 4th June at 8:15pm.

EVENTS

Country singer Declan Nerney plays the Firgrove Hotel in Mitchelstown's on Sunday 27th May and Derek Ryan takes to the stage on Sunday 10th June. An afternoon tea dancing special with Muriel O'Connor and Fran Curry takes place on Monday 4th June.

SOCIAL DANCE

Cashel and Emly Lourdes Fundraising Committee are holding a social tea dance in Cappawhite Resource Centre from 9:30pm - 12:30am on Saturday 19th May. Music by: The Michael Collins Band. Finger food will be served. Admission €10. Tickets available on the door or contact Sean O'Connor 086-8423172.

KILSHELAN/KILCASH**Fundraiser**

Gretta's coffee evening raised €1,105 for the Irish Cancer Society.

ARDFINNAN**Table quiz**

Thank you to everyone who came to the table quiz at the Pure Drop in Ardfinnan and to Patrick Noonan for thinking up the questions. 16 tables raised €700.50.

AGM

Ardfinnan Community Council's AGM takes place on May 19 at 7:15pm (after mass). All are welcome.

CLOGHEEN**90th birthday**

Congratulations to Nellie O'Connell, Duhill, Clogheen, who celebrated her 90th birthday at Kilcoran Lodge

Hotel recently with family and friends.

BALLYLOOBY/DUHILL**Fun walk**

Takes place on June 21 at 7:30pm. Refreshments served in the hall afterwards. €5 per person or €10 per family.

Community Alert

Church gate collection at both churches on May 26 and 27.

Card Drive

Continues every Monday in the Parish Hall at 8:30pm.

Duhill 45 Drive

Continues every Sunday at 8:15pm.

Ladies Club

Annual tour takes place on June 30 to Cork. Contact Judy on 086-3545539, Terri on 086-1900961 or Rose on 086-2207336.

Play

Duhill Theatre Group presents Down The Rabbit Hole in Duhill Hall on May 19 at 8pm.

Communion

Congratulations to the children, their parents and teachers who received their First Holy Communion in Ballylooby Church.

MARLFIELD**Race**

The residents of Marfield and the road to Knocklofty will have a grandstand view of Clonmel Cycle Club's circuit of the bridges race on May 27. Starts at Marfield Estate entrance at 10am and circuiting the loop from the Knocklofty Bridge to the Convent Bridge in Clonmel.

Pondside bin

The use of the litter bin at the bird feeding area on the pondside is causing concern and annoyance. The litter bin is for the use of small amounts of litter and is not a collection or drop off point for household litter. There has been a continual misuse of this facility recently.

TIPP GOLF CLUB

18 holes stableford for the Mona Vaughan perpetual trophy takes place on May 23. There will be an open singles on May 28. The Friday mixed scramble is in full swing. Latest results: Senior ladies scramble on May 7 - 1st Carmel Ryan, Meta Kelly and Renee Bourke - 39.5, 2nd Evelyn Connery, Irene Condon, Nora McGrath and Cora O'Dwyer - 40.2. Club Day 18 holes stableford on May 9 - 1st Yvonne Daly Ryan - 38, 2nd Siobhan Fitzpatrick - 34.

LOCAL SPOTLIGHT

SHOW

Clonmel Theatre Guild's production of Dancing at Lughnasa takes place at the White Memorial Theatre at 8pm nightly until May 19. Tickets are €15 from Marian's Bookshop in Clonmel.

CARRICK-ON-SUIR

Bridge Club

Results from May 1 - 1st Mary Arrigan and Tilly O'Donnell, 2nd Mairead Phelan and Ita Power, 3rd Marcella Power and Joan Shannon. May 2 - 1st Kevin Curran and Aileen Brett, Gross Honora Murphy and Kitty Lalor, 2nd Biddy Skelly and Tilly O'Donnell, 3rd Teasie Blanchfield and Elizabeth Malone, 4th Bernie Casey and Mary Arrigan, 5th Rosaline Dowley and Mairead Phelan, 6th Gemma Houlihan and Milena Mullins, 7th Pat Duggan and Bernard Flood, 8th Martin Ellis and Ann Elish, 9th Irene Purcell and Tess O'Shea.

Tudor Hub

Congratulations to the Tudor Artisan Hub on celebrating its fourth anniversary recently. "Thank you to all our amazingly talented artists for taking this incredible journey with us and a big thank you to Jane, Pete, Rehan and Patrice for all their hard work and support in making creative dreams a reality. Looking forward to building more dreams together of which none would be possible without the support of our fantastic customers. Thank you for supporting our local makers and keeping creativity thriving in our Community," a spokesperson says.

Blueway cycle

Enjoy a leisurely guided cycle on the towpath to Kilsheelan, discovering the castles, towers and historic sites of the beautiful River Suir Blueway, hearing stories along the way of ancient places and characters from long ago, and experiencing the natural history and beauty of the Suir Valley. The tour begins at Ormond Castle on June 4 at 11:30am with local river guide Brian White, who will be joined by raconteurs Walter Dunphy and Kevin Power. Afterwards, participants can return to Carrick at their own pace. Places are limited for the tour so book early to avoid disappointment. €5 per person. Tel: 086-8334844.

Davins GAA

The club welcome new coaches Brendan Cooke, David O'Shea, Philly Murphy and Michael Prendergast and wish them

many happy years in their role as coaches, mentors and leaders with Carrick Davins.

Well done to the children from the Gaelscoil in Carrick-on-Suir who took part in a Cleas Act aired on TG4, in particular Davins members Holly Kenny, Lolo Corcoran, Shauna Redmond, Jack Redmond, Millie Finn, Lexie McGrath, Dale Redmond, Patrick Corcoran and Triona Corcoran.

Swan GAA

The Junior A hurlers begin their championship against Newcastle in Cloneen on May 18 at 7:30pm. The senior hurlers take on Moyne Templetuohy in Davin Park on May 19 at 2:30pm.

The minor footballers conceded a walkover to Cahir recently and withdrew from the championship. The minor hurlers had a good run out against Mount Sion last week in preparation of their upcoming hurling championship.

U14s begin their championship on July 7 against Fethard, while the u16s play Cahir on July 2 in their championship opener. The u14 camogie team were defeated by a very strong Brian Boru team last week. The Junior B camogie girls beat Ballingarry in a challenge game. Juvenile player Alex Tobin came first overall in the Darkness Into Light run. Dave Fiddis won the lotto jackpot of €4,000. Next jackpot is €2,000.

Men's Shed

The open day at Carrick-on-Suir Men's Shed offered a welcome insight into what this local social group of men have achieved in a year with the support and backing of the Carrick and District Lions Club, the Carrick-on-Suir Business Centre (Nano Nagle Resource Centre) and South Development Company funding with the ETB providing the building. Former Comeragh College principal Pat Callinan was instrumental in sourcing the premises through the ETB and the late Jimmy Hogan was the initial instigator of the Shed programme several years beforehand. Jimmy's son and daughter Tom and Helen Hogan were delighted to attend the opening.

The Men's Shed premises are located behind the former Comeragh College building on Greenside in an upcycled prefab with an adjoining spacious workshop fitted with tools and appliances, a busy den for all members and craftsmen to build, carve and work on projects and also teach and guide others. The prefab



Members of the Carrick-on-Suir and District Men's Shed and visitors at their recent open day.

base is cosy, light and airy, equipped with kitchen, comfortable seating with access to games, cards, photography, a small library and a computer. Members are involved in community projects and helped out with the Lions Club recent spring clean up of the town. They also gave time to the IKA national collection day and liaise with other Men's Shed groups through organised visits and trips. Speaking at the launch, chairman of the Carrick Men's Shed, Giancarlo Liaso, welcomed all members and guests and thanked the Lions Club, Carrick-on-Suir Business Centre and South Tipp Development Company for all their support and the ETB for providing the building. He thanked all members for donations of tools, local businesses for their donations and all the members of the public who had donated items to them. Giancarlo encouraged new

members of all ages to join them. He said the Men's Shed was now fully operational and open Monday, Wednesday and Friday from 10am - 1pm with a view to opening five days a week shortly. He emphasised that no one is under any obligation and could come and go as they please. There is a voluntary contribution of €5 a month which is optional. Giancarlo paid tribute to the late Jimmy Hogan and thanked his daughter Helen for getting the ball rolling. The open day attracted many members from other Men's Sheds who were delighted to visit the Carrick Men's Shed and share their stories. Visitors arrived from Mullinahone, Dungan, Waterford, Spafeld, Clonmel, Cahir and Glengoolie Men's Sheds. Veronica Crowe, ETB community education facilitator, was highly impressed and praised the work and progress of Carrick Men's Shed.

Call Giancarlo on 087-687 8616 for further information.

DRANGAN

Whist

In Drangan Community Centre on May 21 at 8:15pm.

CAHIR

Art exhibition

'What lies beyond' art exhibition by Marine Kearney and Jacqueline Bates Gartlan runs at the Craft Granary until June 18.

Library

Seamus Fox will give a talk on genealogy in Cahir Library on Saturday 19th May. Author Roisin Meaney will also give a talk on Monday 21st May. Contact the library for more information.

Duneske playground

Duneske playground has

been closed temporarily to give the equipment a complete refurbishment. The local community lotto will help fund the €10,500 upgrade, along with grant aid. The County Council will take control of playground once refurbishment is complete and council staff are being trained in the running and maintaining of the facility.

