

South Tipp TODAY

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'Michael D Higgins must address Peter Casey's strong Tipp vote'

By DYLAN WHITE
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A Tipperary TD has called on Michael D Higgins to lead the conservation as to why Peter Casey received such a strong vote in the Presidential Election campaign.

Michael D Higgins received 24,917 (45.5%) first preference Tipperary votes and 822,566 (55.8%) votes nationally, the largest number of votes in Irish presidential election history which saw him top the poll in every constituency and winning on the first count.

But a surge in votes for businessman Peter Casey, who received 20,149 (36.8%) Tipperary votes - his strongest constituency showing nationwide - and 342,727 (23.3%) votes across Ireland has raised questions about the "controlling of the political narrative", according to Tipperary TD Mattie McGrath.

Peter Casey's criticism of a number of Traveller families who are refusing to move into homes at the €1.7m Cabragh Bridge development because of a dispute with Tipperary County Council was dominant in the build-up to

polling day. Speaking to South Tipp Today at the Tipperary count centre in Presentation Secondary School Thurles, Deputy McGrath said Peter Casey's Traveller comments resonated with the electorate.

"He raised issues that are out there and a serious conversation needs to be had about these issues - issues that you can't talk about because it's too PC (politically correct). They have Pavee Point and all the media representing them and the

public have been silenced. You silence the public and it's anti-democratic! The public weren't silenced in the privacy of the ballot box and have spoken. We need to listen to them, engage with them and have a constructive conversation. We can't work 'them' and 'us'", Deputy McGrath stated.

Out of the 114,433 Tipperary electorate, 54,799 valid votes were cast, with Séan Gallagher receiving 3,077 (5.6%) first preferences, Sinn Féin's Liadh Ní Riada

2,827 (5.2%), Joan Freeman 2,723 (5%) and Gavin Duffy 1,106 (2%).

Labour Party TD Alan Kelly expressed his delight that Michael D Higgins has been returned as president. "I have admired him all my life, he's a family friend and comes from The Labour Party tradition so it's a very proud day for my party," Deputy Kelly smiled.

Read more on Pages 2 and 4



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'Disillusioned people didn't vote as a form of protest'

Continued from Page 1

Cashel Sinn Féin councillor Martin Browne said his party will "learn a lot of lessons" from the Presidential Election 2018 campaign. "The pity is that we couldn't get the people to see the Liadh Ní Riada we see, the good person and good politician, in such a short space of time," Cllr Browne said.

Cllr Browne attributed low voter turnout - 1,492,338 voters which represented 43.9% of the electorate - to a "disillusionment" among the public. "People didn't come out because the established

parties were supporting Michael D and anyone outside of that was going to struggle to make an impact. The way the campaign turned out put people off voting and people were disillusioned by it all. The topics that should have been discussed were not discussed. The TV debates started well but usually just ended up with the Dragons' Den candidates arguing with each other.

"The likes of Liadh and Joan Freeman didn't get to put their views out there. The campaign went over the heads of most and that's because there is disillusion-

ment with the whole political system. Struggling people just turned off when they saw the type of expenses that were coming out during the campaign. They are down-trodden and stayed away as a form of protest. It's up to the political parties to make sure people don't get disconnected like that," he continued.

Cllr Browne also hit out at Peter Casey for his attack on Travellers, but conceded that a conversation needs to be had on the issues arising between sections of the settled and Travelling communities.

"This country doesn't need Peter Casey in politics, pitting one section of society against another. There are problems in the Travelling community, like there are problems in the settled community. Peter Casey will have forgotten Middle Ireland tomorrow. It worked for him but overall I don't think he's done us any service. Yes, he's opened a debate but let's sit down and have a civilized debate as reasonable adults, instead of raising fears in society by having debates in the general public," he added.



Labour Party TD Alan Kelly at the Tipperary count centre in Thurles

Local Authorities nominating presidential candidates debated

Two Tipperary councillors have expressed their differences on the role of Local Authorities in nominating presidential candidates.

Cashel Sinn Féin councillor Martin Browne told South Tipp Today that Local Authorities shouldn't have the power to decide who gets to

run for president.

"My party voted for Gemma O'Doherty because the general public seemed to have wanted her on the ballot paper. A system where you need to get 10,000 public signatures in order to run for president could work. The current system is broken and it's not democratic. No coun-

cillor here in Tipperary or around the country should get to have the final say."

Thurles Fianna Fáil councillor Seamus Hanafin disagreed with Cllr Browne, while also underlining that he had no regrets about nominating Peter Casey to run for president. Businessman Peter Casey secured 13 votes

to eight votes for journalist Gemma O'Doherty at a meeting of Tipperary County Council.

Peter Casey went on to secure second place in the Presidential Election 2018 campaign, with the businessman's 20,149 (36.8%) Tipperary votes his strongest constituency showing na-

tionwide.

"It's one of the mechanisms to selecting candidates to run for president of Ireland. It's a role the council has and one that the council should use," Cllr Hanafin said.

"There were no major issues throughout the campaign. The only issues that

became issues in the campaign came about because of an absence of other issues. We could only nominate from the people that were before us on the day, and I have no regrets about nominating Peter Casey."



Michael D Higgins will serve for another seven years as president

Tipperary votes to remove blasphemy from Constitution

Tipperary voted Yes to remove blasphemy as an offence from the Constitution.

Out of the 114,433 Tipperary electorate, 54,194 valid votes were cast, broken down into 32,209 (59.43%)

Yes to 21,985 (40.57%) No votes.

A total of 951,650 (64.85%) voted Yes to 515,808 (35.15%) No nationwide, representing 1,467,458 valid votes and 43.79% turnout from an electorate of 3,401,652.

The Yes vote means that the Constitution will no longer require that publishing or saying something blasphemous is a criminal offence. The Yes vote therefore allows the Oireachtas to change the law so that blasphemy is no longer a criminal offence.

The Constitution does not itself define blasphemy. The legal definition of blasphemy is contained in the

Defamation Act 2009, which says that a person publishes or utters something blasphemous if they publish or say something that is grossly abusive or insulting in relation to matters held sacred by any religion, thereby causing outrage among a substantial number of the adherents of that religion, and intend to cause that outrage.

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'Peter Casey used Trump-like tactics to win voters'

A Tipperary councillor has said that Peter Casey's "Donald Trump-like tactics" resulted in a surge in his Presidential Election vote.

Fine Gael's Cllr Michael Murphy said Peter Casey deployed "populist" views to poll second place behind Michael D Higgins.

Speaking to South Tipp Today at the Tipperary count centre in Presentation Secondary School Thurles, Cllr Murphy said: "The lacklustre campaign didn't grab the public's attention until Peter

Casey's controversial remarks about Traveller issues and their conflict with certain members of the public, and his comments about a social welfare State where some individuals want everything for free.

"A lot of Peter Casey's business is based in Atlanta so he is obviously very familiar with this populist Trump-like politics. Peter Casey decided to bring that style to the Irish political stage and he definitely touched a nerve."

"Based in Clonmel, I know there are a lot of challenges in

terms of Traveller accommodation and within the Traveller community. And that is the reason behind the particularly strong vote in Clonmel for Peter Casey," Cllr Murphy continued.

Cllr Murphy praised Michael D Higgins for doing a "fantastic job" over the last seven years and said the president will have learnt a great deal from his first term in office.

"The Michael D Higgins I saw throughout the debates would be the first to admit that he did make mistakes

and there is a sense of regret there. I know on two occasions this year he used a Government jet to travel within Ireland. I think the Michael D going forward will bring more transparency to the position and will have learnt from mistakes surrounding the use of allowances associated with the presidential office.

"His experience will be crucial for the challenges that lie ahead such as Brexit and the wider global challenges like the United States and the Trump agenda," he added.



Cllr Michael Murphy at the Tipperary count centre in Thurles

'Political parties left vacuum for Peter Casey vote'

"The political parties supporting Michael D Higgins in the Presidential Election left a vacuum for ordinary people to make a calculated opinion and exercise it," according to Tipperary TD Mattie McGrath.

Michael D Higgins was re-elected president after receiving a record 822,566 (55.8%) first preference votes nationwide, with Derry businessman Peter Casey surging up the poll to take the runner-up spot with 342,727 (23.3%) votes. Seán Gallagher received 94,514 (6.4%) votes, Liadh Ní Riada 93,987 (6.4%), Senator

Joan Freeman 87,908 (6.0%) and Gavin Duffy 32,198 (2.2%).

Speaking to South Tipp Today at the Tipperary count centre in Presentation Secondary School Thurles, Deputy McGrath reacted to the Presidential Election count as it unfolded, hitting out at the "PC brigade" and "keyboard warriors".

He said: "Sinn Féin got a kicking. I like Liadh Ní Riada and I gave her a preference vote, but they tried to put her up as the cool, clean image of Sinn Féin with no baggage. The electorate are educated and that wasn't going to wash. I don't know what the delay was in announcing their can-



Peter Casey received 20,149 (36.8%) Tipperary votes - his strongest constituency showing nationwide - and 342,727 (23.3%) votes across Ireland

didate. The people have spoken and they have a lot of soul searching to do now. They are pushing this PC (politically correct) stuff and there is a huge bullying going on in the country, especially on social media. I don't engage with it and if I did I would be bullied too! The keyboard warriors and the liberal mindset are just bullying people".

Deputy McGrath paid tribute to Michael D Higgins on being re-elected president, while also describing Peter Casey as "a breath of fresh air in politics".

He added: "Michael D is hugely popular and I am an admirer of him all my life. I

don't like some of the things that have happened over the last few years but he is the president and is a great figurehead, giving reflection to the arts, the heritage, the language and he is a wonderful orator.

"But people voted for Peter Casey and abandoned Sean Gallagher who got a massive vote in the last election. Gallagher disappeared for six and a half years and then came into the race telling us all he was doing. He abandoned some of his core principles and stood for nothing and attacked Peter Casey for being honest.

"People are sick, sore and tired of the controlling of the political narrative, the PR and

spin. We have seen it with the savage recession, the housing crisis, crippling debt and so many things across the board. Peter Casey has connected with ordinary people and the people of Middle Ireland who pay for everything. I hope Michael D will lead the conversation as to why Peter Casey got such a huge vote.

We need to unmask what's going on in Ireland where ordinary people are being suppressed. The ordinary people are in abject poverty and we have minorities running amuck."

'Young people in Tipperary admired Peter Casey's honesty'

Young people in County Tipperary admired Peter Casey's honesty, according to a local student.

Newcastle's Máirín McGrath said there wasn't much interest in the Presidential Election 2018 campaign due to the fact that Michael D Higgins was backed from the outset to be returned to the president's office for a second term.

While national turnout only reached a mere 43.9% (1,473,900 valid votes) - a drop from the 56.1% that turned out in 2011 - the Dublin City University Economics, Politics and Law student was "surprised" that her friends made the effort to go out and vote for Peter Casey, following his controversial remarks aimed at the Travelling community.

During the campaign,

Peter Casey described Travellers being recognised as an ethnic minority as "a load of nonsense", adding that they are "basically people that are camping on someone else's land".

Máirín, the daughter of Independent TD Mattie McGrath, told South Tipp Today: "Friends of mine from Clonmel and across the country agreed with Peter Casey and appreciated his

honesty. They are defending their vote, despite being called racists and bigots online. Today in society you are afraid to say those sort of things, but Peter Casey didn't back down from that. Even if you don't agree with everything he said, you have to admire his honesty and I think that's where a lot of his votes came from. Young people are sticking up for him more than I thought."



Máirín and Mattie McGrath believe Peter Casey's "honesty" won him votes

Presidential Election in Tipperary

ELECTORATE - 114,433

TOTAL POLL - 55,376

SPOILED VOTES - 577

TOTAL VALID POLL - 54,799

VOTER TURNOUT 48.39%

FIRST COUNT

Michael D Higgins - 24,917

Peter Casey - 20,149

Seán Gallagher - 3,077

Liadh Ní Riada - 2,827

Joan Freeman - 2,723

Gavin Duffy - 1,106

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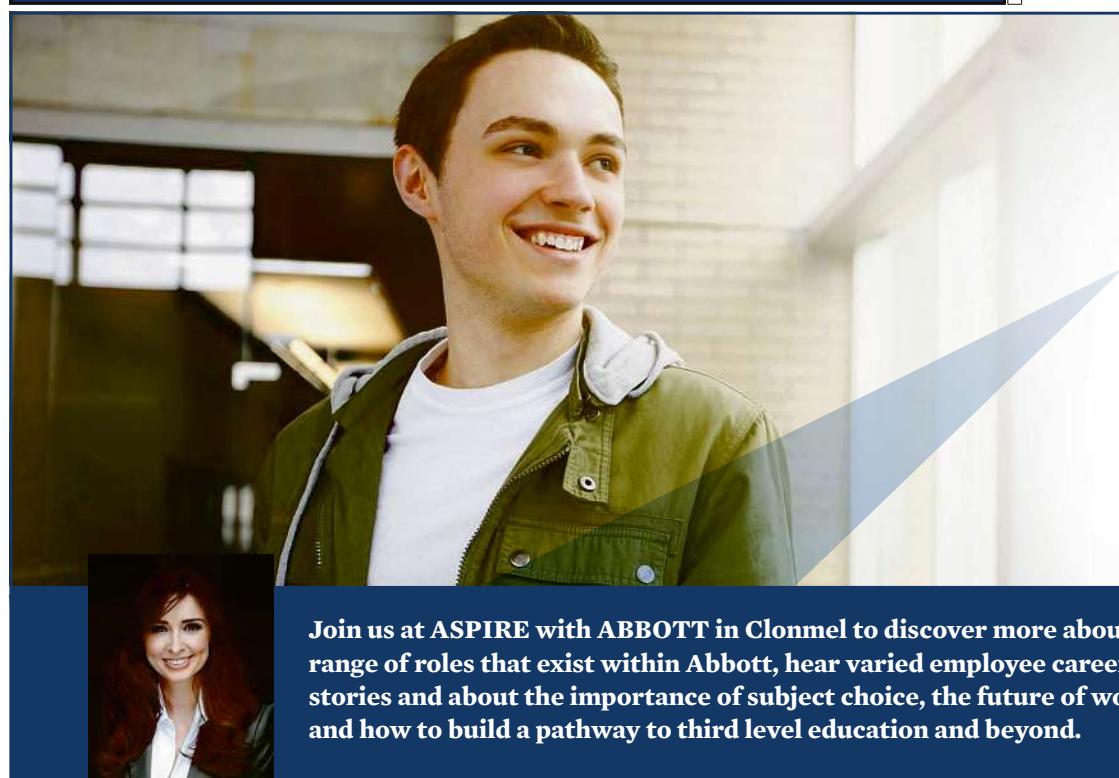
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New Clonmel playground a godsend for children with autism and special needs

A new playground that offers a safe, relaxing and accepting environment for children with autism and special needs has opened in Clonmel.

The sensory playground and garden has been built adjacent to the existing playground at Mulcahy Park, on the town's Waterford Road.

A fundraising drive across the community raised more than €125,000 to provide the playground, the idea for which came from a comment posted on Facebook by local woman Jeanette Condon.

The post was spotted by Cllr. Siobhan Ambrose, who got in touch with former Borough District Engineer Jonathan Cooney, and the plans for the facility were put in place.

Clonmel Rotary Club was one of the main supporters of the playground and two of its members, Marie McMahon and Brendan Nyhan, were widely praised for the role they played in helping it become a reality, at the official opening.

Its features include a wheelchair-accessible sunken trampoline; textured walkways that are beneficial

for wheelchair users and those who may be toe-walkers; and safety-harnessed swings for adults and children.

Speaking at the official opening, Catherine Kennedy, chairperson of the South Tipperary Autism Support Group, said the playground had been designed with inclusion in mind. She said it would be an asset to Clonmel and South Tipperary and she hoped it would be used to its full potential.

As a parent of a child with special needs, she said it provided a safe, relaxing and accepting environment for those with autism and special needs.

Ms Kennedy said the playground wouldn't have been possible without the help of so many people, including members and officials of Tipperary County Council; Clonmel Rotary Club, the South Tipperary Development Company; John O'Gorman and the emergency services fundraising committee; and the employees charity committee at healthcare company Boston Scientific.

Clonmel Borough District Mayor Richie Molloy said it was a day of celebration and it



Cormac Daly Kennedy cutting the tape at the new playground

showed what could be achieved when people from across the community worked together. He said the playground was a first-rate facility that would be widely used.

Isabel Cambie, chief executive of the South Tipperary Development Company, praised Catherine Kennedy and the committee of the Autism Support Group - which, she said, proved it could deliver - while Joe O'Sullivan, president of Clonmel Rotary, said this much-needed facility would enrich the lives of young people.

Tributes were also paid by JP Fitzpatrick from Boston Scientific's charity committee; and John O'Gorman, representing the South Tipperary emergency services fundraising committee.

An ecumenical blessing of the playground was performed by Fr. Deo, Ss Peter and Paul's parish.

Meals on Wheels are ready and willing to help those in need

Mary Aikenhead Meals on Wheels, a registered charity also known as Clonmel Meals on Wheels, has been providing a service to the people of the town and surrounding areas for more than the last fifty years.

The organisation's aim is to always provide fresh and healthy meals and deliver them to the door of people in the community.

