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Thomas McGrath wins Tipperary Carer of the Year Award 2018

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

A devoted Cashel man who cares for his step-daughter was presented with the Tipperary Carer of the Year Award 2018 at Clonmel Town Hall last Friday.

Thomas McGrath said caring for his autistic step-daughter Elsie is "challenging but so rewarding". Nominated by his wife Scarlett, a modest Thomas is proud to represent carers across Tipperary at the National Carer of the Year Awards 2018 in Dublin on November 23.

Full-time carers for Elsie, who attends Scoil Aonghusa Special School in Cashel, Thomas and Scarlett met doing a special needs child-care course. Scarlett nominated her "loving" husband for the Tipperary Carer of the Year Award because of the "genuine, unconditional bond" he shares with nine-year-old Elsie.

"Day-to-day autism has its difficulties. It is very routine driven, things have to be done a certain way, and it was just Elsie and I before I met Tom. They instantly bonded and now the roles have reversed -

she will only take medication for Tom and will only listen to him," Scarlett told South Tipp Today.

"Step-parents who are carers don't get the recognition they deserve. It is not the easiest of situations to look in, not to mind step in. When

Tom and myself got married, both Elsie and I came as a package. He jumped in with both feet, he was very aware of the challenges of special needs and caring for Elsie came very natural to him. Caring for Elsie takes a lot of sacrifice, particularly for

Tom coming into it. Most people want to be with a girl who can have a social life, who can go to the cinema, for a meal or even just to the shop for a carton of milk when it's not part of the routine.

Read more on Page 2



The Tipperary Carer of the Year Award presentation took place at Clonmel Town Hall last Friday. Front: Scarlett McGrath, Mayor of the Clonmel Borough District Cllr Richie Molloy, Tipperary Carer of the Year 2018 Thomas McGrath, Family Carers Ireland's Catherine Cox. Back: Cllr Pat English, Charles Allen, Cllr Catherine Carey, former Munster Carer of the Year Rebecca Quirke, CarePlus Pharmacy's Denis Coughlan, Mattie McGrath TD, district administrator Anthony Coleman

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'Tom's bond with Elsie makes me love him even more'

Continued from from Page 1

"Tom wrote a beautiful piece for the day of our wedding and it really stands through to today: 'when things get hard - and they will - remember that love lies at the root of everything'. The bond that they share makes me love him even more. He gets back from her what he puts into her. Tom means the world to us," a proud Scarlett smiled.

Scarlett said autism doesn't define "high-spirited" Elsie. "Autism is only part of who Elsie is. She's an absolute gangster, a bit of a player and she plays on Tom's softness. It's amazing how funny someone can be using very little words. She has really taught us to not sweat the little things and to be grateful for every milestone. She's an absolute blessing

and Tom's another blessing. We have a lot to be grateful for," she continued.

The McGrath family are renting a house "unsuitable for Elsie's needs" in Cashel and are dreaming of getting a bungalow. "Elsie is a bad sleeper and Tom could be up for four hours with her at night. She keeps us on our toes, she's full of beans and you have to watch her 24-7.

"She's an avid climber and a sensory seeker, so when you have sensory needs that need to be met it's almost like your body feels coiled and to release that you climb, run or jump - not ideal in a two-storey house. Having a stairs in the house is one of the scariest of things with Elsie and we take turns keeping an eye on her, almost like a night shift. It has become second nature to make sure she doesn't come out at night and

that she stays safe, but it's no way to live. Elsie doesn't see danger, has no risk awareness and her biggest risk is to herself. We feel more like minders than carers at the moment, so our biggest priority is to find a bungalow," she added.

Family Carers Ireland area manager and Mayor of the Clonmel Borough District Cllr Richie Molloy said it is great to see how much the award means to Thomas.

"Thomas and Scarlett are typical of the thousands of carers that are out there, caring for loved ones seven days a week and getting very little recognition. An award like this creates awareness of the work of carers and it's not just Thomas' award - he is representing the thousands of carers around Tipperary. Scarlett is over the moon that he is now getting the recognition for caring for Elsie that

he deserves," Mayor Molloy said.

Mayor Molloy said "the country would crumble without carers". He added: "Supports are less than ever now for carers. A couple of years ago there was more home support than there is at present.

"Issues like suitable housing and supports for children once they turn 18 are being presented to us all the time at Family Carers Ireland. There is a crying need for the Government to provide practical supports, particularly when it comes to housing. Thomas and Scarlett's house is totally unsuitable for an autistic child. They really need a bungalow and there's a huge lack of them across Tipperary and that's something I will be asking Deputy Mattie McGrath to push at national level. Houses will have to be built by the local authority."



Scarlett and her husband Thomas McGrath

'Elder abuse one of the most serious and vicious activities'

A private members' bill initiated by a Tipperary TD to combat instances of financial abuse of older people has passed through the Dáil and on to committee stage.

74 to 46 TDs voted in support of Independent TD Mattie McGrath's Vulnerable Persons Bill 2015. The act aims to protect, on reas-

onable grounds, the financial autonomy of vulnerable persons, specifically elderly people, who lack reasonable mental and physical capacity to guard against financial abuse.

"It is my sincere hope that we can further amend this bill at committee stage to give clear and unequivocal assurance to any older person or indeed any vulnerable person

who may be the victim of financial abuse," Deputy McGrath told South Tipp Today.

Deputy McGrath first raised elder abuse as a "matter of profound urgency" in 2015 - acknowledging that some advances have been made since then - and believes that the act will provide a renewed emphasis on the importance of keeping the issue in focus.

He said elder abuse is one of the "most serious and vicious activities" that can be perpetrated upon vulnerable persons. "It often takes place in great secrecy, hidden even from other close members of the same family who may be unaware of what is taking place.

"We know parents want to help their children. They want to be able to assist them

where possible, including financially.

"The fundamental point at issue here is that such assistance must always be a personal choice, and one that is made free of coercion, manipulation or threats. Where such a right to financial autonomy and the control of a person's own finances is under threat, and where it in-

volves brute physical, emotional or psychological pain, the State must become involved to vindicate and protect such rights.

"The fact that my bill has now been referred to the Justice Select Committee means that we are one step closer to making that ambition a reality," added Deputy McGrath.

Tipperary dads encouraged to avail of paid Paternity Benefit

1,583 Tipperary dads have availed of the Government's paid paternity benefit scheme, according to Fine Gael general election candidate Garret Ahearn.

The current rate of paternity benefit is €240 per

week. Following Budget 2019, this will increase to €245 per week from the week beginning 25 March 2019.

"This will afford new dads the opportunity to be more involved at the earliest stages of a child's development, which is important for the

whole family," Ahearn tells South Tipp Today.

Over 51,000 paternity benefits have been awarded since the scheme came into place in September 2016, which includes 4,100 self-employed people.

"I am encouraging prospective fathers to sign up for paternity benefit and I think

they will find the application process to be clear and simple. They will require a Public Service Card in order to apply, and if they are an employee, they need to give four weeks notice to their employer to qualify for the accompanying paternity leave.

"Fathers who fulfill the PRSI requirements are eli-

gible for paternity benefit when they take two weeks of paternity leave at any time within the first 26 weeks of their child's life, or following adoption.

"All the information on how to apply for paternity leave and how to get your Public Services Card is available online," Ahearn adds.



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Go-ahead for €2m Tipperary town pavement plan

Work is due to start on a €2m upgrade on Davitt Street in Tipperary town.