Fun run

Coláiste Dún Iascaigh will hold a 5k fun run/walk in aid of the Tomás Kelly Trust Fund on Sunday 20th May.

The Student Council aim to raise funds to help with the rehabilitation of Tomas. The event will be led by the Tipperary ladies football team. Registration starts at 9:30am and the race will leave at 10:30am. Contact Aoife Morrissey on 052-7442828.

Active Retirement

Outing to Mount Congreve Gardens and Tramore Japanese Gardens on May 18 with lunch in Dunmore East. Total cost for gardens and lunch is €35. Coach will leave Cahir at 10am. Next meeting is June 6.

Meet and Train

Training continues for all levels on Tuesdays and Thursdays in Duneske at 7:30pm and anyone doing the Cahir Half Marathon will need to start upping the mileage. Poulmucka 5k and 8k takes place on May 18 at 7:30pm. Entry fee is €10.

Carers meeting

Takes place Thursday 24th May at 11am in the Parish Rooms.

Biodiversity

Wildlife walk will take place in Cahir Park Gardens on May 20 from 10am to 1pm.

SVDP

Furniture sale opposite the Aldi Store in Cahir on May 17 and 18 from 10am to 2pm.

Contact

Send Cahir news/photos to Maria Taylor at caplicetaylor@hotmail.com.



Cahir under 16 ladies football team beat Ardfinnan recently.



Coláiste Dún Iascaigh's student council launched the fun run/walk in aid of the Tomás Kelly Trust Fund recently. Tomás' brother Connor (centre), vice principal Darius Delahunty, and teachers Aoife Morrissey and Shane Ronayne are also pictured at the launch. The event takes place on May 20.

National success for Cahir students in Croke Park

Students from Coláiste Dún Iascaigh in Cahir won an award at the Student Enterprise Programme national final in Croke Park recently.

Organised by the Local Enterprise Offices (LEOs) for secondary schools, the students won third place in the intermediate category and were presented with their awards on stage by the Minister for Trade, Employment, Business, EU Digital Single Market and Data Protection Pat Breen T.D. and Sheelagh Daly of the Local Enterprise Offices.

The winning students were Morgan Lambert, Sean

Cunningham, Cian O'Brien and Callum McGrath, who worked under the guidance of their teacher Martina Harrahill. Their student enterprise was called 'Ushield', a design patent sports glove with a pouch to hold a gumshield.

The programme, funded by the Government of Ireland through Enterprise Ireland and delivered by the LEOs, had a total of 230 teenage entrepreneurs, aged between 13 and 18, from 77 different enterprises, competing at the national final, with every local authority area represented.

This year's Student Enterprise Programme attracted 23,600 student participants from 480 secondary schools around the country. Starting every September, the enterprise education initiative helps students gain the skills and practical knowledge of running a real-life business.

RIGHT: Cian O'Brien Sean Cunningham, Morgan Lambert and Callum McGrath with Sheelagh Daly, chair of Local Enterprise Offices Network, and Minister for Trade, Employment, Business, EU Digital Single Market and Data Protection Pat Breen T.D.



Children in Clogheen receiving their First Holy Communion from parish priest Fr Bobby Power.



Bulmers Clonmel raised €6,000 South Tipperary Hospice. Bulmers' Gary Bourke, Paddy Hackett, Michelle McHugh, Eoin O'Gorman, Edel O'Gorman and Brendan Hayes are pictured handing over the cheque to Sinaida Jansen of South Tipperary Hospice.



Rockwell-Rosegreen under 12s won the West B Championship by beating Golden-Kilfeacle. Back l-r: Andrew Tobin, Oisín Cummins, Cian O'Brien, David Bergin, Colin Bourke, Patrick Colville, Aidan Frier, Neil Tobin. Front: Liam Moloney, Jack Moloney, Ronan Barrett, William Colville, Conor Moloney Ryan, Patrick Fitzgerald.



Rockwell Rovers Camogie Club took part in the Camán Tipp fun run/walk at The Dome at Semple Stadium.



Brian Borus Camogie Club took part in an under 10 blitz in Borrisoleigh recently.



Best wishes to the Tipperary Primary Game camogie team who face Limerick at the Gaelic Grounds in Limerick on Sunday next, May 20.

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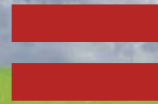
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THE FUTURE IS EVERYONE'S

Brian Murphy first over the line at Mooncoin GAA Rose Run

Carrick-on-Suir AC's Brian Murphy (35:04) is feeling proud after winning the Mooncoin GAA Rose Run 10k recently.

Other Carrick-on-Suir AC results included 13th Mary Molloy (45:42) who came 1st over 40, 7th Niguel Ponce De Leon (41:43), 21st Mags Power (49:48), 26th Derek O'Dwyer (52:52), 35th Sean Dunne (56:05), 38th Sinead Dunne (59:19), 40th Jackie Dunne (61:00) and 41st Ber Glascott (64:22). 57th Mary Fitzpatrick (30:07) in the 5k.

An Tobar Ardmore 5 Mile

132nd Sean Dunne (43:16) and 143rd Geraldine Houlihan (44:58).

Splashworld Tramore 10k

Results included 49th Seamus Ward (43:06) and 67th Mary Molloy (44:44).

Michael 'Curley' Cunningham 4 Mile

11th Patrick Roche (22:28) at the race which was hosted by Mooreabbey Milers AC.

Clonmel AC Annerville 10k

7th Derek Walsh (34:36), 22nd Raymond Bourke (38:41), 24th Jeffrey Brophy (38:46), 25th Brian Graham (38:57), 39th Miguel Ponce De Leon (41:02), 63rd John Carroll (43:36), 66th James Fox (43:48) and 229th Ann Cronin (56:55).



Peter Hoynasky, Patrick Roche, Eugene O'Keeffe, Mary Molloy, Barry Torpey, Deirdre Power, Derek Walsh and Seamus Ward.



Deirdre Power and Geraldine Houlihan at the Blue Wall Waterford to Tramore 7.5 Mile Road Race.



David Harrison, Jeffrey Brophy, James Fox, John Carroll, Derek Walsh and Brian Graham.



Sinead Dunne, Mary Fitzpatrick, Jackie Dunne, Mags Power, Sean Dunne, Derek Walsh and Ber Glascott at the Mooncoin GAA Rose Run.



Jeffrey Brophy and Aaron O'Donnell at the Bon Secours Hospital Great Limerick Run.

Success for Clonmel AC at County Masters 6k Road Championship

Clonmel AC hosted the County Masters 6k Road Championship in ideal conditions recently.

David Ryan won the over 45 county title in 20:16, having been in the leading group for most of the race. Dermot Logue won the over 40 silver medal in 21:32, with Nigel O'Flaherty winning bronze in 22:09. These three athletes, along with Lar Martin (23:02), won the inter club over 35 silver medals.

Conor Fleming (22:42), John Walsh (23:11) and Cornelius McFadden (23:57) won the over 50 inter club bronze medals. Niall O Ceallaigh (24:05), James Denn (24:12), Donal Ryan (24:47), Sean McCarthy (24:48), Tom Bourke (25:23) and Vincent McHugh (25:29) put in strong performances.

Anthony Power (25:16) won the over 55 bronze medal. Jim St John (25:41) won the over 60 county title. Other results included Alan Carter (26:05), Alan O'Shea (26:07), Sean O'Dea (26:22), Kenny Brett (26:25), James O'Brien (26:56), John Laste

(27:14), Donal Casey (28:15), Ned O'Brien (28:34), Grzegorz Kecik (28:35) and John Casey (33:15).

Myles McHugh (34:37) won the over 70 silver medal and Eamonn Crowley (35:13) the over 65 silver medal.

Aine Roche (24:09) won the over 35 silver medal. Ailish Mansfield (24:48) won the over 35 bronze medal. Suzanne Shine (25:00) won the over 40 silver medal and teamed up with Aine and Ailish to win the inter club over 35 title and gold medals.

Anne Marie Halpin (25:50), Elaine Horgan (25:56) and Edel Roche (26:50) teamed up capture inter club over 35 bronze medals.

Nicola Maunsell (27:45) won over 45 silver, Anne Byrne (28:37) won over 50 silver medal and Julie Tideswell (29:59) won over 50 bronze - they combined to win the over 45 Inter Club Cup and gold medals.

Marian Flaherty (28:21), Eileen Hynes (30:25) won the over 55 county title and Donna Nagle (32:54) were other notable performances.

Golden champions

John Perry won gold in the men's over 45 100m and 400m, along with silver in the 200m and long Jump at the County Senior and Master Track and Field Championships. John Laste won the men's over 55 400m.

Waterford to Tramore Race

50th Cornelius McFadden (49:23), 112th Alan O'Shea (53:37) and 193rd Sancha Quigley (58:36).

Cahir Run4Fun 4 Mile

Clonmel AC results included 1st David Ryan (21:21), 2nd Billy Moloney (23:43), 6th Lar Martin (25:08), 11th Niall O Ceallaigh (25:27), 12th Niall O Shea (25:34), 13th Dick O'Gorman (25:43), 2nd woman Aine Roche (25:46), 16th Barry Horgan (26:07), 19th Peter Kiely (26:25), 20th Brendan Walshe (26:28), 2nd over 40 Suzanne Shine (26:31), 22nd Sean McCarthy (26:38), 26th Elaine Horgan



Clonmel AC men at the County Masters 6k Road Championship.