The service is available five days a week from Monday to Friday and a meal for each day of the week is catered for. Two extra meals can be delivered on Friday to cater for the weekend.

The meals are delivered each morning between 10am and 1pm. After first delivery, meals will arrive at approximately the same time every day.

The meals consist of dinner and either dessert or soup. The cost is €5 per meal. The soup, dessert and dinner

change daily.

If there is a special dietary requirement, such as dislikes/diabetes/allergies, Meals on Wheels are happy to accommodate.

"The commitment from our chefs in the Cluain Training and Enterprise Centre, based in Nelson Street, who have been supplying delicious meals to our customers all year round, and the dedication of our drivers provided to us by St.Vincent de Paul in Anglesea Street, form the soul of this service", said a spokesperson for the organisation.

"Without them it couldn't happen".

The organisation wants to reach out to the many in the community who believe they need the service and invites people, their parent or parents, neighbour, friend or anyone else to avail of Meals on Wheels.

"We cater for anyone who finds it hard to cater for

themselves.

"It can be for many different reasons, whether it's short or long term", said the spokesperson.

"The service we provide can help keep people living in their own home for longer and it's another daily contact for someone living alone.

"It also gives peace of mind to family members who don't live close by, knowing that their loved ones are being looked after on a regular basis.

"The set-up is quick and easy, a few details are needed from the customer, which need to be processed and forwarded to the kitchen and the drivers. Usually within 24 hours the customer will have their first meal delivered".

To enquire more about the service please feel free to contact Janet on 087-3382209, or send a private message on the Facebook page 'Clonmel Meals on Wheels'.

which, she said, proved it could deliver - while Joe O'Sullivan, president of Clonmel Rotary, said this much-needed facility would enrich the lives of young people.

Rotary Club member Brendan Nyhan said the support received from the community was nothing short of amazing, and it was remarkable what the community had

Dillon Bridge repair costs surge as more works identified

Repair works planned for Carrick-on-Suir's Dillon Bridge will cost up to €170,000 more than initially expected, it emerged at Carrick-on-Suir Municipal District's monthly meeting.

District Engineer Willie Corby said a preliminary study conducted by the contractor appointed to carry out the repairs found that quite significant more work than anticipated needs to be done on the bridge.

The Co. Council has set aside €70,000 this year to finance repairs on the bridge,

which is the town's main river crossing. Mr Corby said the Council is now submitting a new application for a grant aid of between €150,000 and €170,000 for the bridge repairs.

He said repairs to the bridge's superstructure will be carried out this year and the work on repairing the underwater scour damage to the bridge's abutments will be carried out next year.

Mr Corby pointed out that the Council will first have to secure approval from An Bord Pleanála to carry out the scouring repairs work. This will involve preparing a

Natura Impact Statement because this part of the river is a Special Area of Conservation.

"That work will be done over the winter period and we will be ready to do the scour repairs next summer."

Carrick-on-Suir SF Cllr David Dunne said he was delighted a survey of the repairs that need to be carried out on the bridge was done. He was "slightly alarmed" that between €150,000 and €170,000 will have to be spent but delighted it was going to be invested in the bridge as it was a main route for the town.

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- Required to attend and participate in continuous training - online, in the UK and Ireland.
- Maintaining a clean and neat workspace and adhering to all company policies, procedures and safety standards

Requirements:

- Qualified Technician
- Ability to clearly complete job card write-ups with a thorough understanding of the requirements of factory standards for warranty write-ups.
- Good communication skills and the ability to identify and explain additional work required to service advisors or customers as required.
- Previous experience working with ADP/Kerridge environment would be an advantage.

Rewards:

A competitive salary package combined with a commitment to training and career development in a financially secure and expanding dealership group.

Application: To apply, please send your CV and a covering note via email to: hr@morrisonsbmw.ie

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SUCCESSION RIGHTS FOR SEPARATING COUPLES

Contact Us for Advice



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



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Do you want to unlock your vacant property's potential, but are unsure about the options open to you?

There are a number of options available to you, aimed at reintroducing vacant dwellings into the usable housing stock, including:

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Benefits of Bringing Vacant Properties Back into Use

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- Make a difference by providing much needed housing in your community

Further information on the above and other options available to you can be obtained from your local authority Vacant Homes Officer or from the Vacant Homes Unit in the Department of Housing, Planning and Local Government.

Email: vhu@housing.gov.ie Tel. 01-8882000 www.housing.gov.ie



Rialtas na hÉireann
Government of Ireland

Australian woman seeks help to find her Clonmel family

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

An Australian woman plans to visit Clonmel next year to trace her family roots.

Canberra's Kay Lovett is seeking descendants of her great-great grandparents David D'Arcy (1774 -1847) and Margaret Kelly (1789 -1852), who lived at Darling Hill for many years in the 1800s. She is also looking for information on the Looby family.

Kay says Michael D'Arcy was born on 29th September 1811 in Clonmel. His parents were David D'Arcy and Margaret Kelly, who got married at a Darling Hill property "owned" by Baron Pennefather on 13th January 1807. "They had a large family, many of whom passed away early but others who also migrated to New South Wales after Michael," Kay tells South Tipp Today.

"David and Margaret

D'Arcy are buried at the old Donoughmore Church, a few kilometres from Clonmel, in an enclosed area which holds three separate graves built by another David D'Arcy, one of Michael's first cousins. It holds several members of the family.

"Michael's younger brother, John, migrated to Australia and became a wealthy man. He had spent a few years in the California goldfields and returned to buy property in the rich dairy area of New South Wales".

Kay has discovered some essential information about Michael D'Arcy and his life after Clonmel.

"Michael left Clonmel in 1835 along with the Reverend Polding, an eminent Catholic priest. Their first major stop was in Tasmania where the Reverend Polding had to counsel the prisoners due to be hanged the next day.

"Sailing onwards to Sydney, Michael spent about a year sailing around the

South Pacific working on ships (according to his letters sent back home to his parents). Then, as all migrants had to do in those days in New South Wales, he moved to Bathurst and managed a store for an Englishman. He then opened a tannery where he married Maria Venning Harvey in 1840, an English migrant from Cornwall.

"Another of Michael's first cousins was John McEncroe, the Archdeacon of Sydney, who was responsible for the building of St Mary's Cathedral. John started the Freeman's Journal in Sydney and appointed Michael, a very well-educated man for those times, as the editor. John and Michael were often at different odds over the content and running of the newspaper. They were sued a couple of times for comments included in the paper.

"After John's death in 1868, Michael began working for Department of Customs where he finished out his days



Kay Lovett is trying to trace her Clonmel family

and died in 1880," Kay continues.

Kay says the letters Michael sent home portray an eccentric man, egotistical and a staunch supporter of anything Irish. "He could speak Latin and French and his writing ability was second to none. Michael was a very tall man and was once de-

scribed by a friend as one of the most intelligent men he had known in New South Wales.

"Michael's paternal grandparents were William D'Arcy and Eleanor Looby. They are also buried in the gravesite with Michael's father, David," she explains.

Kay visited Clonmel last

year but was unable to find anything out or even find anyone who knew a D'Arcy. She is keen to obtain information on the early days of Darling Hill and wants to get a copy of the marriage document of her great-great grandparents David D'Arcy and Margaret Kelly and a copy of Michael D'Arcy's baptism in 1811. "It is nigh on impossible to find these sorts of documents from Ireland without great expense or even to just find them".

Kay wants to leave a legacy for her children and grandchildren so that they know their family roots. "I also have great-great grandparents from Carrig-on-Bannow in Wexford, Andrew Keough (Kehoe or Keogh) and Mary (Keane or Kane), and my great-great grandmother Catherine McCool is from Donegal. I intend on travelling to Wexford as well next year," she adds.

Anyone with information can contact Kay on kblov01@hotmail.com.

Ardfinnian wish Mairéad Condon a long and happy retirement

A very special tribute was paid by a county Tipperary community to a recently retired principal on September 28.

Mairead Condon began her career at Ardfinnan National School in February 1983 and became principal in September 2003.

Throughout her years she dedicated herself wholeheartedly and very successfully to improving the educational outcomes and personal wellbeing of the children of the community.

The school grew in size and in stature and became well known as a very welcoming place for all pupils, including those with special needs, particularly after the establishment over time of two classes for children with autism.

The school grew in size and in stature and became well known as a very welcoming place for all pupils, including those with special needs, particularly after the establishment over time of two classes for children with autism.

On the night, a cheering guard of honour greeted Mairead and her family as they entered the Church of the Holy Family for what was a very enjoyable and at times moving ceremony.

The members of the parish choir, Cór A.B.G., sang beautifully. Members of the school orchestra and choir also added so much to the occasion, as did the musical contributions of the Murphy sisters.

The mass was kindly celebrated by Fr Bobby Power and Fr Frawley. It concluded with the school choir going to the altar to accompany local

songwriter and musician Stefan Grace, ably assisted by Mike on the violin, in performing 'The Song of the Wind', a song written by Stefan in 2010 for the school centenary celebrations.

During the offertory, there was a special moment when two sixth class pupils, accompanied by their parents, brought up the gifts. The parents, Breda and Seán, were in the first class that Mairead taught in Ardfinnan. Breda's son, Shane, and Sean's daughter, Rebecca, are current pupils of the school. This acknowledged the generational connections that reflect Mairead's time in Ardfinnan.

Some fine speeches were made after mass, each referencing the great impact Mairead had on the community through her work, leadership and close links established down the years. Thomas O Mahoney, chairperson of the Community Council, introduced each speaker, beginning with chairperson of the school parents association Pearl Casey. After her kind words, Pearl made a presentation to Mairead.

Thomas spoke and once again in fine style expressed the gratitude of all. The presentation then made by him was on behalf of the many fine community organisations the community is fortunate and proud to have in the area.



Thomas O Mahoney (chairperson, Ardfinnan Community Council), Bríd Quinlivan (newly-appointed principal), Mairéad Condon (retired principal), Pearl Casey (chairperson, parents association) and Tony Kenny (chairperson, board of management).

Tony Kenny, chairperson of the school board of management, spoke of the developments in the school under Mairead's leadership and of her commitment to pupils and parents throughout. At a board and staff event last June, presentations were made by both groups, which were much appreciated by

Mairead. Tony ended by calling on the newly appointed principal Brid Quinlivan. She presented a beautiful bouquet to Mairead before speaking heartfelt words from the podium.

The final speaker was Mairead, who expressed her gratitude to all for organising and contributing to such a

wonderful evening in any way. She eloquently spoke of her enjoyment of her many years at Ardfinnan National School-thanking the support from parents, staff and the wider community - and wished all the very best for the future.

After the speeches everyone headed to the Ard-

finnan Community Hall for refreshments.

A slideshow of photos from the recent and not so recent past entertained all. Everyone made the most of the evening, especially many who had not met for a long time. It was a chance to further reflect on the years Mairead taught and led what is a school to be proud of.

Funds raised will support Cashel Community School

Cashel Community School has launched its fundraising draw.

Parents and guardians were encouraged to make every effort to sell as many lines as possible.

"Every school know that students who participate in co-curricular activities have a marked improvement in their developments and grades. This can be attributed to skills they learn such as better time management to accommodate their hobbies and class activities, better organisational skills and a boost in their self-esteem," said principal John Gallagher at the launch.

"Skills learnt in clubs, co-curricular and extra-curricular activities can be applied in the classroom, as the students learn how to express themselves better," he continued.

Funds raised will assist financing school co-cur-

ricular activities such as Geography Week, Healthy Eating Week, retreats, student celebrations and awards ceremonies, guest speakers, subsidising buses, and student training in areas like Links and Student Council to name but a few.

"The funds raised will be utilised to financially support and subsidise the development of a whole school community".

The draw features a first prize of €500, second prize of €250, third prize of €100 and three prizes of €50. There is also a promoter's prize of €50 x 2 (full cards only).

"Your continued generosity in supporting this annual fundraiser is appreciated and will enhance the quality of your child's experience in Cashel Community School. Therefore, we are appealing for your considered support of this year's draw," principal John Gallagher added.



Principal John Gallagher with members of Cashel Community School's Student Council at the launch of the fundraising draw

'Sewage going straight into the Suir at Golden'

Golden village is in desperate need of a wastewater treatment plant, after nearly 35 years of pleading, heard the Cashel Tipperary Municipal District meeting.

Chairman Michael Fitzgerald said there had been a "huge" submission from fishermen in Golden concerning the River Suir.

"This council is quite

happy to have a pipe disposing sewage" into the Suir, but "to me it's completely unacceptable," said Cllr Fitzgerald.

There is quite a lot of activity there, with canoe competitions and other water sports, so "it's not acceptable any longer."

If there was a treatment facility, the creamery industry might have located there, and while it's a prime location,

not having a wastewater facility "is certainly working against us."

Cllr Fitzgerald said the issue is hindering the progress of the village.

There had been promises for "35 years" from different ministers, and there is a site bought that is suitable to put in this bit of vital infrastructure, said Cllr Fitzgerald.

"We are dealing with old septic tanks there" which had

"not been operating properly" and the sewerage is "going straight into the Suir. That should not be happening and it's not getting the priority it should have been," said Cllr Fitzgerald.

Meanwhile, the reservoir in Cashel "needs to be done," and the "residents" side of the reservoir should be lowered, said Cllr Roger Kennedy.

Hard water in Dunderum/Knockavilla remains a

problem. A number of lead pipes had been discovered in Tipperary town and further investigation works are to be done.

This means postponing resurfacing works in the Main Street of Tipperary, which is "disconcerting and disheartening".

"We have enough delays in town, in Davitt Street, without further ones in Main Street," Cllr Kennedy said.

Denis Hayes of Irish Water said the hard water issue is causing "huge discomfort" and they will see how it can be minimised.

Senior engineer Aidan Finn said the works in Davitt Street are all done.

"I just hope we do not start these works coming into the Christmas period," said Cllr Kennedy.

Search is on for Cashel Young Person of the Year

Cashel Lions Club is currently inviting nominations for the Cashel Lions Club Young Person of the Year competition.

This is an annual event which recognises and acknowledges the voluntary

community involvement of young people in their local community.

Local schools, clubs, organisations and indeed individuals are encouraged to nominate young people who are making a contribution to the overall quality of life in

their local community.

Candidates must be at least 15-years-old and not more than 18-years-old on 30th June 2019. Application forms are available from Paul Monks or Eddie Morrissey or by emailing cashelyouthaward@gmail.com.

Completed application forms must be returned on or before Wednesday 14th November. All applicants will be interviewed by a panel of judges with experience in community involvement, education and business.

In addition to Cashel, ap-

plications are encouraged from neighbouring Rosegreen, Golden, Knockavilla, Clonoulty, Boherlahan, Dualla and New Inn.

In recent years, the winners of the Cashel Lions Club Youth Award have enjoyed considerable success at re-

gional and national level. In 2016, Chelsea Gibson came through the local and regional rounds and won the national final in Dublin. The 2017 winner, Brian Morrissey, also qualified for the national final and was a gallant runner up in a keenly contested final.

€814,000 in funding to assist road repairs

Tipperary has been allocated €814,000 in funding to assist the repair of regional and local roads.

Tipperary Fine Gael general election candidate Garret Ahearn has welcomed the news, stating that

Tipperary roads have suffered significant

damage" as a result of severe weather events.

"Extreme weather events over the last year, such as Storm Eleanor, Storm Emma, flooding incidents and the summer drought have had a major impact on the regional and local road network.

"These events, combined with the extended period of

reduced funding for road maintenance following the economic downturn, have left the road network much more vulnerable to damage.

"I know this funding will greatly assist in the repairs and ensure our road network in Tipperary is of the highest standard," Garret Ahearn added.

In addition, a €3m allocation is being provided to Transport Infrastructure Ireland (TII) to assist with winter operations and maintenance works on national roads. TII assists local authorities with maintenance funding for national roads.

RIGHT: Garret Ahearn



Greenway Public Meeting gets strong support

On Tuesday last, October 23, the first public information meeting regarding the possibilities of developing a 'Thurles to Clonmel Greenway' was held in the Anner Hotel, Thurles.

The meeting was chaired by Cllr. Jim Ryan, a long-time advocate of greenways, joined at the top table by Cllr. Kevin O'Meara (Mullinahone), David Morrissey, Declan McGann, Seamus Weber and Jane Ryan. Apologies were received from Cllr. Imelda Goldsboro and Ciara McCormack who was unable to attend due to a family bereavement.

The meeting opened with an introductory talk from Cllr. Jim Ryan, who welcomed the large attendance and introduced the other speakers at the top table.

Following a very enlightening question and answer session which unfolded many brilliant ideas and viewpoints from those in the room, there is a huge sense of a real shared vision and optimism overall for this project. There was a consensus from all present that it was hugely important to involve the landowners involved and, all those whose lifestyle and work may be affected by the development. Those present were further educated by the positive contributions from

landowners and farming representatives at the meeting.

Only up to 40 percent of the original track may be used!

One of the main objections to the Greenway comes from affected landowners who already have other developments in place where the railway track originally existed. This was relieved somewhat when it was explained that a feasibility study would reveal many alternative routes and that only up to 40 percent of the original track may be needed to complete the greenway. It was also stressed that nothing would happen without the consent of the landowners. It was also explained that when the railway line closed back in the 1960s, Iarnród Éireann surrendered the land back to the landowners and was now in their possession.