The pavement strengthening scheme is expected to take eight months to complete.

Tipperary County Council say the project is the first element in a number of planned road improvements within Tipperary Town.

This scheme was preceded by investment by Irish Water in the recent upgrade of water mains which is delivering benefits to residents on Davitt Street and Church Street through the removal of lead and asbestos piping.

Further pavement improvements in Tipperary Town are planned for Main Street and Fr Matthew Street following the completion of this stage of works.

Tony Kirwan, Civil Engin-

eer Contractors Ltd., who successfully completed a pavement improvement scheme on Slievenamon Road in Thurles earlier this year, is the successful Contractor.

The works comprise the complete reconstruction of the pavement and footpaths. The scheme has been designed to improve safety and the flow of vehicles within the town.

Tipperary County Council chief executive Joe MacGrath said the Council has been working closely with Transport Infrastructure Ireland (TII) to advance these works and he was delighted that they will be commencing early in the new year.

"This investment will enhance the town and we look forward to working with the contractor and local residents in the coming months,"



At the contract signing - back: John Nolan (senior engineer roads capital), Cllr. Roger Kennedy, Cllr. Denis Leahy, Cllr. Martin Browne, Cllr. John Crosse, Ger Carey (Mid-West National Roads Design Office), Louise Farrell (resident engineer), Aidan Finn (Cashel-Tipperary Municipal District engineer), Brian Barry (Tony Kirwan Civil Engineering), Patricia Fogarty (senior staff officer), Oliver Tierney (senior executive engineer), Matt Shortt, (director of service for roads and transportation) Front: Eoin Leane (Tony Kirwan Civil Engineering), Marie McGivern (Cashel-Tipperary Munnicipal District administrator), Tony Kirwan (Tony Kirwan Civil Engineering), Cllr. Mattie Ryan (cathaoirleach, Tipperary Co Co), Joe MacGrath (chief executive, Tipperary Co Co), Cllr. Michael Fitzgerald, Clare Curley (Cashel-Tipperary Municipal District manager)

he said.

The scheme was also welcomed by Council chairman Mattie Ryan and District

chairman Michael Fitzgerald.

Tipperary County Council has acknowledged the

funding provided by Transport Infrastructure Ireland for this, and many other projects that are in planning and

due for construction throughout County Tipperary in the coming year.

Carrick-on-Suir Post Office moves to new home

Carrick-on-Suir post office has moved home from Sean Kelly Square to the town's SuperValu supermarket where it opened for business on Monday morning.

The post office's new premises has been purpose built inside the front entrance to the supermarket, whose owner PJ Guinan

took over as the town's postmaster in early July.

Mr Guinan owns the neighbouring building on Sean Kelly Square where Carrick-on-Suir post office was located for nearly the past decade.

Mr Guinan has now decided to let out that property.

Before moving to Sean Kelly Square, the town's post office was based at 43 Main

Street.

Mr Guinan says the overriding public reaction to the post office's new home has been positive so far.

He believes Carrick-on-Suir's post office will benefit from the footfall of customers visiting the supermarket and vice versa.

He says the co-location of post offices in shop premises has become common throughout the country and he doesn't believe moving Carrick-on-Suir's branch to his supermarket represents a downgrading of its status.

On the contrary, Mr Guinan maintains the post of-

ice's new premises represents an upgrade on its former accommodation.

He points out it boasts a larger five-person counter rather than the four-person counter in Sean Kelly Square and there is more space for customers.

Alongside this, he says the

new location is easier to access for elderly people and those with disabilities as there was few car parking spaces for them in Sean Kelly Square. And he stresses the post office opening hours are the same as are the services it offers the public.

Community praised for anti-drugs campaign

More than 200 people attended former Mountjoy Prison governor John Lonergan's public talk on drug addiction and its impact on family and the community at St Nicholas Church in Carrick-on-Suir last Thursday.

Mr Lonergan assured the people gathered at the talk, organised in conjunction

with Carrick-on-Suir Darkness Into Light, that they were not on their own on the problem of drugs and its impact on their community.

Hundreds of towns and villages all over the country were suffering with the same problem.

"The great thing about Carrick-on-Suir is that you have come together. It will

not happen overnight but you will succeed," he said.

"A community working together will not fail. It will be worth all the effort," he assured them. John Lonergan spoke for two hours and had the full attention of everyone present.

His talk was laced with humour and wit, which eased the serious nature of the topic. Nevertheless, he care-

fully delivered the truth, facts and consequences of addiction to substances.

The Kilmoyler man also spoke of the hard path back to recovery and detailed the support needed from family and community.

Tackling human behavioural change may be nurtured, encouraged and directed but can never be forced, he advised.

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His Excellency, the Belgian Ambassador to Ireland, Pierre-Emmanuel De Bauw, will visit Clonmel this Friday to meet local business people and entrepreneurs.

Ambassador De Bauw will visit the Questum Acceleration Centre, Cahir Road, at 9am on Friday.

The ambassador is visiting at the invitation of the Tipperary Chamber of Com-

merce.

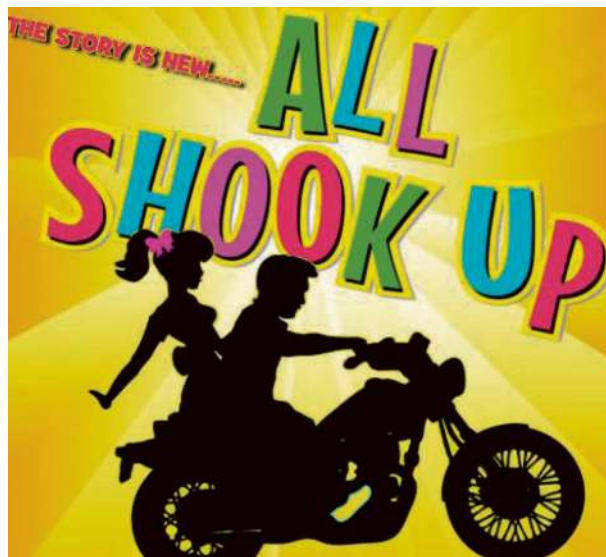
The Questum Centre, which has a focus on promising early-stage innovative companies, is a partnership between LIT and Tipperary County Council.

Questum has already begun to generate significant economic benefits, with clients of the centre numbering some of the most innovative businesses in the region.



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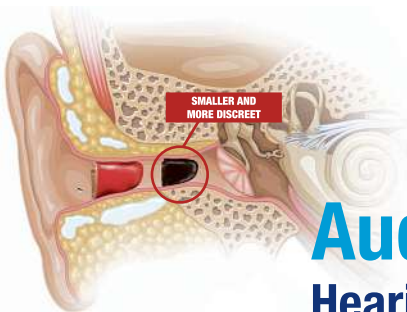
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'My life with Parkinson's disease improved a lot after I found the Clonmel support group'

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

A Clonmel group providing support to local people with Parkinson's disease will host a vintage tea morning at Place4U on Friday, November 23, at 10am.

Founded by Ballingarry's Mary Finnegan, the Clonmel Parkinson's Support Group has been providing valuable advice and support to local people with the chronic neurological condition the past four years.

The group, which is part of the Tipperary Parkinson's branch and has almost 50 members, meets in Hotel Minella the first Tuesday of every month from 10:30am to 12:30pm.

Working as a nurse, Mary noticed a tremor in her hand and was subsequently diagnosed with Parkinson's disease in 2011.