(27:06), 27th Anne Marie Halpin (27:15), 28th Cian Flaherty (27:19), 29th Pat Coffey (27:47), 30th Anthony Power (27:49), 32nd Paddy Hackett (28:11), 37th Kenny Brett (28:53), 38th Aishling English (28:59), 43rd Donie Casey (29:16), 44th Brendan Coffey (29:20), 46th Eamon English (29:27), 48th Marian Flaherty

(29:37), 50th Eddie Prendergast (29:45), 54th Pat Walsh (30:19), 56th Ned O'Brien (30:22), 59th Rosie Flaherty (31:11), 62nd Jimmy Lonergan (31:27), 63rd Eileen Hynes (31:37), 77th Brian Tyrrell (33:00), 78th Noel Howley (33:07), 82nd Graham O'Regan (33:16), 83rd Cathy Mansfield (33:18), 89th

Donna Nagle (33:49), 93rd Bernie Hopkins (34:02), 94th Helen O Ceallaigh (34:06), 96th Maureen Murray Kelly (34:32), 104th Johnny Casey (36:17), 105th Anne McGarry (36:18), 107th William Lonergan (36:21), 108th Eamonn Crowley (36:27), 109th Paula Dwan (36:27) and 124th Anna Byrne (37:09).

SPORT

CASHEL COMMUNITY SCHOOL WIN DICK WOOD CUP

CASHEL COMMUNITY SCHOOL 4 ROCKWELL COLLEGE 0

Cashel Community School beat Rockwell College in the Dick Wood Cup final at Palmer's Hill in Cashel recently.

Four schools - Cashel Community School, Rockwell College, Scoil Ruáin (Kilenaule) and Coláiste Dún Iascaigh (Cahir) - started out in the 10th annual competition.

The opening quarter of the final was extremely even with both teams failing to gain a stronghold on proceedings. Cashel gradually got on top and their dominance was eventually rewarded after 28 minutes when a shot from outside the box by captain Rodrigo Concalves deceived Rockwell keeper Lorcan Cummins and went in off the post.

Rockwell tried hard to get back into the game and always looked dangerous from corners and free kicks, but Cashel remained on top and five minutes before half-time doubled their lead when a lovely through ball by Callum Meagher found Rodrigo Concalves one on one with the keeper and he finished calmly to the net.

The second half saw Rockwell make a great effort to get back into the game and they came close on a few occasions. However, after 65 minutes Callum Meagher made it 3-0 to Cashel when he finished a Concalves free to the Rockwell net.

With 15 minutes to go Sef Giwa got a fourth for Cashel and that is how it finished, giving Cashel their fourth victory in the competition.

The schools wish to thank Cashel Town and Dicksie



Cashel Community School beat Rockwell College to win the Dick Wood Cup.

Currian for the use of their facilities, Joe Ahern for sponsorship of the event, and the match officials John Walshe, Tommy Keating and John Lyons. Thank you also to Tom Wood, representing the Wood family, for his present-

ation of medals on the day.

Cashel Community School: Adam Skeffington, Daniel Fitzpatrick, Liam McGrath, John Ryan, Riain Quigley, Kevin Fitzgerald, Callum Meagher, Mark Furlong, Rodrigo Concalves,

Jake O'Donnell, Dean Harding, Evan Hynes, John Marnane, Lorcan O'Dwyer, Evan Bennett, Jack Fitzpatrick, Sef Giwa, Jamie O'Keeffe.

Rockwell: Lorcan Cummins, Shane Maher, Eoghan

Heffernan, Jack Harney, Mark Heffernan, Conall Kennedy, Jack Barlow, Sean Cotter, Harry Fitzgerald, Jake French Davis, John Allen Lyons, Dylan Cusack, John O'Sullivan, Sean O'Connor.

Cashel Community School pip Thurles CBS in hurling thriller

CASHEL COMMUNITY SCHOOL 0-16 THURLES CBS 1-11

Cashel Community School won the Corn O'Laoghaire Tipperary Post Primary School under 17 B hurling final after a brilliant game against Thurles CBS in Dr. Morris Park recently.

Both teams deserve great credit for their performances in a game, played at times in beautiful sunshine and at times heavy rain.

Thurles CBS were first on the scoreboard when Mark Stakelum pointed a free, and both sides traded scores in the opening 15 minutes. CBS then scored a well worked team goal - finished by Gavin Moriarty - and took a 1-4 to 0-3 lead.

Cashel responded with

points from Aaron Browne, Fearaghall O'Donoghue, Aaron Moloney and Jack McGrath, while CBS scored three frees to 1-7 to 0-9 at half time.

The second half proved even more exciting, with both sides exchanging points.

There was more than one score between the sides, with Thurles leading with ten minutes to go, but Cashel refused to give up and scored the final three points of the game.

Both teams had quality players on view, with current county minors Conor O'Dwyer and Aaron Browne on the Cashel team, and Thurles' Frank Hanifan and Paddy Creedon all impressing.

Cashel showed real heart



Cashel Community School beat Thurles CBS in the Corn O'Laoghaire Tipperary Post Primary School under 17 B hurling final.

and desire to win the match. Chris Geraghty was very composed in goal, with Tomas Bourke, Conor Farrell and Conor O'Dwyer excellent in front of him. Captain Aaron Moloney was excellent in midfield throughout, while Aaron Browne was the main

scorer in a hardworking forward line. Thurles were best served by Frank Hanifan, Cian and Paddy Stakelum, Paddy Creedon and Ciaran Lloyd.

Cashel Community School: Chris Geraghty (Rosegreen), Callum

Lawrence (Cashel), Tomas Bourke (Boherlahan), Conor Farrell (Kickhams), Brian Óg Dwyer (Rosegreen), Conor O'Dwyer (Cashel), Jack Ryan (Kickhams), Aaron Moloney (Cashel, 0-1), Jack McGrath (Cashel, 0-1), Ben Ryan (Kickhams), Fearaghall

O'Donoghue (Cashel, 0-1), Jaymes O'Sullivan (Cashel, 0-1), Stephen Browne (Kickhams, 0-1), Daniel Moloney (Cashel), Aaron Browne (Kickhams, 0-11). Subs used: John Murnane (Rockwell), James Murphy (Boherlahan), Adam Ryan (Rockwell).

Cashel camogie team crowned Munster champions

Following on from a very satisfactory win in the Tipperary blitz, Cashel Community School's first year camogie team travelled to Mallow with confidence for a Munster blitz recently.

Competing in the A grade for the first time since household names such as Una O'Dwyer and Emily Hayden were in the school, it gave the girls a chance to really judge themselves against some of the powerhouse names of Munster schools camogie.

First up were Coláiste Na Phiarsaigh from Cork. Although the Cashel girls were the better team, they

squandered a lot of scoring chances, but managed to prevail on a scoreline of 2-8 to 0-1.

Next up was a local derby with Ursuline Secondary School from Thurles. The Cashel girls started to find a bit of rhythm, notching up an impressive 12 points to win easily.

This set up a final against a physically strong and well-drilled Coachford Community School. Cashel really let the shackles off and showed some superb skill and talent to score 2-10.

Their grit and determination to keep the Coachford

girls scoreless ensured that the cup returned to Cashel for the first time ever.

Captain fantastic Grace Moloney received the cup on behalf of a wonderfully committed bunch of players and mentors Ruth Barry and Trevor Galvin.

Cashel Camogie Club and adjoining clubs such as Knockavilla Kickhams and Boherlahan must be given massive credit for the underage work that they are doing with these talented young girls and hopefully the school can complement that work to ensure that all can return to the heights of past glories.



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for every customer, discussing your lifestyle and any pain you may be experiencing, and making observations and tests that enable us to help you most effectively. Our aim is to find a foot solution that's right for you and your lifestyle - to help get you back to enjoying life and doing the things you love!

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SUMMER TIPS AT THE FOOT CARE CENTRE IN CLONMEL

Whether you are walking, on a sun holiday or just relaxing at home, keep these tips in mind to avoid foot health issues and enjoy the summer with family and friends.

Your feet are on display at this time of the year but it's hard to keep them looking their best when the weather is warm. Exposure to the sun and hot surfaces like sand and concrete can leave the soles of your feet dry and rough.

Don't forget to apply sunscreen! People neglect to apply a good SPF to their feet, but don't you make this mistake. Remember to apply sunscreen all over your feet, especially to the tops and front of ankles and don't forget to re-apply when you have been in the water and throughout the day.

Limit walking barefoot as it exposes feet to sunburn,

athlete's foot, verruca and other infections and also increases the risk of injury to your feet. The floors of communal showers and changing rooms at open-air and hotel swimming pools are hot spots for infections. Protect your feet by wearing flip-flops (or a similar type of footwear) in the changing room and at the pool edge. However, don't be tempted to wear flip-flops all through the summer as they provide little arch support, heel cushioning or shock absorption and encourage you to grip the flip-flop with your toes.

Hard, cracked skin around the heels is very common in summer, often caused by open-backed sandals and flip-flops rubbing around the edge of the heel. Use a foot file, emery board or pumice stone to gently rub away the hard skin and then

apply a rich moisturising cream such as E45 to soften the skin

If you are a diabetic or have a high-risk foot (people with diabetes or rheumatoid arthritis can suffer from peripheral neuropathy), shoes should be worn at all times to avoid any injury. Even the slightest cut can be cause for alarm among people with diabetes, where healing can be difficult and any delay in receiving medical treatment may lead to further serious limb problems.