Overall it was agreed that the project will only succeed with goodwill from all involved and the realisation of the huge benefits a greenway could make to a community. Immediate benefits, as seen in the Waterford/Dungarvan Greenway, would see a huge

increase in tourism and visitors, a safe place for family walking and cycling, an upsurge in local business, accommodation and a future for rural development.

Following contributions from those present from areas outside the Thurles area, it was suggested that further meetings should be held in other venues such as Clonmel or Fethard. With that in mind, Cllr Jim Ryan asked anyone willing to get involved on a steering committee to remain for a short while after the meeting. This group will decide how to best move the project forward, the first being the funding of a feasibility study.

While Tipperary County Council is very positive about the project, they are unable to fund a feasibility study, so it was decided to make an application under the Rural Development Programme (widely known as Leader).

Details of further meetings will be circulated, and further information is also available on the group's Facebook page 'Lets Get Tipp Off Track' or tipperarygreenways



Organisers of the first public meeting to promote the Clonmel to Thurles Greenway project are photographed before the start of their well-attended meeting held in the Anner Hotel, Thurles, on Tuesday, October 23. L to R: Cllr. Kevin O'Meara, David Morrissey, Cllr. Jim Ryan, Declan McGann and Seamus Weber.



Photographed in the Anner Hotel, Thurles, at the first public meeting to promote the Clonmel to Thurles Greenway and form a steering committee are L to R: Cllr. Kevin O'Meara (Mullinahone), John Cooney (Fethard), Paddy Gleeson (Drombane), Noel Buckley (Clonmel) and Joe Kenny (Fethard).

BRIEFS

Fethard Ladies' Football Club's Annual Dinner Dance

Fethard Ladies Football Club will hold their annual dinner dance on Saturday, November 17, in Clonmel Park Hotel at 7.30pm. Tickets are now available from any committee member.

Eucharistic Adoration in Fethard

Parish Church: Fridays from after 10am Mass to 11.30am, and from 6pm to 9pm.

Abbey Church: Thursdays from 11am to 12 noon.

Fethard & Killusty Community Lotto

The numbers drawn on October 24, were: 16, 17, 26 and 30. There was no jackpot winner and one 'Match Three' winner who received €150: Joan O'Donohoe, Moyglass. The following three 'Lucky Dip' winners also received €50 each: Breda Nolan, Ballinure; Shelia Duggan, Edmond Rice Park, Callan; and Ciara Harrison, c/o The Green, Fethard.

Next week's draw takes place on Wednesday, October 31.

The Jackpot is €10,000 and the Jackpot seller's prize is €1,000.

All proceeds go towards community projects in Fethard, and we thank you for your on-going support.

Social dancing at Fethard Ballroom

Fethard Ballroom continues its social dancing on this coming Sunday night, November 4, to the very popular music of 'Michael Sexton'. All are welcome to come along and enjoy a great night's entertainment and social dancing from 9pm to midnight. Admission is €9, which includes tea and cakes.

St. Patrick's Place Reunion

There is a change of date for the next meeting of St. Patrick's Place Reunion. The next meeting will now take place on Tuesday, November 13, at 8.30pm in the Tirry Community Centre, Barrack Street, and all are welcome to come along.

Doing great work ...

Rathcoole Cemetery Repairs



The Fethard Rural Graveyards Group and TÚS are currently repairing a fallen wall at Rathcoole Graveyard Fethard. Photographed at work on the boundary wall were Mike Power, Gabriel Needham and Kevin McGonnell.

The boundary wall between Rathcoole graveyard and an adjoining farm, fell during the hot summer months earlier this year. It is now being repaired with the aid of TÚS who support the Fethard Rural Graveyards Group by providing a worker who helps clean and maintains the following four graveyards in our parish at Rathcoole, Tullamaine, Red City and

Kilmacagh (Grove Estate) that are in the group's charge.

The strong growth caused by this year's unusual weather conditions made the work rather onerous and continuous. The committee is thankful to Tipperary County Council whose grant aid help make the care of these parish graveyards possible.

BRIEFS

Fethard Players now in rehearsals

Fethard Players are currently in rehearsal for this year's autumn production of a hilarious comedy by Tommy Marron, 'It's The Real McCoy'. This three-act play, produced by Marian Gilpin, is set in the mid-sixties and a rip-roaring Irish comedy that will have you in tears of laughter!

The cast members are: Mary O'Connell, Joe Hanley, Niamh Hayes, Richie Hayes, Mia Treacy, Ann Walsh and Liam O'Connor.

Senior Citizens meeting

Fethard Senior Citizens' Club will meet on Tuesday, November 6, at 7:30pm in the Tirry Centre. Please bring with you the Christmas Raffle tickets you have sold to date. Our Christmas Party takes place on December 2.

STUDENT HUB

Have you got news for South Tipp Today?
Contact dylan.white@iconicnews.ie

Three title wins for Tipperary Kickboxing Club

Tipperary Kickboxing Club Tipperary town is celebrating three title wins in the last four weeks.

23-year-old Chris Breen from Cappawhite won the Senior Mens Irish title in Dungarvan on September 29 against Tyrone O'Brien over 5 x 2min rounds on points. His win makes Chris the Senior IKF (Irish Kickboxing Federation) Full Contact Lightweight Champion.

15-year-old Shannin

O'Dwyer Tipperary town won the IKF Junior Irish Championship titles and now flies to Germany on November 23 to fight for world title.

20-year-old Chloe Quinn from Tipperary town also won the IKF Full Contact Atom Weight Lady Championship. Coach Craig Sutton expressed his happiness at the success. "The fighters trained very hard, six days a week. With three Irish champions in four weeks, I must be doing something right."



Tipp Kickboxing Club coach Craig Sutton with Chloe Quinn, Shannin O'Dwyer, Chris Breen and former world silver medalist Scott Carey Massey

Odhran O'Súilleabháin and Conor Egan complete mountain expeditions in all four provinces

Odhran O'Súilleabháin from the Ballymacarbry Scout Group and Conor Egan from 22nd Clonmel Scout Group recently completed their fourth Mountain Pursuit Challenge on the Slieve Liag mountain in Donegal.

Mountain Pursuit Challenges (MPCs) are Scouting Ireland organised weekends of adventurous backpacking in the mountains. They are designed to be tough and challenging and aim to improve hiking, lightweight camping and navigation skills in the hills.

Odhran and Conor previously completed MPCs in April on the Knockmealdown Mountains, in May on the Dublin Wicklow Mountains and in September on the mountains of Achill. Over the course of the four mountain weekends the scouts endured every type of weather, from howling winds and driving rain on the Knockmealdowns to glorious sunshine on Achill.

The boys covered approximately 80 kilometres and 4,000m of climbing or in other terms approximately two marathons and half the height of Everest while carrying all their gear on their backs. They were responsible for navigating the route, frequently in very poor visibility, and preparing and cooking their own meals.

Cois Siúire Scout County Commissioner Michael Dempsey was delighted with their achievement. "It takes a lot of effort and hardwork to complete a single MPC, let alone all four in a single year. Odhran and Conor are the first scouts from the county to ever do it and they are credit to their Scout groups," he added.



Odhran O'Súilleabháin and Conor Egan hiking on Achill Island (above) and on Slieve Liag (below)



Carrick-on-Suir Foróige volunteer Teresa Smith with Foróige regional youth officer Gail O'Sullivan attended the 48th annual Foróige annual volunteer conference in Kilkenny recently. They enjoyed a variety of guest speakers, workshops and exchanged ideas on best practice in youth work



COUNTY TIPPERARY BUSINESS AWARDS

Fashion designer Louise Kennedy wins President's Award



Liam Browne of LIT Tipperary presents Louise Kennedy with the 2018 President's Award with T.J. Kinsella, Chamber President.



Gerry Horan, Horan Automation, winner of Best Start-up or Emerging Business, receives his award from sponsor Rita Guinan, Local Enterprise office, with Chamber CEO Dave Shanahan.



Ger Carmody, MSD, winner of Best CSR or Contribution to the Community, with sponsor Gearoid McDermott, Amneal and Chamber CEO Dave Shanahan

MSD takes top accolade as Tipperary businesses are honoured at glittering awards ceremony

REPORT - MICHAEL HEVERIN
PHOTOS - JOHN D KELLY

Ballydine plant MSD was honoured as the Best Business of the Year at a glittering ceremony in Clonmel on Friday night (October 26). The pharmaceutical giant took the top accolade at the second County Tipperary Business Awards in the Clonmel Park Hotel.

It had earlier taken the top prize in the Best CSR or Contribution to the Community category.

It was a special night too for Tipperary fashion designer Louise Kennedy who won the prestigious President's Award.

Described by chamber president TJ Kinsella as the 'queen of Irish fashion', the Thurles native has been at the top of the Irish and international fashion trade for thirty five years.

She has designed for presidents and royalty in Britain, Europe and the Middle East, designed the Aer Lingus uniforms and has been recognised with a special stamp by An Post.

She said she was absolutely thrilled to win the award and to be honoured by the Tipperary business community.

"Wherever I go in the world, I am always Tipperary first", she told the audience of over 250 at the gathering.

Mr Kinsella had said that the ceremony was a celebra-

tion of all that's great and good about Tipperary – a great place to live and a great place to do business.

He congratulated all the winners and nominees and remarked that between them all gathered in the room that evening, they employed over five thousand people.

He remarked that the knowledge, experience and business acumen that this represents in the county is truly phenomenal.

Collaboration in business was vital, Mr Kinsella said, and the nominees across the categories had shown this, not just nationally but internationally, with links to the British royal family, Australian chefs, Mexican food producers, French wine producers, universities and colleges, Croke Park, leading pharmaceutical companies and even World Rugby.

"I was blown away by the calibre of entrants in last year's inaugural awards and wondered could we repeat the standard this year but I am delighted to tell that anything, the entries this year are even better", he said.

Mr Kinsella said that those represented would be the envy of any business grouping in the world.

He said that such was the success of the inaugural awards, that the number of categories was increased this year with great success.

Tributes were paid to the Tipperary awards by Liam Browne, head of main

sponsor LIT.

He also reflected on the calibre of the entrants and remarked on the wonderful entrepreneurial work being carried out at the Questum Centre at Ballingarrane.

After the various category winners were announced, MSD was announced by Awards chairman Frank McGrath as the Best Business of the Year and Ger Carmody stepped forward to receive the award from Mr Kinsella and sponsor John Durkan of ABP Cahir, last year's overall award winner.

The winners were –

Best Business of the Year – MSD Ballydine

Best Small or Medium Enterprise – Ryans Cleaning

Sports Art and Culture – Setanta College

Best CSR or Contribution

to the Community – MSD

Best Employer (Talent Development, Training and Wellness) – Metis Ireland

Best Start up or Emerging New Business – Horan Automation and Consulting

Best Use of Social Media – Acorn Regulatory

Best Large Business – Boston Scientific

Best Family Business – Cantwell Electrical Engineering

Tourism and Hospitality – The Cottage Loughmore

Food and Agriculture – Blanco Nino

Best Services Provider – Eishtec

Best in Retail – Shanahans Centre, Borrisoleigh

Best Social Enterprise – Knockanrawley Resource Centre, Tipperary town.



Patrick O'Gorman of OGBP presents Brendan Cantwell of Cantwell Engineering with the Best Family Business Award. Also featured Michael Butler of Cantwell Engineering and David Shanahan, Chamber CEO.



Cllr. Michael Murphy presents Emer Leahy and Noreen Meagher of Knockanrawley Resource Centre with the Best Social Enterprise award. David Shanahan, Chamber CEO.



Karen Walters of County Tipperary Skillnet presents Carl Widger and Ian Cooke of Metis Ireland with the Best Employer Award, with David Shanahan, Chamber CEO.



On behalf of Abbott David Shanahan Chamber CEO (right) presents Deirdre Phelan of Eishtec with the Best Services Provider Award.

COUNTY TIPPERARY BUSINESS AWARDS

Top businesses are honoured



Pat Ryan, Ryans Cleaning, winner of the Small to Medium Business award, with sponsor Mary Rogan, AIB, and Dave Shanahan, Chamber CEO



Ger Carmody of MSD presents Philip Martin and Marcin Faiks of Blanco Nino with the Best Food and Agricultural Award. With David Shanahan, Chamber CEO.



Alan Roche of Bulmers presents Louise Haughney of Setanta College with the Sports, Arts & Culture Award. Included, David Shanahan, Chamber CEO.



TJ Kinsella, Chamber president; Ger Carmody, MSD, Overall Business of the Year; John Durkan, ABP Cahir, sponsor; Dave Shanahan, Chamber CEO; and Frank McGrath, Awards chairman.



Mick Ryan, Bank of Ireland presents Siobhán Geary of Boston Scientific with the Best Large Business Award, with David Shanahan Chamber CEO.



Jim Russell, Chairperson of Loughmore Community Co-operative Society. Julian Smith of the Showgrounds Shopping Centre Clonmel presents Mary Fogarty of the Cottage Loughmore with the Tourism & Hospitality Award.



Brian Cleary and Gemma Robinson of Acorn Regulatory being presented with the Best 2018 Best Use of Social Media Award by Cllr. Andy Moloney of Alby Pharma with David Shanahan, Chamber CEO.



Conor Russell, Boston Scientific presents Sean and Marie Shanahan of Shanahan's Centra Borrisoleigh with the 2018 Best In Retail Award, with David Shanahan, Chamber CEO

BRIEFS**Film Club**

Brewery Lane film will screen "Summer 1993" next Tuesday, November 6 at 8.15pm. The film is about six year old Spanish girl, who has lost her mother to AIDS and moves to her uncle's Catalonian farm where she struggles to adjust to her new life and process her grief. Members €4, non-members €7.

Brewery Lane Tearoom Session

The 'Whileaways' will perform at Brewery Lane Theatre's Tearoom Session on Friday, November 9 at 8.15pm. These three Irish singer-songwriters have six albums to their credit and continue to make waves in the folk music scene at home and abroad. They were hailed as the "knockout" group at the Port Fairy Folk Festival in Australia in 2012. Tickets cost €20.

For further information or to book call Paul at (087) 404 7803.

Poetry Plus Night in the Brewery Lane

Join Margaret O'Brien and company in Brewery Lane Theatre tearoom for an informal evening of poetry and prose readings on Friday, November 16 at 8.15pm. Come along to read either your own poems or poems by others. All welcome.

'Dance It Up' workshop

Panto choreographer Nicole Breen will run a mid-term fun 'Dance It Up' workshop for Carrick-on-Suir Musical Society members aged 15 years and upwards in the Strand Theatre in Carrick-on-Suir this Friday, November 2 from 4pm to 5.30pm. For more information telephone (085) 8432448.

Manual handling course

Names are now being taken for the next manual handling course at Carrick-on-Suir's Nano Nagle Community Resource Centre. People interested in the course should message the Centre's Facebook page or Tel: (051) 642418.

Bridge results from the Carrick clubs

88 Bridge Club at Carraige Hotel, October 18: 1st Aileen Brett and Rosaline Dowley, 2nd Vera O'Donnell and Marie O'Connor, 3rd Milena Mullins and Kitty Mullins.

92 Bridge Club at Old Mill, October 22: 1st Gemma Houlihan and Tilly O'Donnell, 2nd Ita Power and Giancarlo Laiso, 3rd Deirdre Battye and Adrienne Blanco.

Scoil Mhuire student competes in Science Olympiad

A student at Carrick-on-Suir's Scoil Mhuire Secondary School is participating in the National Junior Science Olympiad this Saturday after achieving high scores in maths and science in this year's Junior Cert exams.

Niamh McKnight was invited to take part in the Olympiad by the State Exams Commission.

The Olympiad's competitions are taking place in Dublin City University during the months of October and November.

The top six students will

be selected to represent Ireland at the International Junior Science Olympiad (IJSO) in Gaborone, Botswana from December 2 to 11 and the European Union Science Olympiad (EUSO) in Almada, Portugal next May.

Scoil Mhuire PRO Mary Greene said it was a major honour to be invited to take part in the National Junior Science Olympiad as only students identified by the SEC may participate in the competition.

She said the school wishes Niamh the best of luck in the upcoming competitions.



Scoil Mhuire student Niamh McKnight, who has been invited to take part in the National Junior Science Olympiad, pictured with her science teacher Thomas Dineen, maths teacher Carmel Donohue and Scoil Mhuire principal (and her former science teacher) Brendan O'Dwyer

WIT honours top Junior Cert business students

Eight students at Carrick-on-Suir's Scoil Mhuire Secondary School were presented with commemorative scrolls from Waterford Institute of Technology to mark their achievement in achieving an A grade in Higher Level Business Studies in the Junior Cert this year.

WIT's Head of Business Studies Department Dr Thomas O'Toole presented the scrolls to the students at a ceremony last Tuesday, October 16. Their teachers are Ms Foley and Ms Mary

Greene.

Students who received the award were Abigail Quigley, Hannah Scanlon, Mia Norris, Fia Clery, Meg Hennebry, Jessica Enright, Aoife Walsh and Emma Phelan.

Bread baking winner

First year Scoil Mhuire student Millie O'Carroll won the Ryan's Bakery Bread Competition for students that took place last month. She won a Lenovo Tablet and €100 book voucher to be spent by the school. Scoil Mhuire congratulates Millie on her success.