"It took the wind out of me when I heard that I had Parkinson's, but life hasn't been too bad since then. Sometimes I have trouble walking, stiffness and my back gives

me awful trouble but I was a nurse and use to be doing a lot of pulling and dragging," Mary tells South Tipp Today.

"My writing has been affected. I start off quiet well, then it gets smaller and can go all over the place. Your sense of smell goes and buttoning shirts can take longer too," Mary continues.

Clonmel's Suzanne Shanahan, whose father also has Parkinson's disease, was diagnosed two years ago and has progressed a lot quicker than Mary. "My specialist doctor says I've had it a lot longer. I had to give up my job as a carer and can no longer drive. It has affected my whole life," she says.

Suzanne says the Clonmel Parkinson's Support Group has changed her mindset and how she deals with the disease. "Getting to talk to other people with Parkinson's, even just about different medication and what works, has really helped me. You get an insight into the supports out there for Parkinson's, but it's also about the support the group offers. If you're not having a good day, you can go and have a chat and don't feel

so isolated. One lady started crying the first day she came to the group because she had been feeling so alone up until then. It can be a very isolating disease because you don't want to keep onto your family about it and it's easier to talk to someone going through the same thing as you," Suzanne explains.

Mary and Suzanne feel there is a stigma attached to Parkinson's. "People don't take Parkinson's that serious because they say 'it won't kill you'. It's very hard to explain Parkinson's to people. I feel the same but my body is not the same. If you get a twitch you can tell your body to stop, but that doesn't work with Parkinson's.

"Getting money out of my purse at the checkout can be difficult. My brain is doing one thing and my body another. It's a very invisible condition and to look at us you would just think we are a bit slow," Suzanne continues.

Mary and Suzanne are calling on the Government to provide funding for a Parkinson's nurse specialist and support services to cover the

catchment area of South Tipperary General Hospital and University Hospital Waterford. There are only five Parkinson's nurse specialists working within the HSE system at present, based in Dublin, Limerick and Galway.

"There are simple things that could be solved by having a Parkinson's nurse specialist in the area. There are some people who don't attend meetings and need support, and it would be good to have a specialist nurse locally who could bring things to the attention of the neurologist," Mary says.

They are urging the public to support their fundraiser at Clonmel's Place4U on November 23. Admission is €5.

"The Parkinson's Association of Ireland gets no funding at all and we have to do all our own fundraisers. The group, as well as providing support, go on an outing every year and hold art and yoga classes. I would encourage anyone with Parkinson's to make contact with us on 086-1224283," Mary adds.



Clonmel Parkinson's Support Group's Mary Finnegan and Suzanne Shanahan are calling on the public to support their upcoming fundraiser

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Exploring the future at Rockwell College careers evening

By **DYLAN WHITE**
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Rockwell College fifth, sixth and seventh year students were given the opportunity to explore future career paths at a recent open evening in the school hall.

Representatives from colleges across Ireland, including Waterford Institute of Technology (WIT), University College Cork and University of Limerick, engaged with students and offered them an insight into third level education.

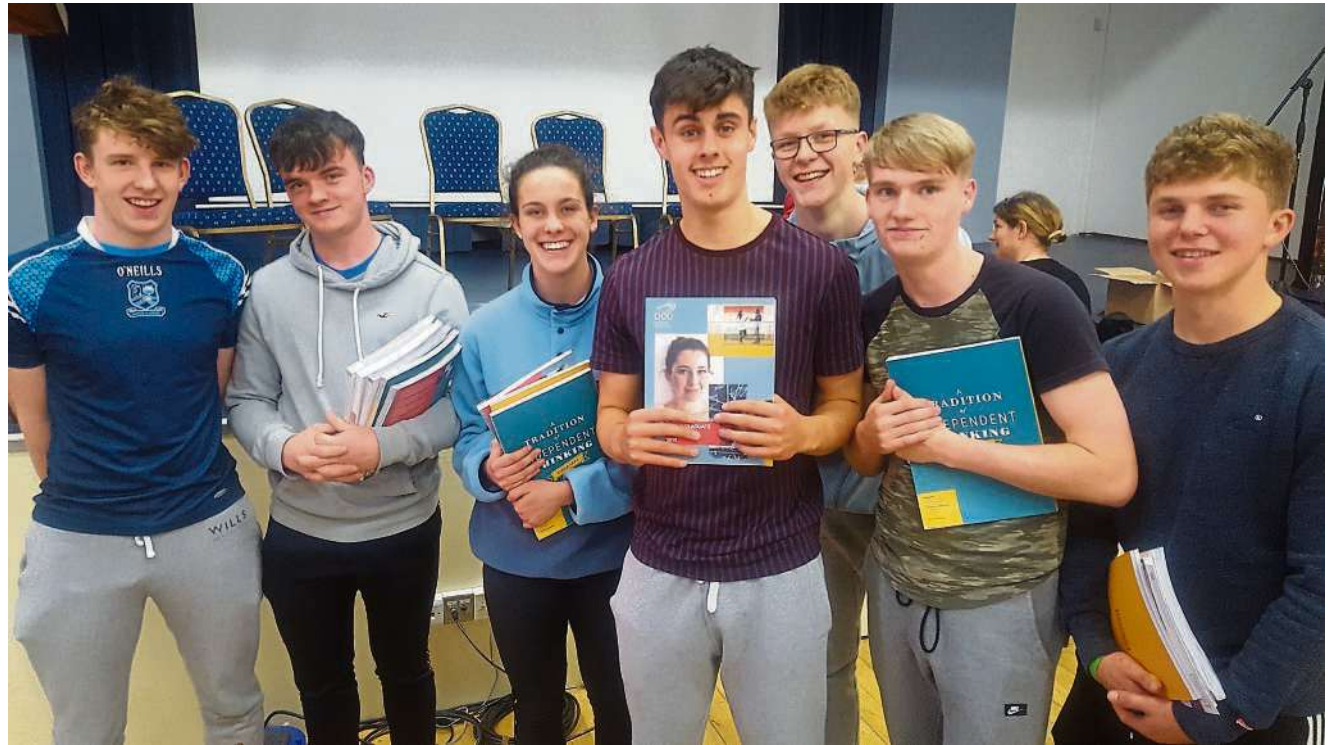
Among those addressing students at the event was WIT marketing and outreach officer John Power, who explained why “vibrant Waterford city” draws students from across Ireland and abroad.

Over 2,400 students were conferred with academic awards up to doctorate level at WIT this month, with on average 10% of graduates coming from Tipperary.

“WIT has upwards of about 9,000 students, who are a big part of the community. Waterford has that small city, safe environment feel to it and students really take to that,” John told South Tipp Today.

John said Waterford student accommodation is plentiful and more affordable than other cities across the country. “You can live on campus for around €90 a week and off campus can be cheaper, depending on what you are looking for. Waterford students are lucky in the sense that they don’t suffer some of the difficulties that other students face across the country”.

John highlighted the attractive range of courses on offer at WIT, emphasising the “small campus feel” that the college is renowned for. “We pride ourselves on our class sizes of 30 to 40 students max, which is a big difference in the learning experience for students. They are not afraid to put up their hands and ask



Jack Holohan, Gavin Ryan, Moya Whelan, Cian Mullan, Tom Clarke, James Maunsell and Kevin O'Connor at the careers evening in Rockwell

questions. Lecturers also know them by name, which is really important because

that’s what they are used to at second level and we are replicating that at third level,

along with giving them the qualifications they need for the future,” he added.