Stay hydrated by drinking plenty of water throughout the day. It will not only help with overall health, but it will also minimise any foot swelling caused by the heat.

Some activities may require different types of footwear, such as running or hill walking. To protect your feet, ensure you have the correct



shoe for the activity. If your shoes get wet, ensure they dry out completely before you wear them again to prevent bacteria or fungus growth. Try on new footwear in the afternoon when your

feet are slightly swollen so that you purchase the most comfortable fitting shoe.

To aid circulation and keep the blood flowing to your lower limbs and feet when sitting for long periods of time, you could periodically wiggle your toes, flex your ankles which stretch your calves, and get up and walk around. Ask your foot health practitioner at your next appointment to show you some exercises that can help you.

And, of course, if you injure your foot at any time, contact your foot health practitioner who can assist you with any problem you may

have.

Call into The Foot Care Centre for a free 10 minute assessment to discuss any issues you may have.

Andrea Keenan is the proprietor of The Foot Care Centre, The Coach House, Kickham Street, Clonmel (opposite Oakville Shopping Centre). She holds a Diploma in Foot Health and is an Associate Member of the Institute of Chiropodists and Podiatrists. Call 052-6121013 or 083-8718010. Email: footcarecentreclonmel@gmail.com. Visit www.footcarecentreclonmel.com.

Get your feet fit for summer at Clonmel Foot Clinic

Clonmel Foot Clinic, run by Eleanor Christopher and Ashleigh Milne, is the town's long serving and trusted podiatry and chiropody clinic. Eleanor and Ashleigh are BSc degree-qualified podiatrists, completing a four year full-time degree at university studying Podiatric Medicine. They are registered members of the Society of Chiropodists and Podiatrists. Remember to check that your foot care specialist has these qualifications!

Summer is a time when your feet are often overlooked, as you head off for your holidays. Many painful conditions such as corns, hard skin and ingrown toenails can be easily treated at Clonmel Foot Clinic. During summer, there is the additional stress of how your feet look when cracked heels, hard skin and ugly toenails are visible in sandals. People often postpone making an appointment because they are embarrassed about their feet.

Long experienced practitioners, Eleanor and Ashleigh have literally seen it all, so any foot health issues can

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www: footcarecentreclonmel.com



Andrea Keenan

AlnstFHP, Dip. FH

Associate Member of the Institute of Chirpodists & Podiatrists

LOCAL SPOTLIGHT

CLOGHEEN

Communion

Congratulations to the boys and girls who made their First Holy Communion in Clogheen on Saturday.

Diabetes Ireland.

Diabetes Ireland's Seamus Butler would like to thank all of the sponsors whose kind donations were very appreciated for the recent fundraising tea party at St. Paul's Community Centre.

Vee Rovers

Burncourt/Vee Rovers youths were away to Cahir Park A on Saturday in the semi-final of the Joe Delaney Cup. Rovers started the better and penned the home side into their own half in the early stages without gaining an advantage on the scoreboard. However, Park opened the scoring on the 15th minute and carried the lead to the interval. Rovers equalised on the 58th minute through Thomas Vaughan after some excellent work from Eoghan Heffernan.

As legs began to tire, Rovers conceded three goals in a ten minute spell. The spirit of the side showed at the end however as Thomas Vaughan won Rovers a penalty kick and Dylan Flynn converted. But Park went on to score the final goal right at the death.

Sunday saw the Juniors in the Division One Shield final versus Rosegreen at Cashel. Having already gained promotion from the League, this side were anxious for silverware and determined not to let the chance slip.

Rosegreen dominated the early proceedings but the first real chances fell to Rovers when Ronan Dwyer had an attempt cleared off the line from a corner and Shane McGrath might have delayed shooting when a small chink appeared in the Rosegreen defence. Chances were at a premium with both defences on top and players hesitant to express themselves for fear of making a mistake. It was no surprise that we reached the interval scoreless.

As the second half wore on, the game became more open and Rovers began to stretch the opposition. The breakthrough came on the 73rd minute when Shane McGrath crossed for Alan Condon to finish to the net. Rovers saw out the game to bring the shield back to Clogheen.

Fr Sheehy's

Knockmealdown Gaels minor footballers beat Anner Gaels 4-8 to 1-11 and followed it up with a big win over Killenaule on a scoreline of 4-9 to 0-4. The men lost out to Rockwell

Rovers in the County Football League, 3-15 to 2-11. Well done to Burncourt National School on reaching the county u13 semi-final. They lost out to a very strong Moyglass team in the end.

Fr Sheehy's under 10s played Grangemockler, Emly and Carrick Davins at the Rockwell blitz.

NEW INN

Treasure hunt

Takes place May 17 at 7pm in New Inn Community Centre. The hunt will finish at Barrack's Green with the unveiling of the storyboard compiled by Dave Morris and co-sponsored by the Women's Group.

Parish links

AGM takes place on May 22 at 8pm.

Women's Group

Art day on May 26 and trip to Bloom on May 31. Contact Mary Francis Barron on 052-7462252.

Tip Club Draw

Contact PJ Moloney to join on 086-3904926. First draw takes place on May 25.

Rockwell Rovers

Ladies football registration night takes place on May 23 at 7pm for u6, u8, u10 and 12. Contact Martina Durkan on 087-6340133.

TIPPERARY GAA

Munster hurling

The Munster championships get under way this weekend with most of the attention focused on the new look hurling championship as pundits and supporters alike eagerly look forward to what should be a fascinating championship. While it will take a league format, there is no room for complacency and on paper it has all the hallmarks of being a wide open championship.

So on Sunday 20th May, the Tipperary senior hurlers open their account in the Gaelic Grounds where they will play Limerick in round one of the Munster Senior Hurling Championship at 2pm.

Tipperary and Limerick have played 68 times in championship fare with Tipperary out in front on 35 wins to Limerick's 23. There have been 10 draws between the sides, with Tipperary receiving a walk-over 1,899 to Limerick's 1,902. Sunday's referee will be James McGrath (An Iarmhí). Pre-purchase ticket prices are €20 for stand tickets and €15 for terrace tickets. This price is available until midnight on Saturday. The match day price will increase by €5, so

stand tickets bought on match day will be €25 and terrace tickets will be €20. Juvenile tickets (u16) will be €5, no matter when they are purchased. Students and OAPs will receive a concession of €5.

The Tipperary minor hurlers also get their first round underway in the Electric Ireland Munster GAA Hurling Minor Championship on Sunday as they too travel to play Limerick in the Gaelic Grounds at 12 noon.

Best wishes to the panel and their management team of Tommy Dunne (Toomevara), Ger Ryan (Cappawhite), Tony Shelly (Killenaule) and Paul Collins (Drom-Inch). Strength and conditioning coach Alan O'Connor (Cahir) and kitman Thomas Hassett (Toomevara).

The panel for the championship is as follows: Aaron Browne (Knockavilla-Donaskeigh Kickhams), Enda Dunphy (St. Mary's Clonmel), Johnny Ryan (Aravale Rovers) Capt., Conor Whelan (Mullinahone), Kevin Hayes (Moycarkey-Borris), Sean Phelan (Nenagh Éire Óg), Ryan Renehan (Cappawhite), Fintan Purcell (Drom-Inch), David Fox (Éire Óg An-nacarty-Donohill), Paudie O'Loughlin (Newcastle), Frank Hanafin (Hollycross-Ballycahill), Billy O'Connor (Kilsheelan-Kilcash), Philip Gantley (Cappawhite), Kieran Larkin (Moyn-templetuohy), Conor O'Dwyer (Cashel King Cormacs), Kevin Maher (Borris-Ileigh), Oisín Larkin (Borrisokane), Jack Morrissey (Moycarkey-Borris), John Campion (Drom-Inch), Rory O'Donovan (Nenagh Éire Óg), Cian O'Farrell (Nenagh Éire Óg), Kian O'Kelly (Kilruane MacDonaghs), Sean Hayes (Kiladangan), James Devaney (Borris-Ileigh), Devon Ryan (Knockavilla-Donaskeigh Kickhams), Max Hackett (Moycarkey-Borris), Mikey O'Shea (Mullinahone), Eoin Purcell (Thurles Sarsfields), Aidan O'Hene (Emly), James Synnott (Roscrea), Jack Lanigan (Thurles Sarsfields), Keith Ryan (Upperchurch-Drombane) and Darren Flood (Moycarkey-Borris).

Celtic Challenge

South Tipperary's second round game against Kilkenny in Dunmore ended on a scoreline of Kilkenny 3-14 South Tipperary 2-16. South Tipperary have a bye in round three of the competition and will resume competitive action on Wednesday 23rd May at 7:30pm in Golden against Cork City where admission is free.

Club draw

The first draw takes place on Friday 25th May Friday in Brosnan's Lounge, Cashel. First prize is a Skoda Karoq or €25,000 and second prize is a Renault Megane or €15,000.

Golf Classic

Tipperary Supporters Club 33rd annual Golf Classic takes place at Tipperary Golf Club on Friday 18th May. Contact johnti-erney105@gmail.com or 087-6821398.

Primary Game

The Tipperary Primary

Peter Acheson (Moyle Rovers) on three points each, leading the way as Tipperary took victory 1-15 to 1-7.