Swan GAA Club

Sarah and Katie are club's camogie players of the year

Carrick Swan's U-11s and U-13s play St Mary's in the Winter Hurling League this weekend.

Both games take place in Clonmel with the U-13s playing on Saturday at 11am while the U-11s play on Sunday at 11am.

The Club awaits a venue and date for the U-21 team's next hurling match.

CAMOGIE NIGHT OUT

A night out was organised for the camogie players last Saturday. It began with a lovely meal in O'Cealachain's where Camogie Player Of The Year Sarah Waters and Young Player Of The Year, Katie Power-Murphy were presented with lovely pieces of crystal. The awards were sponsored by William Barrett Plastering and Building Contractors.

The girls then headed to The Auld Rogue where they were officially presented with their new jerseys. The Club thanks William and The Auld Rogue for their kindness.

The Club congratulates Kieran O'Donnell, who has been chosen to represent South Tipp at U-14 level after attending trials in recent weeks.

Just five weeks remain to

buy ticket for the 12 Days of Christmas draw. You can buy online or through any ticket seller. We're giving out €18,000 in prizes with the top prize being €10,000. This draw helps fund the Club's new field development on Ballyrichard Road.

SCRAP METAL SCAM

The Club was informed last Friday that somebody has been going around south Kilkenny, in particular the Windgap area, claiming they are collecting scrap metal on behalf of the Carrick Swan Club development. The Club stresses that this has absolutely nothing to do with Carrick Swan. Anyone approached by these people should inform the Gardai immediately.

LOTTO

Last week's Juvenile lotto jackpot prize of €3,250 wasn't won. Numbers drawn were 15, 20, 21, 28. Two Match 3 players won €100 each. This week's jackpot is €3,500.

SYMPATHY

Carrick Swan extends condolences to the Cooney family of Figlash on their recent bereavement.

Medal winners at County Championships



Carrick-on-Suir AC's U-9 boys team who won bronze medals at the Co. Tipperary Athletics and Cross Country Championships in Moyglass. Pictured from left: James McGowan, Aidan Walsh, Conor Tobin and Ryan Danagher

Cancer support group needs permanent premises

Up to 80 people attended Carrick-on-Suir's Cancer Care and Share committee coffee morning in the function room of the Carraig Hotel last Friday.

The event raised €766, which will be used to fund the voluntary community group's work.

Cancer Care and Share is based in the Nano Nagle Resource Centre and offers support, advice and help to all of those directly or indirectly affected by cancer.

The group offers the following services free of charge: counsellors, a specialist in prosthesis measurements, a wig advisor, Reiki treatments and beauty therapists.

The group is urgently seeking a permanent room/premises and any suggestions of help to find this will be welcomed. For further information or to book any appointments for the services offered by Cancer Care and Share, call 087-9813954.

Meanwhile, the Cancer Care and Share group committee chairperson Mary Hickey thanked the Carraig Hotel's staff for kindly facilitating the coffee morning and everyone who attended for their brilliant support of the event.

She also thanked members of Carrick-on-Suir Men's Shed and River Rescue who also attended. Prizes were kindly donated by local people and businesses for a raffle.



Members of Carrick-on-Suir's Cancer Care and Share at the group's fundraising coffee morning in The Carraig Hotel in Carrick-on-Suir last week

Parish priest blesses new life-saving defibrillator units

The new life-saving community defibrillator units located in Faugheen and Ahenny were blessed by parish priest of St Nicholas and Faugheen, Fr Paul Waldron, during mass in Faugheen Church on Sunday.

Fr. Waldron spoke of the necessity of having AED units in rural areas and paid tribute to the residents of the two villages for their efforts and support for the project.

Dr. Sabine Eggers, speaking on behalf of the Ahenny and Faugheen Defib-

rillator Group, thanked Fr. Waldron for conducting the ceremony and for his support.

She said there is a need for signage in Ahenny, and the price of signs was now being costed, but help was needed in placing the signs in prominent positions. Dr. Eggers

also emphasised that training in the use of the defibrillators should be undertaken by as many people as possible. The time taken to get help after someone suffers a cardiac arrest is a major factor. Fast access to the defibrillator in combination with the life-saving skills of CPR could

make the difference between life and death.

Following the service more people put their names forward for training. If you are interested in participating in the AED/CPR training, which only takes about two and a half hours every two years, please con-

tact Maggie Fleming at Fleming's Pub or Dr. Eggers by email at sabeggers@gmail.com.

Next Sunday, more lists with the telephone numbers of who to contact in the case of a cardiac emergency will be placed at the back of the church in Faugheen.

Anti-drugs campaign focuses on education and prevention

40 people have volunteered for Carrick-on-Suir's new anti-drugs community campaign and they will meet for the first time this week.

Two groups, one focusing on education and the other dealing with after care for people with drug abuse problems, were formed at the end of the second public meeting on tackling the town's drugs abuse and crime problem in St Nicholas Church last Thursday, October 25.

The community campaign's founder Eddie Reade said the two groups of volunteers will have their first meeting in Bridgewater House Centre in Carrick-on-Suir this Thursday night, November 1.

An estimated 100 people attended the second public meeting. While the turnout was lower than the first meeting on October 11, it was nonetheless a vibrant event.

Meeting organiser Eddie Reade spoke of the many messages of support he received following the first public meeting on October 11 and said the aim was now to focus

on education, early intervention, treatment and aftercare training sessions.

He invited members of the community to sign up after the meeting for early educational training programmes run by the HSE endorsed Harmony Programme, which has been running workshops since 2009.

"The Harmony Programme has been designed to educate, increase self-awareness and build preventative strategies for those involved in or vulnerable to alcohol and substance misuse. Within this holistic approach the program cultivates self-efficacy, healthy lifestyle choices and preventative strategies to enhance and sustain recovery," he said.

The provision of an after-

care centre for people with addiction problems was discussed. One woman spoke about the lack of supports for addicts who often have nowhere to go. An aftercare centre with volunteers and professionals would be welcome. Those seeking support could call in and talk to someone over a cup of tea and also get information on out-

reach services, medical cards and housing.

Carrick-on-Suir councillors Kieran Bourke (FF) and David Dunne (SF) spoke of meeting Clonmel District's Garda Superintendent Willie Leahy earlier in the day. They were informed that gardai from Clonmel would be drafted into the town 'for as long as it takes' and the full quota of Garda personnel should be restored in the town by Christmas.

Former principal of Comeragh College Pat Callanan talked of how some young people caught up in drug dealing are trapped in the system. He urged parents to attend parenting courses for their children and if they have concerns to ask their GP to carry out a drug test.

He said every school should have services and a trained counsellor. Mr Callanan also spoke of the issue of drugs not being brought up in the run up to the presidential election. Drugs is a scourge in this country and should be raised with the president.

Independent TD Seamus Healy TD said Carrick's drugs



Ger Power, Elaine Power and Seamus Healy TD at the second public meeting on Carrick-on-Suir's drugs scourge in St. Nicholas Church last Thursday

problem was no worse than anywhere else in the country and he urged people to work together as a community and address the issues on an ongoing basis with the Gardai and Department of Justice. He said he was delighted Clonmel's Garda Superintendent was pushing for addi-

tional gardai in the town

Deputy Healy spoke of the community section grants available and advised that Section 39 Grant groups to set up community activities could be accessed. He pledged to continue to work with the community campaign to get support systems

up and running.

Eddie Reade concluded the meeting by inviting anyone who wanted to help in any way to sign up and get together as two separate groups for training sessions on early intervention, treatment and aftercare. The work for this will begin next week, he said.

A tale about sika deer

Wildlife Matters

Albert Nolan

I get a lot of calls and emails, and while some of them are straightforward, others take a little bit more detective work to solve. One recent call related to a reader's garden, whose plants were been eaten to the ground during the night. He is well into his eighties, and with no family doesn't have the energy to stay up at night-time and see who the culprit is.

The phone conversation was too interesting to resist, and on a chilly night I found myself sitting in his car and keeping a watch on the garden. Using cars as a nature hide makes sense, as local wildlife is used to the car and will normally approach very close. The hours ticked by, and I don't know who got the biggest shock when a fox appeared just by the car. He darted off into the night, but while foxes eat a wide diet, they do not graze plants.

My friend's garden runs down to the edge of a conifer plantation, and around 9pm I saw a few large shapes cautiously sniffing the air. They slowly emerged out into the garden and preceded to eat the grass, while other animals devoured the remains of the vegetable garden and the flower border.

Sika are one of our three species of deer. The red and the fallow are the other two. Their home range is from Eastern Asia, the Japanese is-

lands to Taiwan. In 1860 Lord Powerscourt introduced one stag and three hinds to his Demesne in Wicklow. From here they slowly spread into bordering counties of Dublin, Kildare, Carlow and Wicklow. In 1865 Lord Kenmare received a gift of one male and two hinds from Muckross. From these humble introductions all of Ireland's Sika are descended.

During the troubles many escaped from their park enclosures, and Sika have also been helped by people, who have moved them to new locations. The word "sika" means deer in Japanese.

For most of the year males and females stay in separate herds, but at the start of September they come together for the rut. This lasts until early November as the male's battle for dominance and the right to breed with females. Unlike the red deer rut where males fight for harems of females, sika males defend territory.

Males use special musk glands and also roll in their own urine to make themselves more intimidating to rivals and attractive to females. Males reach their peak at around 8-years-old, but this is dependent on a good diet and overall health. Their antlers are fully grown and have four points on each head. In Wicklow where sika and red deer have interbred, the antlers are bigger and heavier. Lord Powerscourt de-

liberately kept the two species together, and they do produce fertile offspring.

Summer coat is a reddish brown with white spots. These spots are lost in winter. Most sightings of deer are from behind, as the run away. Sika have a black stripe running from the head to the tail. They also have a back rump stripe bordered by a white.

Stags weigh in at a hefty stag 50-60kg while hinds are half that weight. Fully grown they reach nearly a meter in height, and range from commercial forests, to both upland and lowland.

Between May and June a single calf is born and twins are rare. The first year of life is tough, and 80% of sika calf's deaths occur during the first year. If they manage to survive life expectancy is around 15 years.

Diet consists of grasses, heather, broadleaf twigs and buds and fungi. They can also survive on the sparser conditions in conifer woods, and often have this habitat to themselves.

In Kerry, there is concern around inter breeding with the native Red deer. This population is directly descended from a Neolithic population introduced from England over 5000 years ago.

Upcoming event: Tipperary Birdwatch joint outing with the Cork branch to Harper's Island Reserve, Glounthane, Cork, takes place on Saturday 24 November at 2pm. See branch website for more details.

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



Succession rights for separating couples

John M Lynch



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There are important protections in Irish law for widows and widowers that have been left out of, or not properly provided for in the will of their deceased spouse.

Under the Succession Act 1965, a spouse is entitled to one half (if there are no children) or one third (if there are children) of the deceased spouse's estate regardless of what the will says. This one-half or one-third share of the deceased's estate is known as the Spouse's Legal Right Share.

WHEN IS A SPOUSE NOT A SPOUSE

There are four ways for a spouse to lose the protection of the Succession Act and their right to the legal right share.

Firstly, a spouse can renounce their entitlement to the legal right share.

Secondly, a spouse can be deemed to be unworthy to succeed under Section 120 of the Succession Act 1965, if for example, they murder their spouse.

Thirdly, a Court can remove the spouse's entitlement to the Legal Right Share as part of the order of a Judi-

cial Separation.

Finally, Divorce itself removes the person's right to the legal right share of their former spouse.

These final two methods are examined a little closer below.

JUDICIAL SEPARATION

The easiest way to deal with Succession rights when a marriage breaks down is to agree it and have the parties renounce their rights if that is suitable.

However, if no agreement can be reached, an application can be made to the Court for Judicial Separation under the Judicial Separation and Family Law Reform Act 1989. Under this act, the Court may remove the spouse's normal entitlement under the Succession Act. This will only be permitted provided proper provision has been made for the spouse losing their succession entitlements.

DIVORCE

In divorce cases the "spouse" is no longer a "spouse" after the Decree of Divorce is granted and they lose their Succession Act entitlements automatically.

It is important to remember that a subsequent marriage revokes a will and

so if one of the parties remarries, any will they previously made would not be valid in any case.

Forgetting to change your will after divorce

Failing to update a Will after separating could have significant unintended consequences on how the estate is distributed.

For example, you may have a standard will for a husband and wife which gifts the entirety of your estate to your spouse.

If you subsequently go through a divorce or separation, despite the Court ordering that the spouse is not entitled to the Legal Right Share, they will still be entitled to what is gifted to them under the will until you make a new one.

The legal right share blocked by the Court is only relevant in circumstances where they are left less than what they would be entitled to under the legal right share.

CONTACT US

For further advice or if you wish to discuss any other legal area please contact reception@lynchsolicitors.ie or telephone 052-6124344.

The material contained in this blog is provided for general information purposes only and does not amount to legal or other professional advice. While every care has been taken in the preparation of the information, we advise you to seek specific advice from us about any legal decision or course of action.

Gardaí appeal for witnesses after farm raids

Two jeeps, a trailer and gates were among the property stolen in break-ins to farm properties in the Kilsheelan, County Tipperary, and Ballymacarbry, County Waterford, areas on the same day last week.

A navy Mitsubishi Pajero jeep, 8X4 Dooley jeep trailer, a number of milk churns and tools were stolen in an early morning raid on a farmyard at Poulavone, Kilsheelan, on Tuesday, October 23.

The break-in to the yard, situated on the Clonmel to

Rathgormack Road about three miles from Kilsheelan, was reported to gardai at 6am shortly after the farmer spotted suspicious activity in his yard.

A Tramore Garda Station spokesman said they received a report of a burglary at a second farm at Glendaloughin, Ballymacarbry, at 11.30am the same day. A jeep, four gates and some tools were stolen from the farm.

Meanwhile, a 10 foot gate was reported stolen from another property at Reanadam-paun, Ballymacarbry, that evening.

The two stolen jeeps were

only used off-road by their owners on their farms.

Gardai believe the break-ins were carried out by the same criminals. They have appealed to anyone who witnessed suspicious vehicles or activity in the vicinity of these three farms last Tuesday, October 23, to contact Tramore Garda Station on 051-391620.

They have also urged members of public who come across any of the property stolen from these farms for sale not to purchase them and contact the Gardai if they have suspicions.

Walkers and cyclists support Miles for Michael

On a bleak Sunday morning 110 walkers and 60 cyclists arrived at Sean Treacy Park in Tipperary town to take part in the Miles for Michael fundraising event.

The successful walk/cycle was in aid of the Michael Mullan Cancer Fund.

26-year-old Michael Mullan from Eadestown, Kildare, is fighting cancer for the third time and is currently out-living a diagnosis of six months left to live on his 24th birthday. His uncle Dick and auntie Carmel Donovan from Breansha were delighted with the turnout.

"We were initially nervous about the turnout but we need not have worried. The people of Tipperary town and our wider community did not let us down and with their help and the help of others we

raised an astonishing €22,000 for our mighty Michael," said Carmel Donovan.

"Thank you to everyone who contributed to sponsorship cards, to those that tirelessly collected money for us and thank you to everyone who walked or cycled."

Michael is currently undergoing a new-targeted chemotherapy called Cabozantinib, but due to visa and health insurance restrictions he also had to resume his studies at Harvard despite undergoing chemotherapy. He managed to completed his thesis from his hospital bed and graduated from Harvard Law in May 2017. However, to keep the cancer at bay, he has to stay in the US to continue maintenance treatment that is not available in Ireland.

The fundraising event had great behind the scenes support. The Tipperary Wheelers organised the cycle, with many members turning out on the day including cyclists from other cycle clubs.



Some of the participants in the Miles for Michael fundraiser

The ever-reliable Tipp Vintage Rally crew marshaled the walk and the Glen of Ahernen Failte Society managed the registration. Arravale Rovers GAA hosted the registration/meet facilities, Tesco sponsored the water and Brazil's Restaurant Tipperary town supplied the after refreshments.

"We can never express

our gratitude enough. The money raised will help more than anyone will ever know to Michael's health, happiness and life. Again, thank you," added Carmel.

'All-in' ticket is great value for big day at races

An 'All-In' ticket that includes admission, a race card and lunch in the Club Stand Carvery Restaurant has been launched by Clonmel Races ahead of the prestigious Grade 2 Clonmel Oil Chase on Thursday, November 15.

Costing just €20, the 'All-In' ticket must be pre-purchased online at www.clonmelraces.ie.

Clonmel Oil took on the sponsorship of this 2½ mile chase in 2003 when victory went to the Henrietta Knight-trained Edredon Bleu. Since then the roll of honour has in-

cluded such household names as War Of Attrition, Sizing Europe, Champagne Fever and Road To Riches.

There was a popular local winner last year when the Mouse Morris-trained Alpha Des Obeaux left subsequent Ryanair Chase winner Balko Des Flos and Aintree Grand National winner Tiger Roll in his wake.

Normal admission on the day is €15 for Adults and €10 for OAPs/Students. Anyone purchasing €30 worth or more of fuel from Clonmel Oil at either of their service stations will also be entered in a draw to win one of 50 pairs of tickets for the day.

"We are thrilled that Clonmel Oil have confirmed their sponsorship of our flagship race for the 16th consecutive year," says manager of Clonmel Racecourse DJ Histon.