WIT’s Autumn Open Days take place at the WIT Arena on November 23 and 24.



Alexander Finke, Zakarya Ahmed, Fleo Mikkay and Bryan Fitzharris



Rowan English, Brian O'Connell, Michael Kelly and Mateuzs Bogusz

Rockwell College support teenager who suffered a life-changing injury

Rockwell College hosted a Halloween bake sale in aid of the Tomas Kelly Trust Fund.

16-year-old Tomás Kelly from Cahir suffered a life-changing spinal injury before Christmas of last year.

Tomás is a cousin of third year Rockwell student Henry Reidy and it was fitting for his class group to choose to fundraise for this cause as part of their C.S.P.E. action project.

Organised by Rockwell College art teacher Eleanor Kilroy, the bake sale raised €368, which will assist in funding Tomás’ rehabilitation and recovery.





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WILD ABOUT SOUTH TIPP

A walk in New Inn

Wildlife Matters
Albert Nolan

Pictured above is New Inn Garda Station. Albert Nolan and the boys from New Inn Boys School recently went on a natural history walk around the village, which is steeped in history.

I have been interested in history for as long as I can remember, and combined with a love of nature, makes any trip outdoors a journey of discovery.

I was delighted to be invited by the staff and students of New Inn Boys School to do a natural history walk around their village.

The history and wildlife found right on your doorstep, is a great place to start encouraging awareness of the natural world.

During our walk we explored the origins of New Inn, the landscape and people that have all developed, to make the village of New Inn today.

New Inn is found in the Townland of Loughkent, and this comes from the Irish "Loch Cheann". This was definitely one for the boys, and translates as "head of the lake".

Hundreds of year ago, a great battle took place around New Inn. The heads of the vanquished soldiers were cut off, and thrown into the river. One of the boys was very enthusiastic, and asked if he went searching, could he still find bones in the river?

While hedgerows might appear to be natural features, in the landscape, most have only been around for a few hundred years. The enclosures act of 18th century divided up the once open system of farming, by the planting of hedgerows. We examined a hedgerow close to the school that consisted of Hawthorn, blackthorn, elder, ash and dog rose. Hedges were not only just barriers to stop animals spreading. There were harvested as a source of fuel, long stems for handles and poles for fences, food and medicine.

New Inn like many towns developed with the ex-

panding road network. The road building drive of the 18th century created the Cashel to Cahir road, now known as the R639. Just like today, the road had to be paid for, and there was a turnpike to collect tolls. This system of the public paying for the upkeep of roads, is the distant descendant, of the modern toll on motorways.

The village was well established, when the first of Charles Bianconi carriages passed through. Charles was shipped from his native Italy, as he became too friendly with a young girl, who was already betrothed to other wealthier family. His long hours of walking while pedalling religious icons in the wet Irish climate, was a harsh experience. From this he had the idea of providing cheap transport to the public. The end of the Napoleonic wars saw horses cheaply available, and soon he had established a transport network.

Conditions were still pretty rough for the passengers, sitting on the outside, and an Inn for weary and wet travellers was established in New Inn. This building is still in use today, and is known as the Rovers return.

Thanks to Michael in the local shop, who provided us with a very interesting history? The shop dates from 1870, and was also a post office for many years.

Across the road we talked about an old piece of farm machinery. This was probably used for tiling the ground for sowing, and like Bianconi carriages was pulled by horses.

Most of the boys currently attending New Inn School, would already be working long and hard hours on the land. Hiring fairs were often held and young boys and girls, were sent off to work on stranger's farms. Thankfully

the laws have changed and children in this part of the world, get to attend school, but child labour is still a major disgrace in some countries.

One of the most famous people to live in New Inn is Lena Rice. She was born in nearby Marhill house, and one of the students' lives in her house. Lena is buried in a small cemetery. The entrance is flanked by two imposing lime trees. Also a mature beech with a bird box on it, erected by one of the boys dads.

Lena is famous as the only Irish Lady to win the Wimbledon single championship, and she also won the Irish national championship. She died at the very young age of 41 from tuberculosis, and this was a common disease in damp and overcrowded houses.

Our last stop was in the Church where we examined the stained glass windows. These were paid for by local families, and provide a fascinating record of some families that have disappeared and the local townlands.

Thanks to all the staff and students for their enthusiasm and interest.

Upcoming event. Tipperary Birdwatch. Saturday 24th November. Joint outing with Cork Branch to Harper's Island Reserve, Glounthaune, and Cork, starting at 2.00pm and continuing while light lasts. Please check out www.tipperarybirdwatch.ie for more details.

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

LEGAL ADVICE

Divorce - making a clean break in your marriage

John M Lynch



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Moving on from a marriage breakdown and divorce can be difficult and in Ireland a clean break can be even harder to achieve.

There is no provision for a "clean break" in Irish family law legislation. However, the Courts have accepted that there is a principle of law that supports any effort made by the Courts or parties to arrive at finality or closure, wherever possible.

Next year will see a landmark referendum aiming to reduce the time a couple must wait before applying for a divorce. The Law Reform Commission (LRC) is to examine the rules that govern how couples handle their finances and assets when a marriage breaks down. This is to determine whether changes to the laws could help avoid distressing court battles.

PROPER PROVISION

Whilst a clean break is a central tenet of UK family law, in Ireland the courts use the principle of 'proper provision' which refers to the future position of the spouses.

A number of different criteria are taken into account when determining proper provision and these can include income, standard of living,

age, length of the marriage and contributions both financial and otherwise during the marriage.

IS IT BETTER TO AGREE IF POSSIBLE?

The Courts have expressed support for the notion that couples can make agreement between themselves as to how they wish to order their affairs. Any such agreement should be given significant weight should either of the parties later wish to re-visit the matter. This is particularly important if the couple at the time of coming to the agreement had specified that it should be final.

The courts then, should only get involved to alter the situation after this, if such an agreement does not "properly provide" for one party or if the circumstances of one or other of those involved have changed dramatically since this was entered into.

In a similar vein, the courts have indicated that any windfall or wealth which one party gets after the couple's relationship has formally ended or, very importantly, assets which were inherited by one party should not automatically be open to a claim by the other unless they were involved directly in ob-

taining same. Any such assets however, may be considered relevant to the "proper provision" criteria.

FUTURE REFORM

The Law Reform Commission is setting out to investigate and offer guidance on what amounts to 'proper provision' and how this might assist couples to avoid adversarial disputes in court. Possible solutions may include lump sum arrangements and whether a 'clean break' provision is feasible and the possibility of a dedicated family law court with specialist judges to be established and which would help create a more uniform approach.

This too would potentially help alleviate the stress of attending a regular court. In any event, more definitive guidelines on proper provision would certainly help promote mediation as a means of reaching an agreement to separate a couple's assets.

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.

MAN WHO AVOIDED JAIL FOR ASSAULTING HACKNEY DRIVER DROPS APPEAL AGAINST €20,000 COMPENSATION ORDER

A Tipperary man who avoided jail for assaulting a hackney driver has withdrawn an appeal against being made to pay €20,000 to the victim, after being told custody could be "back on the agenda" if he proceeded. Sean Healy (28) of Beechpark, Cahir, pleaded guilty to assault causing harm to former hackney driver John Bailey at Cullenagh, Ballyporeen in the early hours of March 12, 2017.

Clonmel Circuit Criminal Court heard that Mr Bailey had operated the hackney in the Burncourt area for a

number of years and enjoyed his work. However, he decided to wind up his hackney business following the assault.