Prior to that in 2015, Tipperary put Waterford to the sword when they won by 22 points, with Michael Quinlivan scoring Tipperary's goal as his side eased to a 1-24 to 0-5 victory in Semple Stadium. Steven O'Brien (Ballina) was in explosive form on the day, ending up with six points to his name. Saturday's return visit by the Déise men will look to banish the 2015 result, so Tipperary best beware. The referee will be Fergal Kelly (An Longfort). Tickets for this match are adult pre purchase €15 up until midnight Friday and adult matchday €20, juveniles (u16) free, and students/seniors will receive a €5 concession on full price tickets with valid ID prior to entry at the designated stile.

Supporters are advised that only Ardán Ó Riain will be open and that there is no parking in or around any of the residential parks on Saturday evening.

Commiserations to the Tipperary minor footballers and management as they exited the championship following a two point loss to Clare, 1-9 to 2-4, in the Electric Ireland Munster Championship semi-final. Goals from Max Hackett (Moycarkey-Borris) and Christy English (Ballyporeen) weren't enough for Matt O'Doherty's side as they gave their all in a tough encounter. A sincere word of thanks to all the players and to Matt and his backroom team for their efforts in this campaign.

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The Tipperary Primary

Send community news/photos to dylan.white@iconicnews.ie



Patrick and Emily Caplice at the Cahir Community Games track and field event. See more on page 30.

Game team to play Limerick on Sunday 20th May is as follows: Keeva O'Donoghue (Cashel Girls' NS), Ali Buckley (Scoil Mhuire, Knockavilla), Aoife Burke (Clonoulty NS), Lisa Blair (Scoil Mhuire Gan Smál, New Inn), Leah Flannery (Grange NS), Kate Ferncombe (Rossmore NS), Leah Ryan (Scoil Chrónáin Naofa, Dromakeenan), Grace Lynch (Donaskeigh NS), Laura Kennedy (Burgess NS), Ailbhe Ryan (Ayle NS) and Dawn Ryan (Ballinree NS). Mentors: Michelle Kelly (Clonoulty NS), Siobhán Condon (Thomastown NS), Michael Delaney (St. Joseph's, Templemore) and John Coughlan (Scoil Eoin Naofa, Roscrea).

CAPPAWHITE GAA

The intermediate hurlers lost out to Thurles Sarsfields in the County Championship, 1-24 1-13. Cappawhite: Timmy Cranley, Ger Ryan, David Buckley, Davy Stapleton, Ross Dunne, Tom Treacy Capt, Kevin Stapleton, Cathal McCarthy, Rian Doody, Brendan Murphy, Thomas Costello, Michael O'Neill, William Barry, Sean Ryan, Ciaran Ryan. Subs: Jerry O'Neill, John McGrath, Fraser Allen. Their remaining games in the group will be against Cashel and Carrick Davins.

The junior hurlers beat Aravale Rovers in the West League, 2-16 to 1-9. Cappawhite: Declan Costello, Jim O'Dwyer, Tim Meagher, Declan O'Meara, Noel Ryan, Dean O'Dwyer (1-4), Fionn Brady (0-3), Paddy Julian (0-1), Eoghan Ryan (0-2), Colm O'Dwyer (0-2), Kevin Mullins, Donagh Heffernan (0-1), Davy Orr (0-1), Eanna Heffernan (0-1), Alan O'Dwyer. Sub used: James Bradshaw (1-1). Their third game in this league resulted in a defeat to Eire Og An-nacarty Donohill on a scoreline of 2-13 to 0-11.

P'TOWN/LISRONAGH

Communion

26 boys and girls from

Powerstown National School made their communion on Saturday. Highlights of the ceremony were the children singing and playing for the psalm, and dramatising the Story of Jairus's daughter. Great credit goes to their teacher Sarah Burke for all her work in preparing them for their special day. Thanks to the school choir for enriching the ceremony, Fergus Flynn for training them and school organist Eimear Howley.

Collection

Sacristans Collection takes place on May 27.

Rosary

Rosary at Rathronan Grotto every Monday at 7:30pm for the month of May.

Wedding

Congratulations to Siobhan McGrath and Shane Walsh on getting married in Lisronagh.

Confirmation

Congratulations to pupils from Lisronagh, Rathkeevin and Powerstown on getting confirmed.

Trocaire

Trocaire collection from Powerstown parish amounted to €3,655. The three schools also ran fundraisers for Trocaire during lent which amounted to €4,404.

Baptism

Congratulations to John and Brigid Heaney on the baptism of their child, Gavin Mark, in Powerstown.

Rathkeevin cards

Winners on May 10 were Nora Lee and Kathleen Hal-linan; Patrick Kennedy and Tony O'Brien; and Michael Prendergast and Margaret Quinlan -all on 10 games. Table prizes on 19 and 20 games went to Masie O'Grady and Mary Moloney, along with Betty Collins and Michael O'Gorman. Cards resume on May 17 at 8:30pm.

Army Band

The Military Army No.1 Band from Cork will perform at Monroe Sports Centre on May 17 at 11am.

Standing ovations for Bellvue Academy of Performing Arts superb Clonmel shows

Bellvue Academy of Performing Arts, which is owned by Clonmel's Keith Greene and Lisa O'Brien, had a very busy schedule recently performing four shows over two days.

The exciting show calendar kicked off with the cuteness of Nursing Rhyme Adventure Time by the smallest group, followed by the Broadway Bratz group's excellent version of High School Musical. The exciting evening performances of Aladdin and Mama Mia were unforgettable, ensuring that the young performers go down in Bellvue hall of fame.

Directed by Lisa O'Brien and assisted by Doireann Nix and Emmet Donlan, it was a real treat for the audiences and students involved. Speaking to Keith and Lisa after the busy weekend, they praised the talented students

and described this as a dream job for them seeing the progression with children starting to the super confident children singing and dancing up on the stage in front of a packed theatre is something that money cannot buy.

Keith and Lisa also praised the amazing, committed and passionate team of tutors at Bellvue.

Bellvue Academy host their annual musical theatre summer camp from July 16-20. With singing, dancing, acting and a whole lot of laughter, it is not to be missed. Register for the camp or indeed for musical theatre classes, vocal tuition, piano, guitar, drums, violin, trumpet or saxophone on www.bellvueacademy.com or call Keith on 087-6133446.

Special thanks to O'Donovan Photography who supplied some of the photos.



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Saturday 19th May	DEUCES WILD
Sunday 20th May	RUBY JUDE
Thursday 24th May	Crazy Night in Aid of South Tipperary Hospice Music By: ROBBIE TAYLOR
Friday 25th May	DONIE O'SULLIVAN
Saturday 26th May	SONIC
Sunday 27th May	SIMON CASEY

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Saturday 19th May	THE WAHEYS LIVE at 10pm
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NECKLACE LOST ON MONDAY LAST 14TH MAY between the car park at St. Luke's Hospital and the entrance to the outpatients in St. Joseph's Hospital, Clonmel. Between 10-10.20am Please phone (087)1689388

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PLANNING NOTICES
TIPPERARY COUNTY COUNCIL
Take notice that we, Thomas Walsh and Jeremiah O'Reilly, intend to apply to the above Authority for Planning Permission for Retention of
(i) new Field entrance to local road L-1411 ;
(ii) modification of field entrance to local road L-3162 ;
(iii) modification of farm yard entrance to local road L-3162 ;
(iv) modification of domestic entrance to local road L-3162 ;
(v) Rear extension to Farm Dwelling-house;
(vi) internal farm roadways and
(vii)external staircase serving an existing residential unit adjacent to Farmhouse - and all associated site works all at Ballygerald East, New Inn, Cahir, Co.Tipperary.
This 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 and a submission or observation in relation to this application may be made to the authority in writing 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.

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Deadlines: Bereavement & Family Announcements, Classifieds, Planning Notices, etc., Tuesday at 10am

Display Adverts Monday at 5pm

PLANNING NOTICES

TIPPERARY COUNTY COUNCIL

I John Lalor intend to apply to the above authority for planning permission to erect an agricultural building to house sheep at Rathkenty Lisronagh in the existing farmyard. 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, 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

I wish to apply to the above authority for planning permission to construct a new cattle house with slatted effluent storage tank and all associated site works at Shanagarry, Ballingarry, Thurles. Signed: Anthony Barry
This 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 20euros, within the period of five 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.

TIPPERARY COUNTY COUNCIL

I, Andy Hennessy am applying for
a) Permission for Retention of minor physical external changes to existing multi-purpose commercial (Office and Light Industrial/Class 4) building. Namely: original solid timber workshop doors replaced with predominately glass Alu-Clad units on the north eastern elevation, inclusion of roof windows on the south western pitched roof slope and construction of a large feature window on the south eastern roadside elevation/gable in lieu of original small high level unit, and all associated works,
b) Permission for Development for use of the Light Industrial (Class 4) portion of the existing building as a Dedicated Commercial Storage area ancillary to the existing office located within the same building. all at Knockgraffon, 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.

PLANNING NOTICES

TIPPERARY COUNTY COUNCIL

I Margaret Kavanagh intend to apply to the above Authority for Retention Planning Permission for 2no. extensions to existing dwelling – and all associated site works at Catherine's Lane, Cashel, 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.