"There was a wonderful atmosphere at the racecourse 12 months ago and we hope to build on that with our 'All-In' ticket and music after racing.

"Owners and trainers have always been great to support the Clonmel Oil Chase and we very much look forward to an exciting renewal on November 15."



Mayor of Clonmel Cllr Richie Molloy, Fr Michael Toomey with his mother Lillian and Mattie McGrath TD at Apple Fest in Clonmel



Up to 100 people took part in Lisa O'Keeffe's 5k Pink Run in aid of Breast Cancer Ireland. The event took place in the Marlboro (Duck Pond) in Dundrum. €1,712 was raised at the very successful morning. Lisa was delighted with the response and the generosity shown by everybody who took part

WHAT'S ON

Have you got an Entertainment news for South Tipp Today?
Contact dylan.white@iconicnews.ie

Fashion show glamour and entertainment at Minella Hotel to support the Emma Lacey Trust

Saturday night, November 10, will be a time for men and women to put the glad rags on and enjoy a unique and creative night of fashion, food and entertainment at Hotel Minella, Clonmel.

Join Marks & Spencers, Only, Vila and Pamela Scott as they showcase clothes that are both accessible and affordable.

The night, organised by The Emma Lacey Trust, will start with a mulled wine and mince pie reception compliments of M&S, to be followed by a meet and greet with Fair City actor Seamus Power, who plays the role of Dermot Fahey.

The show will open with a spectacular song and dance routine introduced by legendary Tipperary hurler Brendan Cummins, the MC for the night.

The Gordonaires perform at awards event

Male voice choir The Gordonaires, led by their conductor Grace Hogan, are reflecting on a busy past few months, during which they performed a suite of songs at the prestigious international Babson College Entrepreneurship Research Conference (BCERC) gala awards dinner at the Tower Hotel in Waterford.

The Gordonaires were invited to be the showcase entertainers for the gala awards dinner and they did themselves, Clonmel and Ireland proud in front of an international audience of 375 people.

The audience consisted of people from 37 countries including the United States, Germany, Sweden, China, India, Liechtenstein, Luxembourg and Peru.

The Gordonaires regaled this international audience with a super rendition of

'Danny Boy', which brought tears to the eyes of many in the audience.

This was followed by a standing ovation for their super performance of Leonard Cohen's 'Hallelujah'. The audience then sang along merrily with the Al Jolson melody. After the final song, 'Now is the Hour', the choir received a rapturous prolonged round of applause from the very satisfied audience.

The Gordonaires, a four-part harmony choir, were founded in 1997 by members of St. Mary's Choral Society, Clonmel. Since then they have performed successfully in competitions, festivals and concerts, but mostly have fun rehearsing and singing together every week. They meet every Tuesday evening in St. Mary's Primary School at 8pm for about 90 minutes.

"The response for Emma has been fantastic and we



M&S staff and manager Jade Greene with Eamon and Joan Lacey are getting ready for the Hotel Minella fashion show

As clothes are an indispensable part of everyone's lives, Brendan will take you on a journey of viewing everyday clothes for men, women and children, as well as the glitzy glam and suits that may be bought in the lead-up to Christmas.

Jade Greene, manager of the M&S store at The Showgrounds, said they are delighted to be involved with the event.

"The response for Emma has been fantastic and we

wanted to be part of that huge community effort and everybody in M&S is really excited about the night," said Jade.

Halfway through the show people will be invited to visit the food stalls dispersed around the ballroom to sample and taste a selection of M&S Christmas favourites, served by the M&S staff and led by Jade.

Inspiring young designers from the Presentation Secondary School will take to the catwalk in the second half of

the show to showcase their incredible Junk Kouture creations and prove that it is possible to transform everyday junk materials into striking works of wearable art.

Entertainment over the course of the evening will be provided by Amy Everard, Sinead O'Donovan, Cian Smith, Brid McMaugh, Emma Corbett, Meadhbh Quinton, Abby Fleming and Zoe Power.

The night will finish with a very talented choir made up

of past and present Loreto Secondary School students.

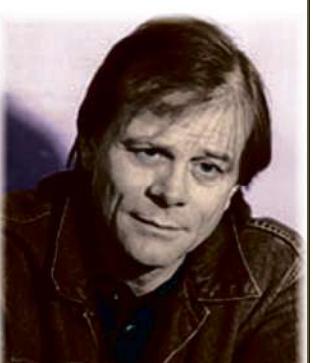
All are friends of Emma Lacey, coming together to pay tribute to this inspiring young lady who is battling brain and spinal conditions.

All proceeds will go to the Emma Lacey Trust and tickets at a cost of €20 may be bought at Marian's Bookshop (O'Connell Street, Clonmel), Marks and Spencer Cafe (Showgrounds, Clonmel) or from committee members.

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Thursday 1st November

Crazy Night in Aid of South Tipperary Hospice
Music By: FAR HAVEN • Jackpot: €280/€100/€50/€40

Friday 2nd November

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Saturday 3rd November

JUNO PARTY BAND

Sunday 4th November

RUBY JUDE

Thursday 8th November

Crazy Night in Aid of South Tipperary Hospice

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Friday 9th November

MICHAEL HUMPHRIES

Saturday 10th November

NIGHTFALL

Sunday 11th November

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10 Toyota Corolla 1.4 Saloon Silver 4DR,
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ACKNOWLEDGMENTS

BOURKE

(Acknowledgement & 1st Anniversary)

Nora Bourke
(nee Kinahan)Late of Bohercrowe Cottage,
Old Road, Tipperary Town.

Who died on 31st October 2017

Sadly missed by her husband Con, sons Richie and Conor, daughters Tricia and Leah-Anne, son-in-law and daughter-in-law and her loving grandchildren Kim, Ellie, Alannah along with the Kinahan family.

We would like to take this opportunity to thank the many people who helped us over the years of Nora's illness.

Thanks to Dr. Conor O'Carroll and his surgery, Costigan's Pharmacy, South Tipperary Hospice and the wonderful carers who lightened our load. Sincere thanks to our many friends and neighbours for their kindness during that time. Also thanks to the congregation of Jehovah's Witnesses.

With appreciation - The Bourke family.

STRAPPE

(Acknowledgement & 1st Anniversary)

In loving memory of Patricia Strappe
(nee Maher), Clarke Villas, Clonmel.

On this, Patricia's First Anniversary away from home, her parents, brothers, sister, children Alison, Thomas, Mary, John Paul, grandchildren and sons-in-law thank most sincerely all those who sympathised with us on our sad loss, those who visited the house and attended Patricia's wake, removal and funeral Mass.

Thanks to all our relatives, friends and neighbours for their support at the time. Our thanks to Fr. Michael Toomey and thanks to O'Donoghues Funeral Home for their wonderful care and professionalism.

A special word of thanks to Dr. Kevin Kelly and the doctors and nurses of South Tipperary General Hospital. To Fergal McCormack and staff for their assistance. To the Palliative Care team and the staff of St. Brigid's Carrick-on-Suir who looked after Patricia so well.

First Anniversary Mass for our wonderful mother Patricia will be celebrated on Sunday 18th November in Powerstown Church at 10.45am.

BIRTHDAY MEMORIES

WALSH

(Birthday Remembrance)



Birthday memories of Dad, James Walsh, Lisronagh, Clonmel whose birthday occurs on October 31st.

Happy birthday (Dad), James.

As we look upon your picture, sweet memories we recall. Of a face so full of sunshine and a smile for one and all.

Loved and sadly missed always - Cathy, Valerie, Emma and Grandson Kyle. xxxxx

IN MEMORIAM

BOURKE
EDGWARE, LONDON

(41st, 30th and 26th Anniversaries)

Please remember in your prayers our beloved parents Jim and Mary Ellen and our dear brother David who died on 4th November 1977. Dad 12th, (1988), Mam 19th, (1992) and our brother John who died March 1st 1994.

Also our uncle Willie Kerton, Fr. Matthew Tce, who died October 6th 1992 and his wife Auntie Bridie who died 16th April 2013, Nanny (Annie) Lonergan who died November 9th 1950. Our cousin Ann Sweeney who died 26th November 2013 and her husband Robert whose anniversary occurs in December.

Eternal rest grant to them O Lord.

Always remembered by Pat, Mary Frances and Ciaran, Geraldine, Jimmy, Bridget and family, Tony, Valerie and family, Kevin, Deirdre and family, Anthony and family and the Lonergan family.

Masses offered.

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IN MEMORIAM

BURKE

(Remembrance)



Treasured memories of a dear father and mother, Johnny and Bridget (Sis) and my brothers John and Mark Burke of 26 Elm Park, Clonmel.

What we would give if we could say, "Hello Dad and Mam" in the same old way. To hear your voice, to see your smile, to sit and chat with you a while. So if you have a Mam and Dad, cherish them with care, for you'll never know the heartache, 'til you see their vacant chair.

Sadly missed and always remembered by Derek, Geraldine, grandchildren Donna, Charlene, Toyah and Daniel, great-grandchildren Kacie, Chantelle, Mason and Brooke xxxx

Mass offered

BURKE

(3rd Anniversary)



Treasured memories of a loving husband, father and grandfather Michael Burke, late of Bianconi Drive, Clonmel whose Third Anniversary occurs on November 8th 2017.

You were always there when we needed you Michael, no task too great or small, with a loving heart and willing hands for us you did it all. You live in our hearts and walk by our side, and from Heaven above you are always our guide.

Missed loved and remembered always - your wife Breda, daughters Carol, Valerie and Bridget, sons-in-law and grandchildren.

Anniversary Mass on Thursday 8th November at 10am in St. Oliver's Church.

IN MEMORIAM

BURKE

(3rd & 4th Anniversaries)



Treasured memories of our dear brothers Michael and Johnny, whose anniversaries occur at this time. RIP

Today is a day we light a candle and say a special prayer. We take a trip down memory lane and know we will find you there. We know ye walk beside us, and when our lives are through. We pray that God will take our hands and lead us straight to you.

Forever in our hearts xxxxxx

- May, Donal and family, Ellen, John and family, grandchildren, great-grandchildren and extended family.

Love ye always xx

Masses offered.

DWAN

(56th & 35th Anniversaries)



In loving memory of my dear parents James and Annie Dwan, late of 20 William Street, Clonmel whose anniversaries occur on the 17th and 26th of October RIP

Deep are the memories, precious they stay, no passing of time, will take them away. In Heaven you rest, no worries, no pain, in God's own time we will meet again.

Sadly missed by your daughter Joan, son-in-law Frankie Kelly and family.

Mass offered.

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.

When someone
you love becomes
a memory, the
memory becomes
a treasure.

Author Unknown

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

Just open your
heart and know
it's true,

that I am still
right here with
you.

If during the day
things are going
wrong,

please don't feel
sad and alone.

Just open your
heart and know
it's true,

that I am still
right here with
you.

When nighttime
falls and the day
is done.

If you are feeling
alone and sleep
won't come,

Just open your
heart and know
it's true,

that I am still
right here with
you.

Close your eyes,
and feel the warm
embrace.

Sleep peacefully
in the wings of
grace.

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

don't give up
trying!

Hold this feather
close and know
it's true,

that I am always
here with you.



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IN MEMORIAM

ENGLISH

(20th & 45th Anniversaries)



Nancy & Willie English
Late of 14 Mountain View
Marlfield.

Just a prayer from a family that loved you, just a memory fond and true. In our hearts you will live forever, because we thought the world of you.

- Frances, Kathleen and Ber.

Family Mass St. Olivers Church on Saturday 3rd November 11.30am

FARRELL

(7th Anniversary)



In loving memory of our Dad, Eddie Farrell, late of 131 Elm Park, Clonmel whose anniversary occurred on the 30th October.

Sometimes we wonder what we would say, if we had just one more day. Would we tell you the news from home? Ask you about where you now roam? Would we tell you all the things left unsaid? Would we want to know that you're okay, beg you please to come back and stay, or would we not say not much and just reach out for one last touch x

Loved and missed everyday by your sons and daughters, daughters-in-law and grandchildren.

Mass offered.

GALVIN

(7th Anniversary)



In loving memory of Robert Galvin, late of Elm Park, Clonmel, whose 7th anniversary occurs on 9th November RIP

If memories keep us together, then we are never far apart. For you are always on our minds and forever in our hearts.

Love and missed always - Ger, Natasha and Keith. x

Anniversary Mass in St. Oliver's Church at 7.30pm on Saturday 10th November.

IN MEMORIAM

HICKEY

(1st Anniversary)



In loving memory of Catherine Hickey (nee Kearney) who died on 30th October 2017. Pre-deceased by her mother Angela Kearney.

Don't think of them as gone away, their journey has just begun. Life holds so many facets, this earth is only one.

Just think of them as resting from the sorrow and the tears. In a place of warmth and comfort, where there are no days and years.

Think of how they must be wishing, that we could know today. How nothing but our sadness could really pass away.

Sadly missed by her husband Tom, daughter Roisin, father John and friend Mary, brother Michael and sister-in-law Frances.

Anniversary Mass on Saturday November 17th on Our Lady of Lourdes Church, Silvermines at 7.30pm.

KEHOE

(2nd Anniversary)



Treasured memories of our loving Mam, Mai Kehoe, late of Toor, Kilcash, Clonmel whose Second Anniversary occurs on 25th October 2018.

Just a prayer from the family who loved you, just a memory fond and true. In our hearts you will live forever, because we thought the world of you.

Sadly missed by all your loving family.

Mass offered.

MCGRATH

(25th Anniversary)

In loving memory of Mary McGrath, late of 29 O'Neill Street, Clonmel, who died on 4th November, 1993.

"We think of you in silence, we talk about you too, we have some lovely memories but we wish we still had you."

Sadly missed by your family.

Anniversary Mass in St. Mary's Church, Irishtown, Clonmel on Saturday, 3rd November at 6.15pm.

IN MEMORIAM

NORRIS

(29th Anniversary)

In sad and loving memory of a dear husband, dad, grandad and great-grandad Thomas, late of River Street, and Lawlesstown, Clonmel who died 7th November, 1989.

Everyday we miss you more.

Always in our thoughts - your loving wife Mary, daughter Anne, son John, daughter-in-law, son-in-law, grandchildren and great grandchildren.

O'CONNELL

(1st Anniversary)



In loving memory of James (Jim), O'Connell, late of Comeragh Drive, Clonmel, Co. Tipperary who died on 2nd November 2017 RIP.

It broke our hearts to lose you, but you did not go alone. For part of us went with you, the day God called you home.

Sadly missed by your wife Mary, daughters Claire and Elma, son D.J. and grandchildren.

Anniversary Mass in St. Peter and Pauls church on Sunday 4th November at 11am.

POWER

(24th & 6th Anniversaries)



Maureen and Paddy

Late of 'Liscara', Toberaheena, Clonmel

Your lives were love and labour, your love for your family true. You did your best for all of us, we will always cherish you.

Sadly missed by your loving family.

Anniversary Mass on Saturday 3rd November at 6.15pm in St. Mary's Church, Irishtown.

IN MEMORIAM

PYKE

(5th Anniversary)



In loving memory of Tom Pyke, 5 Kickham Park, Clonmel who passed away on 31st October 2013.

May the winds of love blow gently and whisper for you to hear. How much we love and miss you and wish that we had you here.

Always remembered by your loving sons Leslie and family, Frankie and Adrian.

THANKSGIVINGS

THE MIRACULOUS PRAYER

Dear Heart of Jesus, in the past I have asked 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 favour not mine. Amen. Say this prayer 3 days, promise publication and favour will be granted. Never known to fail. SC

THE MIRACULOUS PRAYER

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Please God

Take this cloud of darkness away.

Shine your light upon me.

Give me the courage and strength to start

to feel joy in my life again.