Healy was given a wholly suspended three-and-a-half year sentence and ordered to pay €20,000 compensation to the injured party by Judge Thomas Teehan on December 14, 2018.

His barrister, Edward O'Mahoney BL, sought to confine a sentence appeal to the compensation order only on grounds that the amount, with two years to pay, was "completely onerous".

However, President of the

Court of Appeal Mr Justice George Birmingham told Mr O'Mahoney that his client should be fully conscious that all options were open to the court in a sentence appeal.

Mr Justice Birmingham said the court would be obliged to consider all aspects of the sentence, including the suspended sentence. Therefore, the question of custody could be "back on the agenda".

After taking instructions from Healy, Mr O'Mahoney said his client wished to withdraw the appeal.

Mr Justice Birmingham said the sentencing judge

viewed the offence as falling in the higher end of the spectrum. It was an unprovoked assault "by a trained boxer" on a relatively elderly man, who had to give up his employment.

Mr Justice Birmingham said Healy had no previous convictions and the sentencing judge commented that he didn't want to fill the country's jails with people who had no previous convictions.

The court varied the compensation order to the extent that Healy has two years to compensate the victim.

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CLONMEL CORNER

Over 250 students, families and teachers attend ASPIRE with Abbott in Clonmel for Science Week 2018

Abbott in Clonmel hosted one of the first major events of Science Week 2018.

ASPIRE with Abbott, which took place at Abbott's Clonmel facility, showcased STEM careers to more than 250 students, parents and teachers. They got to listen to a range of inspiring speakers from the science and technology industries.

Abbott employees shared stories, outlining the many exciting and diverse roles that careers in STEM offer. Other speakers included Irish scientist and former winner of the BT Young Scientist Ciara Judge, founder of the Future of Work Institute Peter Cosgrave and STEM advocate Aoibhinn Ni Shuilleabhain.

Site director at Abbott in Clonmel, Deirdre Mullins,

underlined the global healthcare company's passion for STEM in Ireland. "Abbott has been supporting Science Week for more than 10 years because we believe that by sparking the interest of young people early in life, we can provide a foundation for the next generation of scientific leaders to shape the future of innovation.

"We have a strong culture of giving in Ireland. Last year, our employees delivered more than 6,500 volunteer hours to good causes across the country, and many of those hours were dedicated to STEM education. We are passionate about supporting young people and education, and this is the focus of much of our community work.

"Abbott supports the Government's ambition that Ireland should have the best



Carole Whooley, Deirdre Mullins, Aoibheann Ni Shuilleabhain, Ciara Judge and Sinead Hall

education and training system in Europe. We are passionate about supporting the

Government's development of an effective and engaging teaching, learning and as-

essment environment for STEM education, and we believe that events such as AS-

PIRE with Abbott can help advance this important work," she added.



Lena Griffin, Aoibhinn Griffin, Laura Molloy and Ciara Griffin enjoying ASPIRE with Abbott in Clonmel



Carrick-on-Suir's Alastair and Clodagh Goldring at ASPIRE with Abbott

Hotel plan will give Clonmel Arms a new lease of life

The announcement that a new 114-bedroom hotel is planned for the site of the former Clonmel Arms Hotel will be welcomed throughout the town and county.

Planning permission for the long-awaited development in the town centre has been sought from Tipperary County Council by Waterford-based Fewer, Harrington and Partners, architects, planners and project managers, on behalf of Michael Ryan and Michael Cronin.

The new hotel will include dining, bar, conference and function facilities, as well as a basement car park and leisure centre.

The Clonmel Arms closed in 2005 and the site, which straddles O'Connell Street, Sarsfield Street, Quay Street and Blue Anchor Lane, has fallen into a state of disrepair in recent years.

The development will include the demolition of the more recent extensions to the Clonmel Arms Hotel, onto Quay Street, Sarsfield Street and Blue Anchor Lane.

Work to existing structures, including No. 4 O'Connell Street, the Clonmel Arms Hotel and the former Banking Hall (which is a protected structure) will include the change of use from retail to restaurant use connected to the proposed new hotel development; the demolition of the non-original toilet extension and outbuildings; the construction of a new double height glazed roofed exten-

sion to the south to connect to the new hotel structure; the re-roofing of the existing building, including the re-use of natural slate; repairs to timber windows; the replacement of non-original aluminium windows to the rear with timber windows; the repair of finishes using lime plaster on a like-for-like basis; joinery repairs, the removal of obsolete services/fixings externally and the redecoration on completion of No. 4 O'Connell Street.

The plans also include the re-roofing of the existing building, including the re-use of natural slate; the replacement of non-original aluminium windows, with a timber sliding sash detailed to match the original existing windows; the repair of soffit

and eaves; and the repair and/or removal of the modern steel beam over the entrance doors.

It also provides for the repair of the original railings, steps, doorcases and plinth to the Clonmel Arms Hotel at Sarsfield Street. This building will form part of the new Clonmel Arms Hotel.

The plans will also include the removal of non-original internal linings and raised floor; a new roof structure to replace the previously altered (and currently failed) roof; internal repairs to the exposed rubble gable to the Clonmel Arms Hotel; the replacement of the non-original aluminium windows with timber sliding sash; repairs to the stone parapet, columns and plinth; lime render repairs to walls and

internally new structural opens and columns; joinery, finishes, fire protection works and the redecoration on completion of the former Banking Hall in Sarsfield Street, a protected structure. This building will form part of the new Clonmel Arms Hotel.

The landmark town centre site, which closed as a hotel in November 2005, was sold by NAMA almost two years ago to a consortium that includes Dungarvan-based Michael Ryan.

For many years the Clonmel Arms was one of the finest and best-known hotels in the area and an important social hub in the town centre.

It thrived under the ownership of Brendan Pettit - who died last August - and his family, who ran the hotel

from the 1970s until its sale in the 1990s.

During that halcyon era the hotel hosted a wide range of functions, from weddings and parties to company "socials", dinner dances and music events, as well as popular discos.

Under the direction of Mr. Pettit, who died at his home in Glangarriff, Co. Cork, the Clonmel Arms established a reputation far and wide for all that was best in the hotel industry.

The condition of the site has been a source of concern for some time now, amid claims in recent years that the empty and dilapidated building was being used as a drink and drugs den.

However this news signals the start of a bright, new future for the site.

Armistice Day Commemorations

A sizeable crowd of well over one hundred attended last Sunday's Armistice Day Commemorations at the War Memorial on Castle Street. Mercifully, the weather did not break until just after the ceremony concluded.

The ceremony was opened by Chairperson of the Cahir Social and Historical Society, PJ O'Meara.

Paul Buckley, Cahir's leading authority on World War One paid a short tribute to the late Johnny O'Brien of Mountain Road, Cahir who had passed away earlier this year and had acted as the custodian of the War Memorial for several years beforehand.

Eleanor Morrissey read aloud a touching letter from an officer to the mother of James Mackin of Market Street, Cahir who was killed on the Western Front in 1916.

W.B. Yeats poem, "An Irish Airman Foresees His Death" was recited at this stage just before Father Tom Rogers and Reverend Arthur Carter gave their addresses.

The minute's silence ended with Cahir Brass Band playing 'The Last Post' and 'Abide with me'. Just prior to the laying of wreaths at the Memorial, Michael Duggan sang the ballad, 'Christmas 1915'.