TIPPERARY COUNTY COUNCIL

Significant Further Information: Under Planning Reference Number 18/600336, The Board of Management of Ballydrehid National School intend to apply to the above Authority for Planning Permission for a Portacabin classroom and all associated site development works at Ballydrehid National School, Ballydrehid, Cahir, Co. Tipperary.
Significant further information in relation to the application has been furnished to the planning authority and is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy, at the offices of the authority during its public opening hours.
The significant further information includes for
(i) the installation of a new waste water treatment system and polishing filter,
(ii) The modification of an existing site entrance,
(iii) The construction of a new site entrance,
(iv) On-site car parking – and all associated site development works.
A submission or observation in relation to the further information may be made in writing to the Planning Authority on payment of the prescribed fee, not later than 2 weeks after the receipt of the newspaper notice and site notice by the Planning Authority. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

TIPPERARY COUNTY COUNCIL

William Trehy & Associates wish to apply on behalf of our client Nichola and Christopher Cullinan, for Permission to raise the roof height on the existing Cottage, construct a new extension to the rear adjoining the Cottage, along with amending the existing Site Entrance, and demolition of existing Garage to be replaced by a new Garage, at Greenmount, Newcastle, Co Tipperary.
The 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 and that 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 five weeks beginning on the date of receipt by the authority of the planning 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

Significant Further Information: Under Planning Reference Number 18/600007, We Patrick and Noreen Fitzgerald intend to apply to the above Authority for Planning Permission for an open farm development, at Marlhill, New Inn, Cashel, Co. Tipperary.
The development will consist of
(i) a new building with café, seating area, toilets, indoor children's play area and ancillary accommodation
(ii) the change of use of an existing farm building to animal housing and display building, animal feed and bedding store, covered dung store,
(iii) the change of use of an existing building to a store, feed and bedding room for the animals,
(iv) the change of use of and existing hay barn to an outdoor children's playground as well as the closing in of 3 sides of the building,
(v) car and bus park,
(vi) vehicular entrance,
(vii) external children's play areas
(viii) animal pens and walkways
(ix) waste water treatment system,
(x) effluent storage tank and
(xi) all associated site development works.
Significant further information in relation to the application has been furnished to the planning authority and is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy, at the offices of the authority during its public opening hours.
The significant further information includes for
(1) Change in planning application site boundaries to that submitted in Pl. Ref 18/600007,
(2) relocation of the proposed vehicular entrance,
(3) modification to the proposed car park so as to provide 38no. car parking spaces, 2no. bus bays and independent turning space for bin trucks and appliances,
(4) the provision of on-site bin storage,
(5) an increase capacity of the proposed treatment plant to 16 P.E. from 8 P.E., and
(6) a proposed landscaping plan for the entire site – and all associated site works.
This significant further information includes a Traffic Impact Assessment.
A submission or observation in relation to the further information may be made in writing to the Planning Authority on payment of the prescribed fee, not later than 2 weeks after the receipt of the newspaper notice and site notice by the Planning Authority. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

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PUBLIC NOTICES



Comhairle Contae Thiobraid Árann
Tipperary County Council

LOCAL AGENDA 21 ENVIRONMENTAL PARTNERSHIP FUND 2018

Environmental Awareness

Do you have a project or initiative that could help to increase awareness of environmental issues locally, or that could help your community to become more sustainable?

If so, you may qualify for financial assistance from the **Local Agenda 21 (LA21) Environmental Partnership Fund 2018**. This Fund promotes sustainable development by assisting small scale, non-profit environmental projects at local level.

Does Your Project Qualify?

Projects should focus on environmental awareness and actions which complement national environmental policies such as those on waste, biodiversity, water conservation, climate change, air and sustainable development.

A wide variety of projects and schemes have been supported under the Fund in previous years, including community gardens and allotments, compost schemes, rainwater harvesting, biodiversity projects, waste reduction initiatives, educational initiatives and environmental exhibitions. Lists of previously funded projects can be viewed online at

<http://dcca.gov.ie/en-ie/environment/topics/environmental-protection-and-awareness/local-agenda-21-partnership-fund>

How to Apply

Applications are made directly to Tipperary County Council, Civic Offices, Clonmel, Co Tipperary, application forms and contact details are available online at www.tipperarycoco.ie or by calling 0761-065-000

Applications must be made to your local authority no later than **5pm, 20th June 2018**.



An Roinn Tithíochta,
Pleanála agus Rialtais Áitiúil
Department of Housing,
Planning and Local Government

Public & Legal Notices

Take notice it could affect YOU!

FAMILY ANNOUNCEMENTS

Tel: 052-6172500

Email: sales@southtipptoday.ie

Post or Call to Queen Street, Clonmel, Co. Tipperary

Deadline: Tuesdays @ 11.00am



ACKNOWLEDGEMENTS

O'DONNELL

(Acknowledgement)



Tom O'Donnell

Neddins, Ardfinnan,
Clonmel.

26th April 2018

Tom's wife Tess, daughter Olive, sons Thomas and Aidan, son-in-law Paul, grand-daughter Katie, brothers Billy, Jim and Teddy, sisters-in-law, nieces and nephews would like to express our sincere thanks to all who sympathised and shared our recent loss.

To all who attended his funeral and to those who couldn't make it but held us in their thoughts and prayers, we say a big thank you.

A special thank you to all the staff of St. Theresa's Hospital, Clogheen and South Tipperary General Hospital Clonmel for all their efforts in trying to save Tom and for all their kindness and concern for us.

We also thank Wally Costigan Funeral Director for the handling of the funeral arrangements. It was such a comfort to know that we could leave all the arrangements to them.

Sincere thanks to Fr. Bobby who officiated at Tom's funeral. Thanks to Ann Purcell for the wonderful singing in the Church.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation.

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

Tom's Months Mind Mass will be celebrated in Ardfinnan Church on Saturday 26th May at 6.15pm.

BIRTHDAY MEMORIES

CARROLL

(Birthday Remembrance)



Kevin

We never need a special day to bring you to our mind, for days without a thought of you are very hard to find.

Happy Birthday Kevin.

Love from Mam and Dad, sisters Amanda, Ann-Marie and Sandra, and from Derick, Darragh and Kelly.

FITZGERALD

(Birthday Remembrance)



In loving memory of Cian Fitzgerald, late of Garryshane, Glenconnor Road, Clonmel, whose birthday occurs on 20th May.

Wishing you were here today for even just a while, so we could say Happy Birthday and see your loving smile.

The only gifts today will be your sweet memories left behind of laughter, joy and happiness that echo on in our minds.

We will gaze upon pictures and think of you with love and hope you're doing fine in Heaven up above.

May Angels hold you closely and sing you a happy song and we will be sending wishes today and all year long.

Lovingly remembered by Mam, Dad, Jade and Grandad Gerry.

BIRTHDAY MEMORIES

GREENE

(Birthday Remembrance)



In loving memory of Edward Greene, 42 Marian Ave, Carrick-on-Suir, Co. Tipperary, whose birthday occurs at this time.

No Birthday cake to wish upon and so we chose a star. To send you kisses and birthday wishes to Heaven where you are.

Happy birthday Edward
- your sister Frances, Kieran, Shannon, Nicole, Brogan and Keegan xxxx

What I would give if I could say "Happy Birthday Edward" in the same old way.

- your brother John xxx

We cannot send a birthday card, your hand we cannot touch. But God will take our greetings to the one we love so much.

- your sister Ann-Marie, nieces and nephews xxxx

Birthday wishes fond and true, from those who thought the world of you.

- your sister Catherine, Jim, Jamie and Tara xxxx

GREENE

(Birthday Remembrance)



In loving memory of Edward Greene, 42 Marian Ave, Carrick-on-Suir, Co. Tipperary, whose birthday occurs at this time.

A million tear stained kisses, I send especially to you, because today's your birthday, and I'm really missing you.

- Your sister Tina, Darren, Billy, Killian and Mikayla xxxx

BIRTHDAY MEMORIES

PROUT

(Birthday Remembrance)



John (Seanie)

Wilderness Grove
Clonmel

Your birthday is here, but you aren't. I'd send a gift, but I know I can't. So I make a wish, upon a star, to carry my love to where you are.

Happy 79th Birthday

Always remembered dearly by your loving wife Bridget, sons, daughters and grandchildren.

PROUT

(Birthday Remembrance)



Birthday memories of a dear Dad and grandad Séan Prout late of The Wilderness, Clonmel, on his birthday on 19th May.

Another birthday away from home Dad.

Put your arms around him Lord, don't leave him on his own, for today is his 79th Birthday and we know he can't come home.

Love always Dad - your daughter Mary, son-in-law Eddie, grandchildren Carol, Sarah, Jamie and Dan and great-granddaughter Nyomi. xxxx



Memories Live Forever

A bouquet of beautiful memories, sprayed with a million tears, wishing God could have spared you, if just for a few more years.

It does not take a special day, for us to think of you, each Mass we hear, each prayer we say, is offered up for you.

We cannot bring the old days back, when we were all together, our family chain is broken now, but memories live forever.

Those who die in grace go no further from us than God and God is very near.