When someone you love becomes a memory, the memory becomes a treasure.
Author Unknown

Jn Memoriam

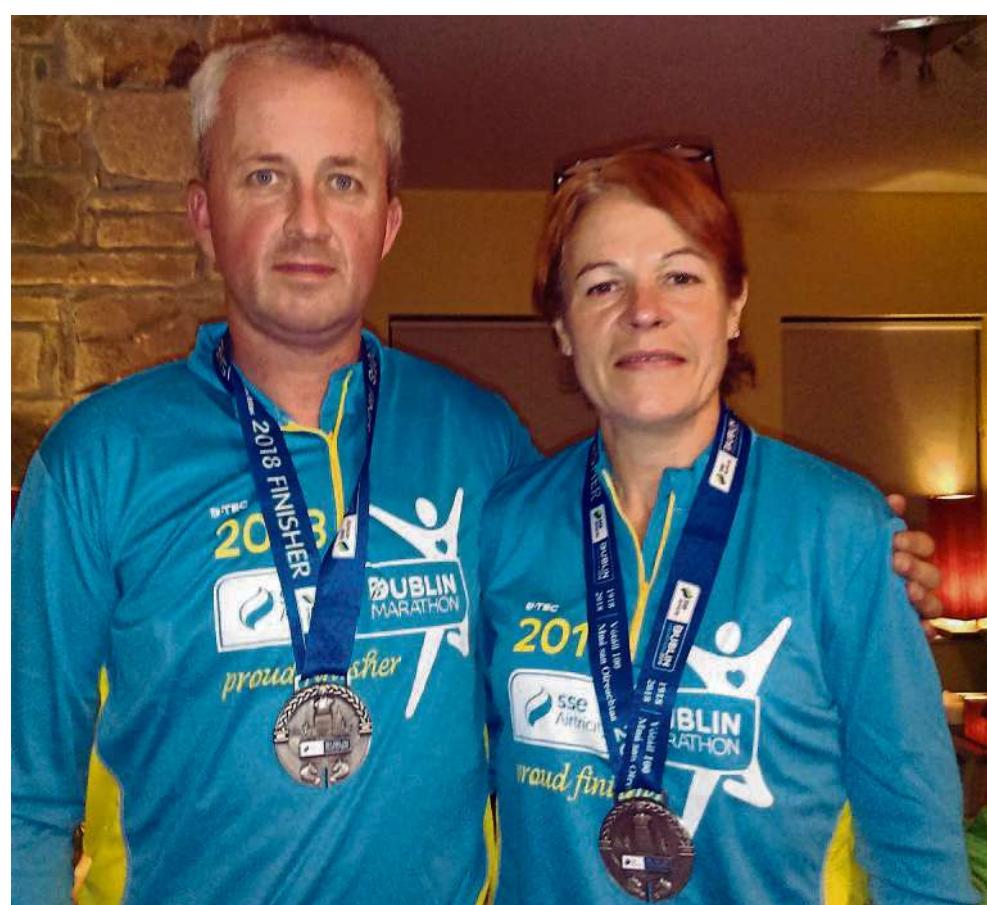


OUT AND ABOUT

Send photos to dylan.white@iconicnews.ie



Linda Walsh, Helena Tobin and Perie Tobin, followed by Elaine Power, Alan O'Dwyer and Noelle Gardiner at a Halloween fundraising fancy dress party in aid of suicide awareness and mental health at Lisadobber Pub



Husband and wife team of Victor and Claire Direen of Mullinahone ran the Dublin City Marathon. They now have run 24 marathons between them, with the recent marathon Victor's 10th and Claire's 14th



Sheila Wood, Noeleen Doherty, Mayor Richie Molloy and Marie Walsh at the Clonmel launch of 'Dear Diary...' at the South Tipp Arts Centre. The project is a unique collaboration between a researcher, a cancer survivor and an artist. As part of a doctoral research into how women recover from cancer, one of the participants unexpectedly arrived with a diary, which tells the story of her year and a half long journey from cancer diagnosis to recovery. Artist Sheila Wood uses watercolour and mixed media to magically bring the significant moments of that journey to life. The artwork is on display at the Arts Centre until Saturday 3rd November



Carrick-on-Suir secondary school Comeragh College has been awarded The Munster Express Perpetual Trophy for being the Best Overall School in the Post Primary School Section of the Art and Craft category at the Iverk Show 2018. This is the third year in a row that Comeragh College has been awarded this prestigious trophy. Pictured are students with some of the crafts and artwork which was displayed at the Iverk Show this year. Also pictured is editor of the Munster Express Kieran Walsh, with Iverk Show's Kitty Kinsella, Rosemary Flynn and Irene Purcell, and principal Kevin Langton

LOCAL SPOTLIGHT

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

CLONMEL

Irish course

A 10 week course in Irish for beginners and revisers will commence in Cahir soon. Contact 087-2782071.

Dolphin Swimming

The club finishes up for Christmas on Friday 30th November when the AGM takes place at Hotel Minella at 8pm.

Table quiz

"Belle Voci Choir is holding a fundraising general knowledge table quiz and raffle in Liam Daly's Pub on Thursday 8th November at 8:30pm. Tables of four are €20.

Horticultural Society

Next meeting will be held at Hotel Minella on Wednesday 7th November at 8pm. The speaker will be Frances MacDonald.

Bridge Centre

Session run from Monday to Thursday at 7:30pm, along with Monday's from 10am to 12pm. Cost is €5. The Tipperary County Pairs competition will be held at the centre this Friday 2nd November.

Probus

Deceased members will be remembered at a mass in the Franciscan Friary Church on Thursday 8th November at 10am. Refreshments afterwards will be served in Befani's. Contact Jim Trehy on 087-9608713.

Table quiz

Marlfield Village table quiz takes place in Carey's Irishtown on Thursday 15th November at 9pm. Quiz-master will be Ray Parle. Tables of four are € 20.

Marlfield meeting

A meeting of the Marlfield Village Committee takes place in Marlfield Hurling Club on Monday 5th November at 8pm.

Flower Club

Clonmel Flower Club's Christmas flower arranging demonstration takes place at Hotel Minella on Monday 12th November at 8pm.

Demonstrator will be Roscrea florist Richard Haslam. The event is a fundraiser for Pieta House and local charities. Light refreshments will be served and all Richard's flower arrangements will be included in the raffle. The titles for the club members competitions at the gala are: beginners 'A Hall Table Arrangement' 60cm, intermediate 'Silent Night' 60cm and advanced 'Bethlehem' 80cm. Artificial flowers and foliage may be used and bring your exhibits to the hotel fully completed. Admission is €10.

Wheelchair Society



The children from Shining Stars Preschool Lisronagh enjoying their Halloween party

Clonmel and District Wheelchair Society wishes to thank people of Clonmel for your welcoming smiles, your positive messages to the society, your patience and your generosity during the door to door collection. The society also thanks collectors who gave up their time to go collecting every evening to raise funds for the local charity.

STAG

The trip to the Art Hand Studio, Bunmahon, for the 42 South Tipperary Arts Group juniors was a brilliant success. STAG would like to acknowledge the financial assistance from the Arts Office of Tipperary County Council without which this trip could not have taken place. The junior artists are on their Halloween break this Saturday but a new six weeks of art sessions start on November 10. The next 50th anniversary art exhibition will be in the Excel, Tipperary Town, starting next week. Contact Maureen on 086-8096823.

NEW INN

Coffee Morning - Women's Group

There is to be a coffee morning, this Saturday 3 Nov from 11am to 1pm in Barron's Pub, New Inn in aid of South Tipp hospice. Please support this worthy cause. All are welcome!

Knockgraffon ICA

Meeting on Wed 14 Nov at 2.30pm in the Old school, Knockgraffon. Fees are being taken for 2019 at this meeting. Mass for deceased members of ICA will be on later that evening at 7.30pm in Knockgraffon church. Also early reminder of our annual Christmas lunch at the Horse & Jockey on Thursday 13 December at

2pm.

Month of November

A time to remember and to pray for our dead. 15 Masses offered for our dead during November. November envelopes & lists may be handed in during the week. Spare envelopes in Porch. Rosary for dead prayed before 11am mass each Sunday starting 10.45am. Mass on Wednesday evenings in Knockgraffon at 7.30pm.

Tomorrow Thursday 1st Nov (Feast of all Saints) mass at 11am in New Inn and 7.30pm in Knockgraffon. Friday 2 Nov (Feast of all Souls) mass at 9.30am & 10am in New Inn and 7.30pm in Knockgraffon. Special Mass for all who died over the last 12 months in New Inn Church on Tuesday 13 Nov at 7.30pm.

Parish Links

Committee would like to thank all who donated generously to the annual church gate collection last weekend. Your support is very much appreciated as it helps to raise funds for the Senior Citizens Xmas party which will take place on Sunday Jan 6, 2019 in the Community Hall. More details nearer the time!

Parish Listening Process

Our thanks to all who organised, came, participated, or helped in any way. 73 people attended in all, including members of the Diocesan Pastoral Council under the leadership of Fr. Martin Hayes. It was lovely seeing people in groups of six sitting around each table and being concerned about the future of the faith in the parish and surrounding area.

About forty extra forms were distributed also as people took them home to get the views of family and friends with a view to returning them to the parish within 2 weeks. We

hope in due course to get a report of findings.

Knockgraffon Cards

Joint winners last Wed 24 Oct with 10 games each were Tom Burke & Breda Nolan and Roseanne Carew & Noel White. Well done all!

Lotto

Lotto Results from Saturday, 27th October. Results from Ollie's bar, the no's are 3, 6, 22 & 30. No winner(s) - Lucky Dips x 2: Ber Doyle (Flynn) & Ann Hally, Hymenstown. Blue tickets x 2: Niall Kearns c/o Eoin O'Gorman and Willie & Mary Flynn, Outrath. Sellers x 2: Thomas Buckley & PJ Moloney. This week's jackpot is €3, 800 and the draw will take place in The Rovers Inn on Saturday 3 November.

Rockwell Rovers Lotto Update

Please note from this Sat 3 Nov, Lucky dips (white & blue) drawn at each draw will be put into a monthly draw for €500. Seller's prize of that ticket is now €100.

Date for Your Diary

Rockwell Rovers celebratory Dinner dance on Sat December 8 at 8pm at Cahir House Hotel - 1984/'87 GAA weekend reunion. Band & DJ. Special guest on the night: "President of the GAA" John Horan. Tickets €40. Can be got from "The Shop", New Inn, Jim Joe on 086 8280864, John on 087 1902092 or any committee member.

Cahir and District Lions Club

In association with Cahir House hotel present "Dinner & Fashion Evening for the Ladies" on Friday Nov 9 at 7.30pm (Dinner at 8pm). Enjoy a Night of Fashion, Hair & Beauty. Tickets from Cahir House Hotel, Lions Club Bookshop

Very gentle and easy going. For many years she was caretaker in Newcastle School and in the local Clinic where she was highly respected by all. Even though she had been in a nursing home for the past few years she was remembered as been a very helpful neighbour during her time in the village and will be missed by all.

On Sunday 14th her remains were removed from condons Funeral home Clonmel to Newcastle Church where they were received and blessed by Fr C Kelleher, PP, Touraneena, who also Celebrated Requiem mass on Monday. Following Mass burial took place in the old Cemetery Newcastle.

To her Sons Daughters grandchildren and other relations we extend our deepest Sympathy.

Masses

All Saints vigil mass will be held in Newcastle church this Wednesday 31st October at 6.30pm. And all souls mass will be held on Friday Morning at 10am. Donations for the coming Novena of masses for the holy souls can be handed in next weekend. Please use Purple Envelopes.

Powerstown/Lisronagh

Sympathy

We extend our sympathy to the Burke family on the death of their mother, Shileagh, especially to her sons, Edmund and Hubert, grandchildren, greatgrandchildren, relatives and friends.

Mass Times

All Saints - November 1st: A Holy day of obligation - Masses in Kilcash at 10am and Kilsheelan at 11.30am. All Souls - November 2nd: Commemorating all the Faithful Departed. Masses in Kilsheelan at 10am and Kilcash at 7.30pm.

Novena of Masses as follows:

Kilsheelan:

Friday 2nd at 10am,

Saturday 3rd at 6.15pm,

Sunday 4th at 11.30am,

Saturday 17th at 6.15pm

and Sunday 25th at 11.30am.

Kilcash:

Thursday 1st at 10am,

2nd at 7.30pm,

14th and 21st at 6pm.

Please note that there will be no

Wednesday morning mass

in Kilsheelan starting on

November 14th. Instead

Mass will be held in Kilcash

at 6pm from 14th until fur-

ther notice.

Parish Draw

November draw in Kilcash

on Sunday November 4th.

Parish Council

Next meeting in the Paro-

chial House on Tuesday

November 6th at 7.30pm.

Killurney Sports &

Social Club

Please keep November 22nd

free as The Ryan Brothers

are coming to Killurney for

a Traditional Irish Music

Night which should be a

great night's entertainment.

Entry will be free.

NEWCASTLE

Recent death

The death occurred on Sat-

urday 13th October last of

Mrs Ellen Fennessy Late if

Liam Lynch Terrace, and

Deora De, Newcastle, wife of

the late Jack Fennessy

Croan she was well Known

and popular in the area.

Very gentle and easy going. For many years she was caretaker in Newcastle School and in the local Clinic where she was highly respected by all. Even though she had been in a nursing home for the past few years she was remembered as been a very helpful neighbour during her time in the village and will be missed by all.

On Sunday 14th her remains were removed from condons Funeral home Clonmel to Newcastle Church where they were received and blessed by Fr C Kelleher, PP, Touraneena, who also Celebrated Requiem mass on Monday. Following Mass burial took place in the old Cemetery Newcastle.

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Sympathy

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Mass Times

Feast of all Saints on Thursday 1st November. Mass on Wednesday 31st at 6.15 pm. Mass on Thursday at 10.45 am. Mass in Lisronagh on Thursday at 7.30pm.

Feast of All Souls on Friday, 2nd November.

Mass in Powerstown at 10.am. Mass in Lisronagh at 7.30. Friday is also the first Friday.

Rathkeevin ICA

Members please note NO ICA on wednesday 31st October. Bring and Buy Sale 14th November

Rathkeevin Cards

Winners of the weekly card game held on Thursday 25th October were: Patrick Kennedy & Kate Hallinan on 9 games; Michael O'Gorman and Betty Collins on 8 games.

Table Prizes on 19th and 20th games went to John O'Connor and Dick Lonergan with Eddie & June Cooney. Cards again on Thursday 1st November.

LOCAL SPOTLIGHT

Want South Tipptoday to cover an event? Contact dylan.white@iconicnews.ie

Ballylooby/Duhill

Into County Football Final

Congrats to our Junior Footballers who are into the County Junior 'A' Final against JK Brackens. The game will be played in Cashel on Saturday next November 3rd at 2pm.

Defibrillator Training Course

Will take place in Ballylooby Hall this Saturday the 3rd of November. This is a four hour course starting at 10 am and finishing at 2pm. This course is free and comes with a certificate on completion. Maximum number of places is 12. To book your place please contact Carmel on 086 1783473 or Pat on 086 2579108. This course is suitable to anyone interested, but especially suited to those involved in the training/coaching of adults or children and caring of the elderly etc. We will be following up this course with a first aid course which is also free and anyone interested would be very welcome.

November Masses for the Holy Souls

No vigil mass in Ballylooby or Duhill this Wednesday evening. Masses will resume with 9am mass in Duhill & in Ballylooby at 10.30 on Thursday Nov 1st All Saints Day. The masses for deceased will commence with weekend masses 2nd & 3rd Nov and will continue in Duhill on Monday Nov 5th to Wednesday 7th at 7.30 & in Ballylooby Thursday and Fri and conclude with vigil mass in Ballylooby on Sat Nov 10th at 7.30pm.

Juvenile GAA Card Drive

The Ballylooby/Castlegreace Card Drive continues every Monday night in Ballylooby Hall at 8.30pm.

Social Dancing Lessons

Social Dancing Lessons with coach: Maurice O'Connell continues on this Wednesday Oct 31st at 8.00pm in Duhill Hall. The classes are open to all age groups male and female.

Yoga and Chair Yoga Classes

The Classes have now commenced on Mondays at 10am and Chair Yoga at 11.45am

Duhill 45 Drive

The 45 Drive continues every Sunday night at 8.15pm. Thanks for your continued support.

Lotto

Results of the Ballylooby/ Castlegreace Development Lotton on October 23rd



New Inn Boys Primary School Parents Association committee members Julia O'Neill, Lorraine O'Sullivan and Jodi McMahon thoroughly enjoyed the Brendan Grace fundraiser in aid of the school at Cahir House Hotel recently

Lucky numbers drawn. 1, 2, 3, and 9. No Jackpot winner. Three match three winners: Marie Stewart, Kay Burke & Terri Hanrahan. Next week's jackpot €1,600. Thanks for your continued support.
ouse Prize: Kevin Fox.

BURNCOURT

The Pumpkin Festival Continues

The interest in the Scarecrow Display in Burncourt Village since the beginning of October has been phenomenal with individuals and families from far and wide coming to stroll down the village street to admire the creativity on view.

There was much excitement and anticipation about the "Music on the Street" last Sunday, October 28th with open Air Music with "The Waheys" in front of the Church Grounds from 3-5pm.

Halloween Party

If all such Festivities weren't enough, calling all boys and girls for a Spooktacular time at the Halloween Party in Burncourt Community Hall from 3-5pm on Wednesday, October 31st. Admission €3 per child. A Halloween film, storytelling and treats.

Craft Fair- Cancelled

It has been decided by the Community Council to cancel the Annual Craft Fair this year due to other commitments. However it may be possible to facilitate some exhibitors at the planned Live Crib event at Mountain Lodge on December 8th. Enquiries to 0876967661.

Recent Birth

Congratulations to Regina and Marcus Staunton on the birth of their baby son a welecome brother for Mia. Wishing the family every

joy and blessing with the new arrival and wishing baby Finn a lifetime of health and happiness.

Christening

Wishing God's Blessing on baby Aisling Browne who was baptised in Burncourt Church last weekend. Aisling is daughter of Mairead and Robbie and sister of Adam. Congratulations.

Sympathy

Our Sympathy to the Ryan family on the death of Jimmy, Killenaule. Our condolences to Jimmy's wife Mary, sons Philip, Patrick and James, daughters-in-law, grandsons, relatives, carers, neighbours and friends. R.I.P.

Christmas Party

Burncourt's Annual Christmas Party will take place on December, 2nd.

Live Crib

Put the date in your diary for the Live Crib event at Mountain Lodge, Glengarra on December 8th.

Fr. Sheehys Social

Tickets for our social in Kilcoran on Saturday, Nov 10th are great value at €25 with a 3 course meal and entertainment from DJ Monk. Tickets are available from committee. We are hoping for a great turnout and will be presenting medals to our South Intermediate Football team.