Cahir Social and Historical Society expresses its gratitude to all who attended. Thanks to Brian Costigan and his team at Morrissey's for the refreshments and thanks are due to Wally Costigan for providing us with a sound system, and also to Cahir Brass Band.

Antique Fair

Hibernian Antique Fairs hosts a Antiques Art and Vintage Fair at Cahir House Hotel on November 18.

The fair has grown to become a huge success over the last few years. 23 antique shops, antique dealers art galleries and vintage dealers will be in attendance. Thousands of items will be on sale including jewellery, china, coins, pub memorabilia, crystal and clocks.

Admission is €3.50 for adults including raffle and children go free. See Hibernian Antique Fairs on Facebook for further updates or email robinodon@gmail.com.

Christmas Lights

Preparations are currently underway by Cahir Development Association, Cahir Tidy Towns in conjunction with Cahir Meet & Train to once again light up Cahir for Christmas. This project is growing each year and a further €10,000 was spent



Marie Fitzgerald, Cathriona Lonergan, Kevin Rowe, Mary Heffernan, Brendan Caplice and Jack Walsh at Cahir Co-Op's "frightening" fundraiser in aid of Breast Cancer Awareness



Cahir Ladies Football Club presented footballer Aisling McCarthy with a token of appreciation as she heads off to Australia. L-r: John Murphy, Aisling McCarthy, Liam Shinnick and Jim Halpin

this year for extra lights on the Tipperary Road. To date the total spent on new lights is €50,000, we hope to continue to add to this figure every year making Cahir a town to come and visit over the festivities and also add to the beauty of the town.

Purchasing the lights is only one cost of the project. The erecting and taking down of the lights is another and this falls heavily on our business community. Each year they contribute selflessly and also to many more projects in the town and we are also very grateful to them. We are fortunate to have so many people willing to help financially and otherwise.

As the lights increase each year so too will the cost of erecting them, so we will be selling Christmas Hampers this year to raise money. We ask that you please support our Christmas Lights by purchasing a hamper ticket. The hampers will be available in shops shortly.

As a mark of respect to the

family of the late Kathleen Egan R.I.P. Cahir Development Association would like to acknowledge the great work Kathleen did for the community as a seller of the Community Lotto tickets for many years. Kathleen arrived to the Business and Training Centre weekly with a kind word for everyone. She will be sadly missed by us all.

Cahir Flower and Garden Club

The Club will hold a Christmas Floral Demonstration in Cahir House Hotel on Wednesday, November 21. The Demonstration will start at 8pm. Demonstrator on the night will be Anne Slattery of AOIFA (Association of Irish Floral Artists) There will be a Sales Table and refreshments on the night. Tickets are €15 and there will be a door prize and proceed will support the Pieta House Charity.

Christmas Market

A Christmas Market will take place in the Craft

Granary in Cahir on Sturday, December 1. This year the market is on during the day and from 11am to 5pm.

Active Retirement

Cahir Active Retirement will collect any outstanding subscriptions for the outings to the Dog Track on December 2 and The Three Amigos in The Opera House January 7, 2019.

Cookery Class started on November 14 in the VEC Building for four weeks. Our AGM will be held in Cahir House Hotel on Wednesday, December 5 and we will have Christmas treats and entertainment. For any further information see our committee members.

The Results of Card Game on Friday, November 9 was as follows; 1st with 10 Games was Bob Condon, Paddy Holleran, Agnes Hyland and Peg Reidy. The next Game is on this Friday 16th November. All are welcome.

Cahir Meet & Train

Our Santa Run on 8 December 8. More details to follow.

We continue to meet on Tuesday and Thursday at 7.30pm and we are currently making arrangements for a new Operation Transformation 2019 starting on Thursday, January 4. This will be a new couch to 5km programme so there is plenty time to get ready for it.

VdP Christmas Raffle

Vincent's shop in Cahir is now selling tickets for a beautiful hamper that is ready for their Christmas raffle. The hamper is filled with lots of your favourite things like Roses Chocolates, a mini Christmas pudding, mini Christmas cake, tin of USA biscuits, a bottle of wine, selection boxes, chocolate Santa's and reindeer and many more goodies too! Tickets are on sale in the shop on Abbey Street now and 1 strip is €2 or its 3 strips for €5, all for a good cause.

Cahir Ladies Gaelic Football Club

The Club would like to thank all who supported the recent Kids Disco.

Our Club AGM will take place in Cahir House Hotel on this Friday, November 16 at 8pm.

We would like to wish Aisling McCarthy the best of Luck as she has been selected to travel to Australia with the International Players to participate in games there for six months.

Cahir Park AFC

Premier League Result - Cahir Park 5, Old Bridge 1 In tough weather conditions and in front of a large crowd the Park came out on top against the Bridge. An even first half saw us lead 2, 1 at half time with goals from Barry McCormack and Seanie Kiernan, with David Grace drawing Old Bridge level between them. Alan O'Donnell slotted home an early penalty in the second half and the Park drove on from there. An Andy Fitzpatrick free kick put us 4, 1 up before Benny Ryan finished off the scoring.

U14 National Cup result - Cahir Park 1 - 1 Bohemians Waterford. Cahir Park win 5-3 on penalties

Peake Villa (B) 3, Cahir Park (B) 2

Trip to Aviva Stadium - Cahir Park AFC Girls were in FAI HQ in Abbottstown last weekend as special guests of the Irish Women's National Football Team. Soccer Sisters Programme - Cahir Park AFC's Soccer

Sisters Program started on Tuesday, November 13, for 6 weeks and from 6.30-7.30pm. Program is FREE and for girls age 7-12.

Cahir GAA Club Strictly Come Dancing

2018 Our dancers are working very hard on their routines for the big shows taking place on Friday, November 30 and Saturday, December 1. Saturday night is sold out already but Friday night tickets are still available.

Joker Draw - This week's winners: Tara Armitage, Maggie Sweeney, Cillian Sweeney, Helen Hally and John Butler.

Juvenile News / Results - Monday 5th November: U11D Hurling Winter League Cahir 5-03 v Moyle Rovers 3-0.

Fixtures - On this Sunday, November 18 in U11D Hurling Winter League: Cahir v Ballylooby/Castlegrace in Ballylooby at 11am. South Tipperary Awards Night - the Awards night will take place in Clonmel Park Hotel on this Sunday, November 18. Special Guests on the night and representing their Club will be Francie McDonagh, Captain, Under 14 South Divisional Team, Scott Murphy Captain, U14 Cahir Team and Conor Kirwan, winner of the South Puc Fada and county Runner-up. Also, representing our Club on the night will be Colin Barrett, Oisín Maher, Eoin Wyse, Jack Buckley, Kevin Hickey, Francie Delaney, Sean Leahy and Conor Kirwan who were all part of the South Divisional Squads at U14 & U15 level.

Parish League - Hurling Parish League continues every Saturday, with the final taking place on Sunday, November 25.

U7 & U8 - These groups had their end of year outing to Monkey Maze and all had a great time.

U16 hurling blitz - an U16 hurling blitz was held last weekend in the Park, and was a great success. Moyle Rovers were the winners of the Bowl competition, our own U16 team were the cup winners and Juvenile Chairman Tommy Barrett presented the trophy to Cahir's U16 captain Nathan Walsh who won out.

Winter Wonderland

It's that time of year again, booking has now opened for the acclaimed Winter Wonderland event held at the Kildanogue Duck Ponds outside Goatenbridge. This year it runs on Friday 7, Saturday 8, and Sunday 9. Winter Wonderland is run by conservation group, the Ardfinnan, Ballybacon, Grange and Newcastle Gun Club (ABGN).