Another Leaf Has Fallen

*Another leaf has fallen,
another soul has gone.
But still we have God's promises,
in every robin's song.
For he is in His heaven,
and though He takes away,
He always leaves to mortals,
the bright sun's kindly ray.
He leaves the fragrant blossoms,
and lovely forest, green.
And gives us new found comfort,
when we on Him will lean.*



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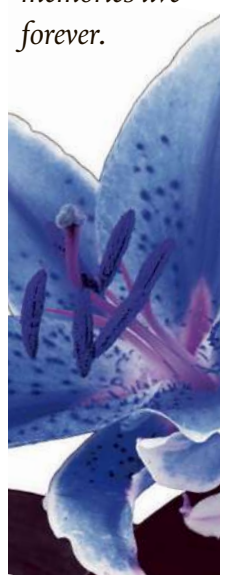
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Email: sales@southtipptoday.ie

Post or Call to Queen Street, Clonmel, Co. Tipperary

Deadline: Tuesdays @ 11.00am



IN MEMORIAM

CONDON

(8th Anniversary)



Cherished memories of our beloved mother Phyllis (Philly), late of Plunkett Tce, Clonmel, who died on 23rd May 2010. R.I.P.

Mam, you were always there when we needed you, no task too great or small, with loving a heart and willing hands for us you did it all. Mam, you walk with us down quiet paths, you speak in wind and rain, for the wonderful memories we recall, bring you back to us again.

Mam, in our garden of remembrance, one rose will grow forever, especially for you x.

Forever in our hearts - your loving sons, daughters, sons-in-law, daughters-in-law, grandchildren and great grandchildren.

Mass offered

IN MEMORIAM

DEE

(1st Anniversary)



In loving memory of Margaret (Peg) Dee, late of 8 Barron Park, Clonmel, who died on 16th May 2017. RIP

It's been a lonely time without you, and nothing is the same; all we have are memories, and your picture in a frame. We travel to your resting place, and flowers we place with care, but no-one knows the heartache, as we turn and leave you there.

Sadly missed by her husband Michael, daughters Joan and Kit, sons Tom and Pat, daughters-in-law Patsy and Tracy, son-in-law John, grandchildren and great-grandchildren.

Anniversary Mass will be celebrated on Friday 18th May in St. Oliver's Church at 7.30pm.

IN MEMORIAM

GREENE

(7th Anniversary)



Treasured memories of a dear father, grandfather and great grandfather Peter Greene, Oakland Drive, Clonmel whose anniversary occurs on 21st May.

A million times I needed you, a million times I cried. If love alone could have saved you, you never would have died.

- Frances, Kieran, Shannon, Nicole, Brogan and Keegan. Miss you so much xxxxxxxxxx

In a beautiful home called Heaven, in that valley so precious and fair. Some day, sometime, Dad, I hope to meet you there.

Loved and remembered always Dad - your loving daughter Catherine, Jim, Jamie and Tara xxxxxxx

You were always kind and caring and so understanding too. And if help was ever needed Dad, it so freely came from you.

- your loving son John xxx

Time slips by but still you stay, as near and dear as yesterday. No longer in our lives to share, but in our hearts you are always there.

Always in our thoughts, especially at this time.

Love you Dad, from your daughter Ann Marie, grandchildren and great-grandchildren.xxxxxxx

Anniversary Mass on Saturday 19th May in St. Nicholas Church, Carrick-on-Suir at 7.30pm

IN MEMORIAM

HEWITT

(7th Anniversary)

Remembering Liam, a wonderful husband and devoted father, late of 12 Shanavine Way, Glenconnor, Clonmel who passed away on May 21st 2011.

Beautiful memories are treasured forever, of the wonderful years we had together.

My soul mate
- Jacinta and Michael.

Anniversary Mass in St. Mary's Church, Irishtown, on Monday 21st May at 10am

MURPHY

(7th Anniversary)



In loving memory of my Dad, Billy Murphy, late of Toor, Ballypatrick, Clonmel whose seventh anniversary occurs on 19th May.

Dad, a whisper on a May day, you heard a gentle call. You took the hand of Jesus and quietly left us all. My heart is full of memories, with pride I speak your name. Though life goes on without you, its never been the same.

Always in our thoughts and prayers - Peter, Anne, Billy, Leah and Eabha.

NORRIS

(2nd Anniversary)



Pat Norris

13 Mountain View
Marlfield
Clonmel

Who died 10th May 2016

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

Love - Rosie, Vicky, Mandy, Audrey, Addia, Leah, Sophie, Jaidn, Lewis, Eva and Aria.

CROWE

(16th Anniversary)



Edmond (Thomas) Crowe

Puddingfield,
Tipperary.

who died on 27th May 2002 RIP

Eddie, We miss your smile, your joking ways, we miss the things you used to say, and when old times we do recall, It's then we miss you most of all.

Will those who think of Eddie today, a little Prayer to Jesus say.

Anniversary Mass will be celebrated on Sunday 27th May in The Convent Church, Tipperary at 9.30am.

FARRELL

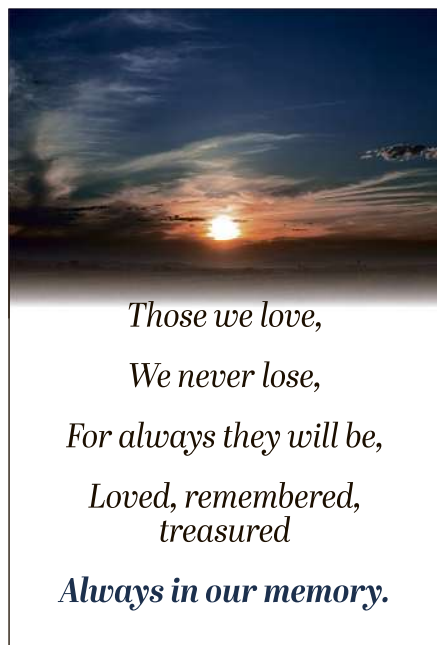
(13th Anniversary)



In loving memory of our Father Billy Farrell, late of Slievenamon Rd, Clonmel whose anniversary occurs on 25th May.

Those we love are never more than a thought away.

Remembered by his sons and daughters, Noel, Danny, P.J., Michael, Francis, Thomas, Denis (Henry), Josephine, Winnie, Mary, Eileen, Ann and Rose.



Those we love,

We never lose,

For always they will be,

*Loved, remembered,
treasured*

Always in our memory.

Another Leaf Has Fallen

*Another leaf has fallen,
another soul has gone.*

*But still we have God's promises,
in every robin's song.*

*For he is in His heaven,
and though He takes away,*

*He always leaves to mortals,
the bright sun's kindly ray.*

*He leaves the fragrant blossoms,
and lovely forest, green.*

*And gives us new found comfort,
when we on Him will lean.*

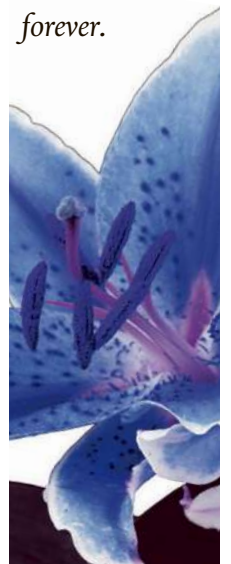


*Memories
Live
Forever*

*A bouquet
of beautiful
memories,
sprayed with a
million tears,
wishing God
could have
spared you,
if just for a few
more years.*

*It does not take
a special day,
for us to think
of you, each
Mass we hear,
each prayer we
say, is offered
up for you.*

*We cannot
bring the old
days back,
when we were
all together,
our family
chain is broken
now, but
memories live
forever.*





FAMILY ANNOUNCEMENTS

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IN MEMORIAM

O'DRISCOLL
(5th Anniversary)



In loving memory of Eamon O'Driscoll, Kilheffernan, Clonmel, a loving husband, father and grandfather, who died on 26th May 2013 RIP

The happy hours we once enjoyed, how sweet the memory still. But death has left a vacant place, no one could ever fill.

Missed by your wife Mary and family.

Anniversary Mass on Sunday 20th May in Gambonsfield Church, Kilsheelan at 11.30am.

IN MEMORIAM

STRAPPE
(4th Anniversary & Birthday Remembrance)



In loving memory of Martin Strappe, late of Clarke Villas, Clonmel, whose 4th Anniversary and Birthday occur at this time.

The gates of memory never close, we miss you more than anyone knows. With tender love and deep regret, we who love you never forget.

Loved and missed always by your daughters Alison and Mary, sons Thomas and John Paul, grandchildren Abi, Cassie, Dylan, Reece and Callum, sons-in-law Noel and Deckie.

O'FARRELL
(7th Anniversary)



In loving memory of dearest Una, who passed away on 27th May 2011.

Love's not Time's fool, though rosy lips and cheeks Within his bending sickle's compass come; Love alters not with his brief hours and weeks, but bears it out even to the edge of doom.

Much loved and missed,
Dave and family.

WADE
(2nd Anniversary)



Treasured memories of a dear wife and mother, Ann, late of Silversprings, Clonmel who died on May 19th 2016 RIP.

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

Tell her that I love her and miss her and she turns to smile, place a kiss upon her cheek and hold her for for a while.

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

Sadly missed and always remembered by your loving husband John and daughter Helena.

O'NEILL
(2nd Anniversary)



In loving memory of John (Jack) O'Neill, Highfield Grove, Clonmel, (formerly Ballyclerihan), Former foreman of Chadwicks Clonmel, who died on 13th May 2016.

Lovingly remembered and sadly missed by his wife Alice, his children Caroline, John and Ken, his grandchildren Emily and Abigail, extended family and friends.

2nd Anniversary Mass was held at 9am in St. Olivers Church on Sunday last 13th May.