Camogie Club AGM

Brian Borus Camogie Club will hold its AGM on Friday 9th November at 8pm in Ballylooby Castlegreace GAA club rooms.

ARDFINNAN

Hard luck to our Seniors IN Sunday's County Final against Moyle Rovers. Whilst defeat is hard to take, all of the panel and management should be proud of themselves for

what they have achieved this year. No doubt they all restored pride in the Jersey and put THE VILLAGE back where we want to be - challenging at the top.

To the players we say that you are a young talented bunch and if you stick together there is no doubt that your day will come. We thank all our wonderful supporters home and abroad who got behind the team and thanks also to everyone who sent best wishes and a big thank you to those who sponsored us. Best of luck to Moyle Rovers in the Munster Championship on Sunday next when they take on the Kerry County Champions, Dr. Crokes of Killarney. That game goes ahead in Ardfinnan.

Seniors out again

There is a quick turn around for our seniors who are back in action in the South Championship V Ballyporeen in Clogheen on Sunday morning next at 12.

Stars in their Eyes

Tickets now on sale for this unmissable show on November 16/17.

Thanks from Peggy

Lotto winner and much loved community activist Peggy Kennedy wishes to express her sincere gratitude for all best wishes received from family and friends in Ardfinnan, Bansha and further afield. Cards, texts and phone calls received were much appreciated. For those who know Peggy, it is of course no surprise that she received so much support.

Halloween Disco

Celebrate Halloween at Ardfinnan Community Centre Children's Halloween Fancy Dress Disco on Wednesday, October 31st from 7pm to 9pm. Lots of fun and Spot

peaceful and healthy retirement from the business. And we would like to wish Raymond and Tracey Allen every good wish as they take over the running of Brendans Bar.

Mens Shed up and running

The Mens Shed had its first get together on Tuesday last in St Pauls Community Centre. If interested in joining please contact Jimmy on 089 227 9957.

Fundraising Bingo

Bingo will take place in St Pauls Community Centre Clogheen on Sunday 11th November. This is a fund raiser for Conor Tyrell who is confined to a wheelchair. Please support this very worthy cause.

Fr. Sheehy's GAA Sympathy

Sincere sympathies to Phil, Sheila, Oisin and Eoin Ryan on the death of Phil's father Jimmy in Killenaule. Ar dheis Dé go raibh a hanam.

Under 16 C Hurling

The Fr Sheehys/ Ballylooby combination had a great 5-11 to 4-12 victory over Eire Óg Annacarty Donohill last Monday night to reach the county final. We lost out to the Ballybacon Newcastle combination in the final in Cashel on Saturday after a good battle in which the victors pulled away in the last 10 minutes. Final score Ballybacon/Newcastle 3-12 Fr Sheehys/ Ballylooby 2-2. Well done to the boys and management on their efforts this year.

Victory Dance

Fr Sheehys are holding a Victory Dinner Dance on Saturday November 10th at 7.30pm in Kilcoran Lodge Hotel to present South medals to our Intermediate football team who won the South Championship.

Tickets are priced at 25 euro for a 3 course meal and entertainment is by DJ Monk. We are encouraging as many people as possible to attend and tickets are available from committee members or email pro.frsheehys.tipperary@gaa.ie

Lotto

Lotto numbers Oct 22nd 1,6,12,14. No winner, 2 match 3's (€75 each) - Theresa Carroll Skeheenarinky and Bertie Doyle, Clogheen. Next week's jackpot is €3,150 in Brendans Clogheen.

Knockmealdown Active AGM

The Knockmealdown Active AGM will take place at the Sallows (www.thesallows.ie), Clogheen on Tuesday, November 13th at 7.30pm. All are welcome, new members and new ideas are always sought after.

CAHIR CORNER

Send Cahir news/photos to Marie Taylor at capicetaylor@hotmail.com

CAHIR TIDY TOWNS AWARDS

The local awards night took place last weekend with a very large crowd in attendance.

The winners of the main categories this year who received the cups were; Tidiest Business Front - Cahir House Hotel, Tidiest Shop Front - Irwins and best contribution to an Environmental Project went to ABP, Cahir for their Biodiversity project. Others to win in their categories were The Heritage, Kathleen Butler, Pattie Costigan, Beechpark, Pearse Street residents, Michael Guiry, The Hill Bar and The Healthy House.

Other awards on the night were the members endeavour award to a contribution outside of the group was Liam Butler for his maintenance of the outskirts of the town. There was also a surprise bouquet to Marie Moloney for her years filling the Entry Form. The Tipperary County Council GSS, Mr John O'Meara was present on the night and presented the outdoor staff award to Willie Crowe.

The sponsors Dolans Super Valu were thanked for their continued sponsorship of the awards and Brian Dolan thanked everyone present for their hard work and dedication to the town. Tipperary is very strong with Gold awarded in Emly, Kilsheelan and Clonmel in our region but the 4 points gap for silver could be bridged. We have a 3 year plan to work to and anyone or group that can pick a piece from it could help us out.

Andy Moloney said that as next year is a vital year for us we hope that everyone will come on board again and get us over the line. Finally, our thanks go to Hughie, Margaret and staff in the Shamrock Lounge for their continued support and refreshments on the night.

In conclusion he thanked all the local Media and Journalists who have helped promote Cahir Tidy Towns with weekly correspondence and John O'Donoghue for taking pictures on the night as Maria was away on holidays.

CAHIR & DISTRICT LIONS CLUB

The club in association with Cahir House Hotel are pleased to present a dinner and fashion evening for ladies. This evening will take place on Friday the 9th November in Cahir House Hotel at 7.30pm with dinner starting at 8pm.

Come along and enjoy a night of fashion, hair and



Second class pupils enjoying the Halloween costume day at Our Lady of Mercy Primary School



SCAREY AND CUTE: Second Class pupils went all out for their Halloween costume day at Our Lady of Mercy Primary School

beauty. This exciting evening will feature fashion from 'Klassy Lady Fashion & Shoes', 'Sorrento' Cahir and 'Mr Mister Menswear'. Also on the evening there will be a hair demonstration by Noelle, Abbey Street, Cahir and it will feature beauty consultant Clodagh and hair by Lisa from Cahir House Hotel Spa.

Tickets are €25 (dinner is included) and can be purchased from Cahir House Hotel, Lions club bookshop behind the Lazy bean and fashion outlets. So get your tickets now and enjoy an evening of fashion, hair and beauty and have fun with the ladies all in aid of the Cahir & District Lions Club.

CRAFT GRANARY EXHIBITION

The Craft Granary is delighted to host the launch of the joint exhibitions of artists Sophie Carpenter and Tony Crosse. Please join us to celebrate their new ex-

hibition on the 9th of November at 6.30pm at the Granary. The joint exhibition will run from 1st November to 8th January. Artist Sophie Carpenter was born and raised in Switzerland where she studied architecture at the polytechnic. Recently Sophie moved to Kileash, on the southern slope of Slievenamon and she says feels like heaven and like an artists retreat. Sophie is planning to turn the garden shed into a proper studio so the sitting room can be a sitting room again. In March this year, Sophie had her first solo exhibition in the Horse Museum in Fethard and the next one planned will be in the library in Clonmel in March next year.

Artist Tony Crosse is a local artist based in Clogheen. He has over twenty years experience in the visual arts, graduating from Crawford College of Art & Design in

the 1990's. He teaches and exhibits regularly in many venues around the country. He currently teaches Art classes in South Tipperary Art Centre (STAC) and holds summer landscape workshops in the Clogheen Area.

TIDY TOWNS

The group is currently preparing for the winter with the removal of summer planting and weeding of beds. Litter picking is also ongoing while the evenings are dry but this is weather dependent. A new residents group in Hillview Crescent is welcomed and we look forward to working with them in the years ahead. We would also like to work with other estates taking in charge recently such as Comeragh Crescent, The Oaks, Galtee View and Lakeview. Together we can link in with supports and help new estates to get up and running. Estates that are maintained and look

well are a huge benefit to Tidy Towns and residents alike.

We planted a large volume of daffodils again recently and we should see them peeping up next February and flowering for St. Patrick's Day. New footpaths at Carrigeen are to be welcomed and hopefully others will follow before the New Year. We still have an issue with illegal dumping and we would like to thank 'EasyCam' for their sponsorship of remote cameras and hopefully with the help of the council we can stamp out this scourge in the town and its outskirts. Some of the town bins are been used for domestic refuse and it's only adding to untidiness in town.

We will meet on Wednesday as usual at 7pm sharp.

CAHIR ACTIVE RETIREMENT

The next monthly meeting is on Wednesday November 7th November in the Parish Rooms at 2.30pm. The trip to Everyman Palace in Cork for Varley Show is on Sunday Nov 4th. Coach will leave Clonmel at 3.30 and Cahir at 3.45 for pre theatre dinner in Vienna Woods. Night to the Clonmel Dogtrack is Sunday Dec 2nd. Please let us know if you intend going. Three Amigos is in Cork Opera House 7th January and there are a few seats left. All money will be collected at November meeting. Our AGM will be in Cahir House Wednesday 5th December with Christmas treats and entertainment. We hope to see you all at the meetings. Results of "25" Card Game held on Friday 26th October was as follows; 1st with 11 Games were Peg Reidy,

Agnes Hyland, Rita Walsh and Kitty Slattery. On the Lucky Table were Harry Tobin and Sheila Slattery. Raffle result, Willie Kendrick. The next Game is on this Friday 2nd November. All are welcome.

CAHIR PARK AFC

www.cahirparkafc.ie
Munster Youths Cup

Result- Cahir Park AFC 2, St Kevin's 2

Cahir Park Youths welcomed St. Kevin's to The Park on last Saturday afternoon. Cahir started very brightly and a mazy right wing run from Ayo Williams found Rhys O'Regan who could not but score on two minutes. 10 minutes later Williams once again down the right linked up with Andrew Browne whose cross to the far post was beautifully headed into the corner of the Kevin's net by Cathal Berrigan.

From the restart the Cahir defence gifted the ball in

the centre of the goal to Urban Nolan who made no mistake. Then the sucker punch, once again the Park defence failed to clear their lines from a cross and Darren Flood punished with a smart finish to draw the game level on 20 minutes.

The second half began much in the same vein, a spirited Borris team denying their opponents time and time again. Rhys O'Regan, Rhys Byron, David Clifford, Cathal Berrigan, Zac Keating and the impressive Ayo Williams all came close. O'Dwyer and McDonagh in midfield were in control and a clever through ball to Rhys O'Regan saw the Borris goalkeeper illegally deny the Cahir man and the referee pointed to the spot. The keeper duly dived to his right to deny O'Regan – one began to wonder if it would be Cahir Park's day.

This is how the game finished and we were set for extra time and penalties. Brannigan, McDonagh and Clifford each found the net from the Parks first 3 penalty kicks and Czyzewski saved all three of the St. Kevin's to send Cahir Park into Round 3 against Cullen-Lattin.

U12 Girls League - Cahir Park 3, Cashel Town 1

Well done to the super bunch of Park girls who played really well last Sunday morning and came out on top with a 3 1 win. They worked very hard to win every ball and played great passing football. Well done to all the coaches and girls keep up the good work.

TSDL DIVISION 3 - Kilsheelan 0, Cahir Park 6

Last Sunday we travelled to Kilsheelan and The Park scored the first goal in the opening five minutes when a Paddy O'Donnell corner was headed home by Kevin Murray. Park got their second in the 12th minute when Sean Murphy fired home from close range. A third came three minutes later when Paddy O'Donnell netted. Cavan McKenna made it four on 44 minutes and after two minutes of the second half Paddy O'Donnell scored again. The Park scored their sixth goal with a very good run by Paudie Ahearn on the 75th minute who found man of the match Billy Duggan free on the right wing and he with a defence splitting pass slipped Paddy O'Donnell through one on one with the keeper to fire home to score his hat-trick and to wrap up a very good team performance from the Park who pick up another 3 big points away from home.

CAHIR CORNER

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

CHRISTMAS WREATH MAKING WORKSHOP

Join Trish of 'Flowers by Trish' in the Craft Granary on either Friday 30th November from 10am to 1pm, Thursday 6th December from 6.30pm to 9.30pm or Saturday 8th December from 10am to 1pm. Together with Trish you will create a beautiful fresh wreath for your door, which you can bring home with you, and Trish will demonstrate how to create a beautiful centrepiece for your table. Price is €50 per person. Call Trish on 089 478 6663 to book.

MORE AWARDS FOR AYLE FOODS

Congratulations to Peter and Lorraine Randall of Ayle farm in Ayle, Oola, Co. Tipperary, long time Farmers Market Stall holders in Cahir whose products achieved awards once again at The Blas na hÉireann Food Awards 2018 held this year in Dingle. Again and for the 4th year in a row they were awarded 'Best in Farmers Market for Tipperary', they were also awarded 'Best in Tipperary'. Another two awards were also achieved with Gold for their Seville Marmalade followed by another Gold award for their Butter-scotch and Brandy Sauce.

CAHIR PRIMARY SCHOOLS

AMALGAMATION FUND COMMITTEE

The Amalgamation Committee would like to thank the businesses that contributed to the Golf Classic in aid of the Primary Schools Amalgamation Fund that took place on Friday the 28th September in Cahir Park Golf Club. The final total raised was approximately €8,500.

The school building project is now at pre-tender stage. The construction phase is scheduled to begin in the middle of next year. Once started, the project should take 15 months to complete. Congratulations to the winners of the golf classic: they were Dolans Supervalu (Brian Frazer, Vincent Bradshaw & Paul Evers) - nett 57. Eamon Williams builder (Eamon Williams, Bill Lonergan, Rosemary Maher) - nett 58.2, Morrison BMW (Gary Morrison, Jody Boyle & Niall Morrison) - Nett 61.

Yours sincerely, Cahir Primary Schools Amalgamation Fund Committee.

COMMUNITY WEEKLY LOTTO

There was one winner of the Community Lotto Jackpot of €4,100 in the draw that took place on the



Leah Murphy, Dervhla O'Brien and Katie Halpin picked 6-year-old Zuzanna Dymarowska as the winner of the Best Girls Costume at the Ladies Football Halloween disco



Fourth class pupils enjoying the Halloween costume day at Our Lady of Mercy Primary School

24th October, 2018. Congratulations to Michelle O'Dwyer the lucky winner. There was no winner of the next Draw that took place on Wednesday 31st October 2018 in Cahir Day Care Centre. The numbers drawn were 12, 13, 19 and 32. The Draw was witnessed by Anthony Sweeney. Lucky dips winners each winning €25 were Pat Crotty, C/o C.

Stead, Cahir Artur Bielasiewcz, Suir House, Cahir, T. Delahunt, Ballydoyle and Saoirse Grace, C/o Cahir Day Care Centre. Congratulations to all. Next Draw takes place on today, Wednesday 31st October, 2018 at 12 in Cahir Day Care Centre. Jackpot is €1,100.

CAHIR MEET & TRAIN 'COUCHIES' COME OF AGE

It was a very active week for Cahir Meet and Train with regular visitor to the group Eileen Hynes finishing 6th in her category in the Mc-

Cain Scarborough 10km. This was a great run by Eileen who got in as a cancellation. On last Saturday morning we completed the couch to 5km programme so this coming week we focus on preparation for their first 5km Run in Borrisleigh to support the Amanda Stapleton Fund. We leave Cahir at 9.15am as Race is 11am.

On last Sunday we had a lot of runners taking part in the Dublin City Marathon. Many of these athletes came through the Couch to 5km programme and it's great to see them achieve the heights they only dreamed of some short few years ago. A full result of their placing will be published next week.

We will not be starting a new Couch to 5km group until the New Year and our interest will be in getting our Marathon runners back to the fold and getting the Couchies up in mileage to the next level. We are get-

ting involved in the promotion of Christmas lights in Cahir and details of a fundraiser will be announced after the Halloween period. Training is as normal on Tuesdays and Thursdays and a decision on Saturdays will be made after Borrisleigh 5km this weekend. Well done to Donal, Jessie, Moss, Breda, Marian, John, Laura and Ann Marie who achieved great times in the Marathon. Special mention to Ann Marie who broke 3.30 handy after only starting the couch to 5km programme 2 years ago.

CAHIR GAA

South Senior Football Championship - last Saturday we took on last year's county finalist's Killenaule in the first round of the south football championship. Our team was lead out by Captain Sean O'Connor to a very bitterly cold wind against us in the first half. Cahir were first off the

mark with a point from a free slotted over by Liam Casey, but from the kick out our opponents levelled, same thing happened again within the next few minutes and on eight minutes Killenaule took the lead through a free. Killenaule took a grip of the game winning the kick outs from both sides and a couple of frees saw them go six ahead. On twenty three minutes a free to Cahir was turned over by ourselves and we were punished with another point. Cahir would get two more points from frees that were converted by the beautiful boot of Casey which were taken so well against that strong wind. At the break the scoreboard read Cahir 0-04, Killenaule, 0-10.

The second half was no better for our players which were under pressure from the start with Brian Enright saving well twice within the first five minutes. On fifteen minutes the wind died down to a slight breeze that did not do anything for our men. A hoard of individual and collective mistakes from taem seemed to be the order of the day and sadly there was nothing on display to see us turn this one around. Final score Cahir 0-07 Killenaule 0-15.