Cashel Choral and Dramatic Society presents Deserted Night

Cashel Choral and Dramatic Society is busy putting the finishing touches to their upcoming production of the comedy-thriller *Deserted Night* by T.B. Morris.

The play tells the story of Katharine Clavell, a formidable force in the public eye of 1960s Britain. Her fearless pursuit of equal rights and opportunities for women gain her respect, admiration and celebrity status.

Her reputation spreads far and wide, receiving an invitation from an Arabian Sheik to travel to his home in the Middle East and address his wives on the emancipation of

women. Making such an address in a country where women's rights are virtually non-existent would seem a tough task. Ah, but Dame Kitty was never one to shy away from a challenge and, brimming with optimism, has amassed an all-female expedition to make the most of this rare opportunity.

The party includes Kitty's teenage daughter Lesley, her secretary Alice, friends Emily and Astra, and trusty pilots Jan and Meriel at the helm.

But even the best-laid plans of mice and women often go awry, and Dame Katharine couldn't have anticipated what would happen next!

This hilarious comedy-

thriller is full of twists and turns that will delight audiences and lift spirits this November.

Directed by Gail O'Keeffe, *Deserted Night* runs at Brú Ború, Cashel, from November 29 to December 2 at 8pm nightly. Tickets are €15, with €10 concession tickets for students and senior citizens for shows on November 29 and 30. Tickets are available from O'Dwyer's Pharmacy, Main Street, Cashel on 062-61318 and Brú Ború on 062-61122.

For more information, contact Carrie Kavanagh on 087-6961409, email cashelchoralanddramaticsociety@gmail.com or follow the society on Facebook.



Back l-r: Sinead O'Grady, Joan Kennedy, Carrie Kavanagh, Katie McDonnell, Marie Lonergan.
Front: Liz Davis, Fiona Kennedy, Eleanor O'Dwyer

HIQA critical of Cashel's St Patrick's Hospital

St Patrick's Hospital Cashel has received a mixed report from the Health Information and Quality Authority (HIQA), being deemed 'non-compliant' in five out of six categories assessed in relation to dementia care.

St Patrick's is located on the Cahir Road in Cashel, and caters to 95 residents, with seven vacancies at the time of inspection. Hiqa is tasked with carrying out inspections on all care facilities in the state to ensure compliance with standards.

A two-day unannounced inspection was carried out on St Patrick's on July 23 and

July 24 this year. The report was published on Friday last, November 2nd.

The report sets out the findings of an unannounced thematic inspection that focused on six specific outcomes of dementia care.

The inspector noted that the provider representative and the person in charge were committed to providing a "quality service for all residents including people with a diagnosis of dementia."

However, the centre did not have a dementia specific unit and at the time of the inspection there were 41 people living in the centre with a formal diagnosis of dementia.

The inspector viewed that some residents required "a high level of support and attention due to their individual communication needs and dependencies."

"While all care staff had responsibility to help residents exhibiting aspects of responsive behaviours, observations demonstrated that some staff did not actively engage in a positive connective way to enhance their quality of life."

The inspector deemed the facility to be 'Non Compliant - Moderate' in Health and Social Care Needs; 'Non Compliant - Moderate' in Safeguarding and Safety; 'Non Compliant - Major' in

Residents' Rights Dignity and Consultation; 'Substantially Compliant' in Complaints Procedures; 'Non Compliant - Moderate' in Suitable Staffing; and 'Non Compliant - Moderate' in terms of Safe and Suitable Premises.

The report states: "There were three staff on the activities team and activities were varied and activities staff showed good insight regarding promoting individualised activities to enhance peoples' quality of life. Observation and discussion with staff demonstrated that not all staff understood or provided person centred care. Consequently, institutional practices, with rigid

daily routines were evident, which resulted in significant negative outcomes for some residents. The inspector observed that there was inadequate staff supervision to ensure that appropriate care was delivered that enabled quality of life and safe care for residents."

The inspector found that residents' healthcare needs were met. Residents had access to general practitioners (GPs) and support services such as advanced nurse practitioner (ANP) candidate for dementia care, living well with dementia project and memory technology library, memory clinic, neural psychologist, geriatrician, psy-

chiatry, physiotherapy, pharmacist, speech and language therapists and community health services were also available.

However, "the design and layout of the centre was not fit for purpose and could not meet the needs of residents due to lack of communal and private space, multi-occupancy bedrooms, inadequate storage for residents' personal property and possessions, and lack of storage for equipment."

Also, a sample of staff files reviewed demonstrated that staff files did not contain a vetting disclosure in accordance with the National Vetting Bureau Act 2012.

Peter Mark opens newly refurbished salon in Clonmel

PETER MARK has officially opened the doors to its newly refurbished salon in Market Place Shopping Centre, Clonmel.

Featuring a contemporary yet minimalistic look, the newly refurbished salon incorporates soft ceramic and classic glazed finishes, in line with the Peter Mark signature style.

The welcoming reception area includes a vast range of hair care products and accessories from brands including ghd, Kérastase, Pureology, REDKEN and the L'Oréal SteamPod.

The salon offers a full range of hair services, treatments and professional advice that only Peter Mark can offer.

Blow dries start from €22.50 and Rapture lightweight real hair extensions are also available at the newly equipped salon.

Peter Mark has been at the forefront of Irish hairdressing and professional hairdressing training for 57 years. With training centres in Dublin and continuous salon based creative updates, the highly skilled Clonmel team of 11 are ready to look after all your hairdressing needs!

The new salon opens late on Thursdays and Fridays and will extend to longer opening hours during the Christmas period.

Christmas bookings are filling up fast! To book your next appointment call 052 612 9355.



The highly qualified hair stylists at Peter Mark in Clonmel are fully focused on customer satisfaction

Win fabulous prizes to mark this special occasion

To mark the opening of their refurbished salon in Clonmel, Peter Mark is offering readers the chance to win wonderful prizes.

Just answer the question below to be in with a chance to win.

There is a €100 Gift Card as the top prize and four €50 Gift Cards for the runners up.

Don't miss this opportunity to win these fabulous prizes.

Just answer the following question: How many hair stylists work at the Clonmel salon?

To enter please email ads@nationalist.ie, put Peter Mark in the subject line and include your name, number and answer.

Winners will be contacted by phone.