"Gone from our home
but not our hearts"

THANKSGIVINGS

THE MIRACULOUS PRAYER

Dear Heart of Jesus, in the past I have asked you for many favours. This time I ask You this special one (mention favour). Take it Dear Heart of Jesus and place it within your own broken Heart where your Father sees it. Then, in His merciful eyes it will become your own favour - not mine. Amen. Say this prayer for three days. Promise publication and favour will be granted, no matter how impossible (Never known to fail). AF

THE MIRACULOUS PRAYER

Dear Heart of Jesus, in the past I have asked you for many favours. This time I ask You this special one (mention favour). Take it Dear Heart of Jesus and place it within your own broken Heart where your Father sees it. Then, in His merciful eyes it will become your own favour - not mine. Amen. Say this prayer for three days. Promise publication and favour will be granted, no matter how impossible (Never known to fail). Given with thanks. CH

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Brochures & Samples available to view

Cahir Community Games track and field event a resounding success

Cahir Community Games area secretary Majella O'Dwyer has praised everyone who helped out at the inaugural track and field event.

"The event would not have been such a success without the help of the community and all the Cahir clubs who are part of Cahir Community Games, especially Cahir GAA who gave us the use of the field and facilities. There are too many names to mention individually, but a massive well done to all involved and

good luck to all those who go forward to represent Cahir Community Games in the County Community Games in June," she said.

Winners: u8 girls 60m - Emily O'Connor and Keeva O'Gorman, u8 girls 80m - Jessica O'Brien, u8 Boys 60m - Jamie Swords and Callum Boles, u10 girls 100m - Olivia Jutowska and Maeve Lonergan, u10 girls 200m - Lily Casey and Shauna Betts, u10 boys 100m - Colin Kovacs and Kevin O' Dwyer, u10 Boys 200m - Cian Boles and Ethan

Hanrahan, u12 girls 100m - Chloe Costigan and Emma O'Brien, u12 girls 600m - Siobhan Reidy and Kate Lonergan, u12 Boys 100m - Sean Kovacs and John O'Regan, u12 boys 600m - Rory Betts and Ryan St. John, u14 boys 800m - Jake O'Gorman, u14 girls 800m - Emily Kirby and Emma Browne, u16 girls 100m - Caitlyn Rowe and Molly Butler, and u16 Girls 1500m - Emily Caplice.



Alan Casey, Rory Betts and Ryan St. John.



Kate Lonergan, Ava Harnett and Siobhan Reidy.



Paula Regan, Belinda St. John and Gemma Hanrahan.

Clonmel Parkrun celebrates its first birthday

Parkrun is celebrating one year at Clonmel Racecourse. The free 5km walk/run takes place every Saturday at 9:30am. The timed runs are open and accessible to everyone.



Strong Dundrum AC turnout at County Juvenile Track and Field Championship

38 Dundrum AC juveniles competed at the County Juvenile Track and Field Championships in Templemore last weekend.

On Saturday, Shane Buckley won double gold in the boys u13 600m and javelin. Millie Kelly won gold in the girls u13 600m. Paula Quirke won bronze in the girls u13 javelin and Stephen McDonald won silver in the boys u18 javelin. Kate Guilfoyle competed well in the girls u14 events but was out of the medals.

On Sunday, there were gold medals for Laura Hales in the girls u10 60m and Niamh Buckley in the girls u12 javelin. Belle Kelly won bronze in the girls u9 javelin as did Cathal Heney in the boys u11 long jump. Sophie Moynihan won silver medal in the girls u10 500m.

Dundrum AC u9 boys, u9 girls and u10 girls' relay teams won bronze. Others to compete at u9 were Kelly Lawrence, Muireann O'Neill, Clodagh Ryan, Katie Morey, Sophie O'Dwyer, Ellisse Kelly, Mae Kennedy and Molly Butler.

Cian Buckley, Niall Quirke, Bobby Mc Loughlin and Shane Hennessey competed well in the boys u9 race.

In the u10 age groups, Anna Ryan, Aisling Carroll, Anna Butler, Oisín O'Neill and Eoin Kennedy all competed well but were out of the medals.

At u11, Conor Kennedy, Donagh Guilfoyle, Alana Fryday, Ruby Kelly, Emma Kingston, Brid Quirke, Gemma Lawrence and Sarah O'Dwyer came away empty handed after some fine performances.

Sarah McLoughlin, Amy Breen and Mary Ellen Holmes competed well in the girls u12 but were out of the medals. All non-medal winners can now go to Moyne next Sunday for the County B Championship and medal winners go on to the Munster Championship in June if they wish.

Annerville 10k

Dundrum AC results from the annual Annerville 10k in Clonmel include 6th Dermot Hayes (34:14) who was 1st over 50, 26th Stephen Ryan (39:21), 42nd Eamonn Morrissey (41:38), 56th Laura McCarthy Armstrong (43:15) who was 4th lady, 73rd Ausra Mackeviciute (44:32), 74th Noel Casey (44:32), 94th Teresa O'Connor (45:50) and 264th Naoimh Dooley (1:01:36).

Michael Curly Cunningham 4 Mile

Dundrum AC results from the second annual Michael Curly Cunningham 4 Mile in

Galbally include 3rd Dermot Hayes (21:14), 9th Colm Bradshaw (22:19), 30th Michael Ryan (23:51), 38th Donal Keane (24:13), 41st John McCormack (24:23), 42nd John Kelly (24:25), 56th Jim Hally (24:53), 58th John Shanahan Jnr (24:57), 60th Michael Moore (25:06), 72nd Dymphna Ryan (25:38), 87th Tony Delaney (26:20), 86th Linda Grogan (26:20), 90th Stephen McDonald (26:28), 91st Laura McCarthy Armstrong (26:31), 107th Ausra Mackeviciute (27:34), 110th Liam Butler (27:42), 206th Elaine Murphy (32:45) and 207th Patricia Moloney (32:46).

BK5K

Over 500 people of all ages turned out for Dundrum AC's third annual BK5K race in memory of Brendan Kinane took place recently.

Men's race results included 1st Sean Doyle (15:13) from An Brú AC, 2nd David Ryan (16:03) from Clonmel AC and 3rd Dermot Hayes (16:08) from Dundrum AC. Other men's results included 1st over 40 Shane Simcox (16:29) of Mallow AC, 1st over 45 John McCormack of Dundrum AC 18:49, 1st over 50 John Walsh (18:32) of Clonmel AC, 1st over 55 Michael Moore (19:39) of Dundrum AC, 1st over 60 Joe Gough (19:08) of West Waterford AC, 1st junior Kevin O'Grady (16:22) of Dooneen AC and 1st wheelchair Jerry Forde.

Ladies results included Grainne O'Callaghan (18:42) of North Cork AC, 2nd Shona O'Flynn (18:53) of Dooneen AC and 3rd Aine Roche (19:33) of Clonmel AC. Other ladies results included 1st over 35 Brid Quirke (21:35) of Dundrum AC, 1st over 40 Denise O'Brien (20:47) of St Nicholas AC, 1st over 45 Nicola Maunsell (21:44) of Clonmel AC, 1st over 50 Anna Byrne (22:53) of Clonmel AC and 1st junior Orla Ryan (21:05) of Dundrum



Colette Alley, Claire Ryan, Kathleen O'Brien, Orela Blake and Lorna Duggan at the Great Limerick Run.

AC.

Great Limerick Run

Dundrum AC athletes competed in the Great Limerick Run recently. Six mile times included Colette Alley (59:52), Claire Ryan (1:01:32), Naoimh Dooley (1:06:51), Lorna Duggan (1:08:20), Orela Blake (1:08:54) and Kathleen O'Brien (1:14:24).

Half marathon times included Ausra Mackeviciute (1:39:57), Brid Quirke (1:45:49), Mairead Julian (1:46:03) and Christina Fryday (1:48:35).

Liam Butler (3:36:15) came 2nd man over 60 in the marathon.

Borrisoleigh 1 Mile

Dundrum AC results at the Borrisoleigh 1 Mile included 11th Shane Buckley (5:20) 18th John McCormack (5:37), 30th Michael Moore (5:56), 39th John Moore (6:11), 40th Laura McCarthy Armstrong (6:12), 94th Christina Fryday (7:05), 96th juvenile Niamh Buckley (7:10), 146th Elaine Murphy (7:35), 199th juvenile Cian Buckley (8:09), 211th Martina Butler (8:17), 215th Naoimh Dooley (8:19), 218th Simone Loughman (8:20), 262nd Catriona Sadler (8:49), 281st Lorna Duggan (9:06), 411th Triona Buckley (12:05) and 464th Georgina Johnston (15:20).

Run4Fun 4 Mile

Dundrum AC results from the annual Run4Fun 4 Mile in Cahir included 36th Teresa O'Connor (28:48), 45th Mary Kennedy (29:24), 52nd Christina Fryday (30:13) and 74th Elaine Murphy (32:39).

Michal Rejmar 5 Mile

Dundrum AC results from the Michal Rejmar 5 Mile in Limerick included 23rd John Kelly (31:49) and 28th John Shanahan Jnr (33:06).



Mairead Julian, Noel Casey, Ausra Mackeviciute and Jan O'Dwyer at the County Track and Field in Templemore.



Locals enjoying Dundrum AC's third annual BK5K race.



Christina Fryday, Brid Quirke and Mairead Julian at the Great Limerick Run.



Dundrum AC's John Kelly and John Shanahan Jnr at the Michal Rejmar 5 Mile in Limerick.



Dundrum AC at the County Juvenile Track and Field Championship.



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