Full team and scorers: Brian Enright, Sean O'Connor, Kieran O'Dwyer, James Walsh, Conor Casey, Ger Hally, Patrick Meehan, Liam Casey (0-5), Daniel Moloney, Alan O'Connor, Niall McKenna, Eddie Kendrick, Nicholas Reidy, Mikey O'Connor (0-1), Darragh Howard. Subs Used: Dylan Fitzgerald, Dean Lonergan (0-1) and Eanna Heffernan.

Joker Draw- on last Sunday we were in the Abbey

Tavern, as always we were well looked after by John, Bridie and Eddie. Your support is always very much appreciated as this is a fund raiser for our club and we thank you. This week's winners: Liam Shinnick & Jack Ryan, Jim Doolan, Dermot O'Connor, Melissa Power and Liam Shinnick.

Strictly come dancing Cahir 2018 - As you know our show is back again this year with all new dancers. Fifteen couples are all working hard getting their dance perfected for the two night event taking place on Friday 30th of November and Saturday the 1st of December. This year 'The 2 Johnnies' will be the MC's on the night and we hear they have something special lined up for us on both nights.

Already there is great interest in the show and tickets are being pre-booked as we speak. This year there will be no tickets for sale on the door for the Saturday night as bookings

so far tells us it will be a sell-out. Tickets go on sale at the end of this week from all dancers and committee members and please watch our Facebook page for all info; please contact John on 0872373887 or any Cahir GAA member for more information. We hope to see you all there.

Juvenile News/Results- On Monday 22nd October the U11A Winter League Football result was Cahir 2-02 v Moyle Rovers 2-07. Sunday 28th October, the U11D Winter League Football result was Cahir 8-03 V Ardfinnan 1-03

Fixtures- on this Saturday 3rd November in the U13B Hurling Winter League Cahir will take on Ballypooreen/Skeheenarinky in Cahir at 7pm. On Sunday 4th November in the U11B Hurling Winter League Cahir will play Mullinahone in Mullinahone at 11am and the U11D Hurling Winter League will see Cahir v Moyle Rovers in Cahir at 11am.

Mental Health Awareness Talk - Just a reminder, an important talk will take place on Tuesday 30th October at 7.30pm in the club-rooms.

Table Quiz - Cahir GAA Juvenile Club held their annual table quiz on the last Friday night in the Shamrock Lounge. Thanks to all who came and supported us on the night and thanks to Hughie & Margaret in Shamrock for their hospitality and sponsoring 1st Prize. The Winners were the O'Donnell Team, Congratulations to them and well done.

Church gate Collection - Thank you to all who supported our Church Gate Collection last weekend, and especially to our Volunteers who offered up their time on both Saturday evening and Sunday morning.

Safety Talk - Cahir Juvenile club would like to thank Sergeant Ray Moloney, who came to our Club and spoke to our younger members on firework safety, bonfires and trick or treating for the upcoming week. Judging by the big smiles it was good on the night. And on that subject Happy Halloween to everybody, please remember to stay safe, mind your pets and look after the older people in your neighbourhood. Have fun guys and don't eat too many treats!

NEWS ITEMS FOR THE CAHIR PAGES

To include news items/photos in the Cahir Corner, please contact Cahir Correspondent Maria Taylor by phone on 086 1022014 or email at caplicetaylor@hotmail.com.

'The Nationalist' will name the Top 25 Tipperary Hurleurs of the past 30 years

Tipperary's senior hurlers have won five All-Ireland Championships, eleven Munster titles and five National Leagues in the past thirty years.

In that time some of the greatest players to have worn the blue and gold jersey have graced the game, and upheld the county's proud tradition as one of hurling's strongholds.

In a special eight-page pullout in next week's Nationalist, we name the best 25 hurlers to have represented the county from 1988-2018.

The players, who are named in order from one to thirty, were chosen by a panel of eight followers of the game in the county. They are Eamonn Wynne and Jedy Walsh (The Nationalist), Noel Dundon (Tipperary Star), Michael Dundon, JJ Kennedy, Seamus King, John Costigan and Pat Carey.

Their selections are sure to stir debate and discussion throughout the county as the thirty players, and their deeds on the field of play, are profiled.

Don't miss next week's Nationalist, when the list of thirty players will be revealed.

Have you got a story for South Tipp Today?
Contact dylan.white@iconicnews.ie



Action from the 2016 All-Ireland Hurling Final, when Tipperary beat Kilkenny to win their 27th title

COUNTY TIPPERARY GAA SCENE

Club Fixtures

Just three matches to contend with at county level this weekend where two of those will be finals. Boherlahan-Dualla are in action this time in the Tipperary Water County Junior (B) Hurling Championship Final where they will meet Mullinahone on Saturday next, November 3rd in Littleton at 2:30pm. Elsewhere, in the Tipperary Water County Junior (A) Football Championship Final also at the same time on Saturday, it is south v mid when Ballylooby-Castlegrace and JK Brackens square up in Cashel.

To keep up to date with all Munster fixtures and results please check <http://munster.gaa.ie/fixtures/club-championships-2018/>

RETIREMENT

Last week, George Hannigan announced his retirement from inter-county football after thirteen years of service.

The extremely popular Hannigan made his senior championship debut against Kerry in 2006 and was a permanent fixture in midfield for the Premier ever since and played his last game in June, coming on as a second-half substitute in the qualifier loss to Mayo, in Semple Stadium. He amassed a fantastic 36 senior championship appearances for Tipperary, scoring 0-13 in the process.

In that time, he won three Allianz National Football League medals in 2009 (division 3), 2014 (division 4) and 2017 (division 3) and while he was unfortunate not to win a senior championship medal, his dominating midfield performances won him the respect of many players and critics up and down the country.

In 2005 he was a member of the under-17 Irish Com-

COUNTY GAA SCENE

by Joe Bracken, County Board PRO

promise Rules team that defeated Australia to claim the series and also captained the county minor side that same year. He won a Trench Cup medal with Mary Immaculate College in 2008 and played a key role in Thomas MacDonagh's historic county senior championship win in 2011 and also won divisional honours with them in 2007, 2008, 2009 and 2010. He has also captured junior football and intermediate hurling honours with his club Shannon Rovers. An accomplished hurler, he played wing-back on the St. Flannan's Harty Cup winning side in 2005.

Perhaps his best year for Tipperary was in 2016 when he played a crucial role in the county's march to the All-Ireland semi-final for the first time since 1935 when the Premier memorably defeated Cork, Derry and Galway before being unfortunate to see their brave efforts against Mayo in the semi-final fall just short.

George will continue to play for his club Shannon Rovers and we have no doubt that he will continue to play a major role in Tipperary football going forward.

TIPP CLUBS DRAW

The November Tipperary club draw will take place this Thursday night, November 2nd in association with JK Brackens GAA club in the Templemore Arms Hotel.

were in control from the start as they defeated the Dublin ladies. Paul Mullins and Eddie Farrell (Clonmel) followed the ladies to victory in the Masters A Doubles coming through a great battle against their Wexford opponents.

In Crinkle in Offaly in the SMAD David Moloney and John O'Donoghue (Cashel) were also victorious following their success over the Dublin pairing. In the Ruby Masters Final Paddy Collins and Jim Ryan (Ballina/Silvermines) buoyed up by the huge Tipp following took the title after a titanic struggle also against Dublin. Unfortunately, the DMAD pairing of Billy and Pakie Mullins (Clonmel) after winning the first set were reeled in by Kilkenny who won the next two sets for victory. In the Junior Doubles final John Ferncombe and Sean Maher from Cashel were defeated by Cavan.

In Talbots Inch in Kilkenny in GMBD Brendan Ryan and Willie Bourke (Ballina) were second best as Wexford took the honours. As mentioned last week, in the GMAD in Clonmel Kevin Mullins and Adrian Johnson (Clonmel) lost out to their Meath opponents.

HEALTH & WELLBEING

Tipperary Health and Wellbeing Committee will host a Safe Talk (suicide alertness for everyone) on November 14th next in Our Lady's School Templemore Recreation Room. Registration commences at 5.30pm and admission is free but pre-

booking is essential.

Please contact Cora Moroney Chairperson Tipperary Health & Wellbeing email chair.hwe.tipperary@gaa.ie 089 76388039 and you may also phone or text Seamus Delaney - 087 6396698. This talk will help participants to provide practical help to persons they meet who may experience thoughts of suicide.

TIPP HURLING CLUB, NEW YORK

The County Tipperary Hurling Club New York will hold their 2018 Celebratory Banquet on Saturday, December 8th at Lake Isle Country Club, 660 White Plains Road, Eastchester, NY 10709.

Guest of Honour is Pa Ryan (Ardfinnan) with Honouree Special Guest - Brendan Cummins (Ballybacon-Grange/Ardfinnan) and also Special Guests - Liam Cahill (Ballingarry) Tipp U21 Hurling Manager and Colin English (Fr. Sheehy's) Tipperary U21 Captain.

The Tipperary Man of the Year is Tommy Fogarty (Clonmel) and the Tipperary Hurler of the Year is Martin O'Neill (Mount Sion, Waterford).

TIPP CONNECTION

Congratulations to Declan Browne (Moyle Rovers) as he managed Graigue-Ballyallian to victory over Tullaroan in the Kilkenny intermediate hurling final last Sunday. Another Tipp man, Toomevara's James McGrath managed Bennettsbridge who were defeated by Ballyhale Shamrocks in the senior equivalent.

'Personal trainers need to practice what they preach'

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

Personal trainers across Tipperary "need to practice what they preach", a former Defence Forces soldier from Carrick-on-Suir tells South Tipp Today.

London-based personal trainer and model Bill Walsh, who played for Carrick Swan GAA Club, says there are sections of society that have become obsessed with getting the "Instagram look", engaging in lifestyles that are having a "massive negative impact" on themselves and people around them.

"A lot of people have become heavily involved in plastic surgery, fillers, photoshopping, extreme diets, extreme lifestyles, a lot of extreme measures that are involved in the so-called 'look'", 25-year-old Bill says.

Bill's stance is backed up by a new 'Zero Gains' public information campaign carried out by the Health Products Regulatory Authority, which highlights that three out of four people feel social media, TV and other media pressure young adults to look a certain way.

Bill, who also enjoyed success at county level with Tipperary and was based at Kilkenny's Stephen's Barracks, says the health risks associated with striving for "perfection" are colossal.

"Long-term damage to mental health due to constantly striving for 'perfec-

tion' instead of embracing who and what you are. Living that extreme life is most definitely not a long-term way of living, but the issue is when there is so much to be financially gained from it. The boundaries can become very blurred, you can find yourself in a very confusing situation and end up losing your morals and what you stand for and want to achieve," Bill continues.

Bill urges personal trainers across Tipperary to use social media in a positive way. "For a large part of the fitness industry, the whole aspect of 'perfection' and chasing gratification from others has masked over the real reason for it all, which is to help the person who puts up their hand and wants help because they don't want to continue living life the way they have. Help them! And no you're not helping them by showing them the 100th photo of you with your top off or bum out."

"Every personal trainer, nutritionist, coach and fitness professional should be an ambassador for the industry. Yes, you need to be in shape and show it can be done but when your feed and all the content you provide is based around you with your top off, then something is fundamentally wrong with what you're trying to achieve and the way you're going about it."

"I got into the fitness industry to help people. That's my only focus and motivation, and it drives me every single day. It's not about likes, comments and heart emojis - it's about helping real people

solve real problems.

"My social media feed is centred around clients first, followed by family and friends, and then my own training and physique updates. A lot of people have that list muddled up and are further driving people into a downward spiral of self-doubt, causing people to be more and more self-conscious about how they look and feel," Bill highlights.

Bill's fitness advice

Bill says the average person should focus on "small, achievable fitness goals", adding: "I always say 'can you see yourself doing this a year down the line?' If yes, we are on the right track. But if not, we need to reassess and change it because it's not going to work long-term."

"Every single person should focus on building habits, building the foundations that will allow you to flourish and be the person you want to be."

"Start small - walk, drink more water and exercise at the level where you are in your fitness journey and be completely honest with yourself."

"Consistency is key. Everyone will have a meal out or a beer or a coffee with friends. You are normal, and you won't put on weight after 6pm if the rest of your day was spot on".

Bench above the negativity

Bill encourages people to surround themselves with like-minded individuals and enjoy the journey of getting fit and healthy. He says you should delete fitness profes-



Personal trainer Bill Walsh says "consistency is key" to reaching your fitness goals

sionals off social media who don't motivate you, who don't give good and actionable advice, and who post self-indulgent photos with some "nonsense motivational quote".

He advises: "A workout is powerful. And it's a great way of rebalancing yourself phys-

ically and mentally for what life throws at you. Don't worry about the end result - tick off the boxes as you go along! Don't worry about running when you don't even walk."

"The amount of negativity in this world is crazy. Find motivation in your loved ones and the people who want you

to reach your goals. Find a friend or trainer or colleague, someone you can do it with and be accountable to."

"Enjoy life and get rid of the negative influences that pull you away from happiness. They are dragging you down and stopping you from hitting your potential."

Expert exposes diet and exercise myths

It seems like everyone is ready to offer a piece of advice nowadays, writes award-winning Clonmel fitness nutritionist Peter O' Halloran.

Someone will put up a post on social media that they are starting a diet and you will see comments of all sorts offering advice.

Unfortunately, a lot of this advice is unqualified advice. A lot of the tidbits you hear about diet and exercise are just plain false. There are so many myths circulating the internet that it's hard for someone to filter out what's actually fact or fiction.

In this column, I have decided to make it that bit easier

for you and debunk five common diet and exercise myths.

MYTH #1: WEIGHT GAIN IS INEVITABLE AS WE AGE

It's true that it is more difficult to keep weight from accumulating around our midsections as we age, but it is not impossible. By monitoring daily calories, eating primarily clean foods, exercising regularly, and participating in strength training, you can keep your trim physique for years to come.

MYTH #2: CARBS ARE BAD

Carbohydrates don't make you fat. Extra calories do. As with everything, moderation is key. Carbohydrates are found in fruit, vegetables and

whole grains - important additions to a healthy diet. The key is to minimise consumption of simple carbs, while choosing mostly complex carbs.

MYTH #3: STRETCHING BEFORE EXERCISE IS IMPERATIVE

This is one myth that has been hammered into us since we were kids. Unfortunately, recent research shows that stretching before exercise can actually increase the risk of injury. Instead, start with a light warm-up to mobilise the joints, and stretch after you've finished exercising when muscles are loose and warm.

MYTH #4: IF YOU'RE EATING



HEALTHY YOU CAN EAT AS MUCH AS YOU WANT

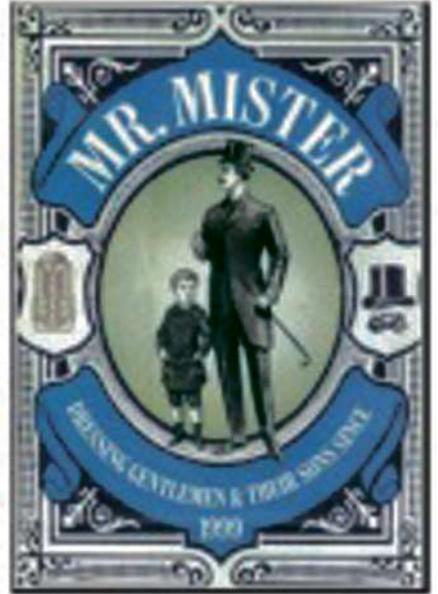
A calorie is a calorie, no matter where it comes from. While it is much healthier for your body when you take in only nutritious, clean foods, eating too much of anything

will still pack on the pounds.

MYTH #5: CRUNCHES WILL GIVE YOU A FLAT STOMACH

No amount of crunches will leave you with a 6-pack if you've got a layer of fat covering up those abdominal

muscles. You cannot target fat loss from one area. The only way to get that flat belly you've always dreamed of is with a combination of a healthy diet and exercise.



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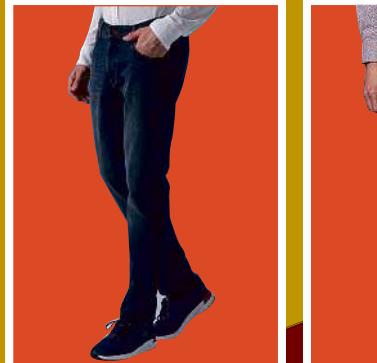
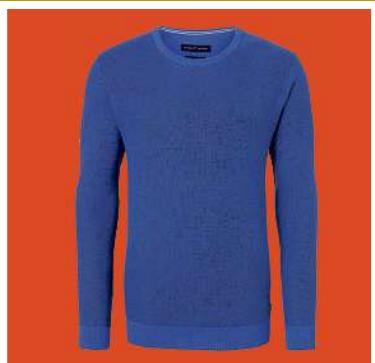
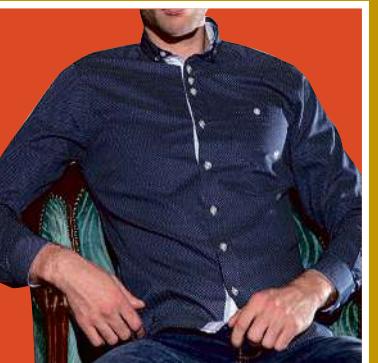
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