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Eleanor Christopher BSc Pod Med & Yvonne O’Flynn BSc Pod Med
Clonmel Foot Clinic, 6 Morton Street, Clonmel, Co. Tipperary

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Prime Roast Top Rib of Irish Beef Refort
Roast Stuffed Supreme of Irish Chicken with Baked Tipperary Ham
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Above Served with a Selection of Fresh Seasonal Vegetables Roast and Creamed Potatoes

Desserts

Hot Apple Pie with Custard Sauce
Lemon Mousse
Ferrero Rocher Cheesecake
Trifle Fruit- Sherry
Chocolate and Orange Mousse

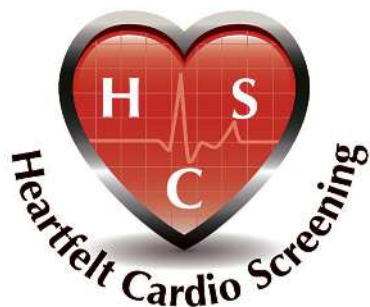
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Three courses: €19.50
Main Course €13

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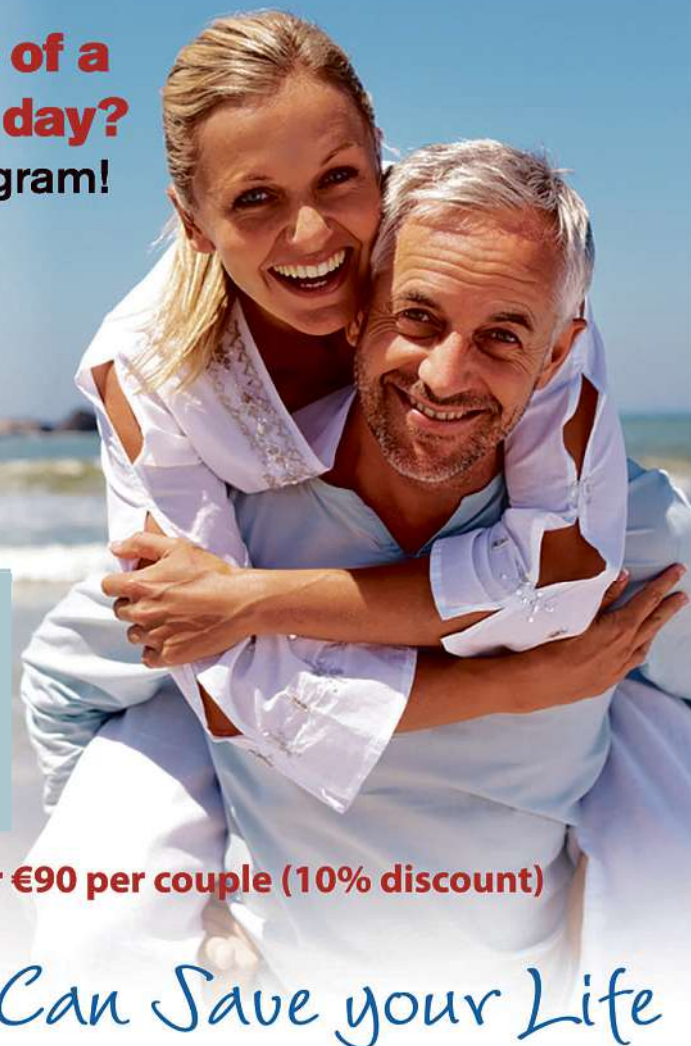
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Rockwell College's junior golf team consisting of captain Luke Healy, Kian O'Reilly, James Kilmartin and Dylan Crowley won the East Munster qualifying section of the Irish schools competition. They now go through to the Munster finals. The format was stableford with the best two scores to count. Luke and Kian returned 76 points to leave them four clear of Tramore in second place. They are pictured with school principal Audrey O'Byrne



Paul 'Rocky' Brown of College Avenue, Clonmel, won IUNVA Post 24's €9,200 lotto jackpot recently. He is pictured with his wife Helen, IUNVA Post 24 chairman Sean Cosgrave and assistant treasurer John Lyons



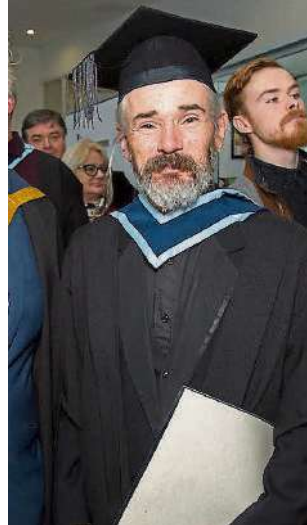
Clogheen Men's Shed meet at St Paul's Community Hall on Tuesdays from 10am to 1pm



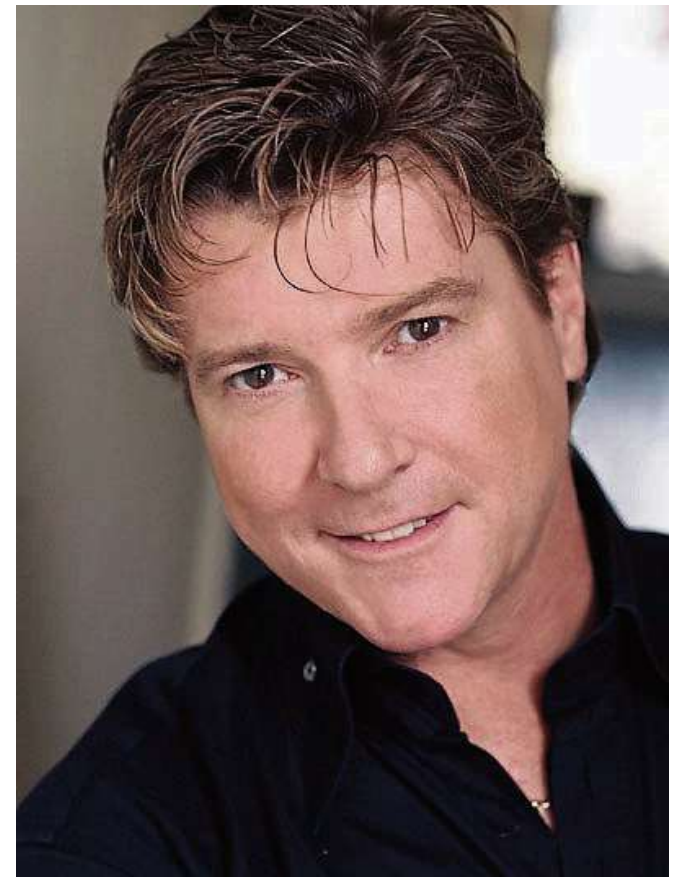
Cashel Day Centre held a shoe box appeal for Africa for the first time



Eamonn Lonergan celebrated his 80th birthday with family members at Clonmel's Eldon's Bar



Cappawhite's Mike Holmes graduated with a B.A. in Fine Art Painting from Limerick School of Art and Design



American star Andy Cooney returns to Brú Ború Theatre Cashel on Friday, November 23, at 8pm.

Christened by The New York Times as "one of New York's beloved entertainers", Cooney's versatile voice and vibrant stage presence makes him a dynamic performer.

He will entertain the Tipperary audience with favourites including Irish Country Skyline, Slaney Valley, My Rose of Ballinrobe and of course his smash hit On the Eighth Day.

Cooney is also one of The New York Tenors, who have been receiving high critical acclaim and will enjoy their seventh Carnegie Hall performance next month.

Tickets are €25 from Brú Ború box office on 062-61166 and on www.bruboru.ie



Rockwell Rovers under 14 and 16 camogie girls enjoyed their end of year trip to Castlecomer Adventure Centre

BLACKBERRY HEARING



What the customers say!

Blackberry Hearing was established in 2015. John Ryan and Dave Gleeson, the founders, drew on their long business experience to provide quality solutions at the best prices with exceptional customer care. "We built the business from scratch around the principles of affordability, transparency, quality and customer care", says John. "How do we know we have succeeded? Because our customers tell us". Blackberry Hearing has accumulated hundreds of validated customer Facebook comments on their website www.blackberryhearing.com/testimonials Some of the comments are below and all comments may be viewed on the Blackberry Hearing website.

Brendan Martin: "I got my hearing aids last year & I'm living in a new world since. Blackberry Hearing are undoubtedly the best around for quality, price (60% less than others), free batteries for 4 years & aftercare attention. You'd want to be mad to go anywhere else".

Tom Prendergast "I got my hearing aids in blackberry hearing last Tuesday ! My tinnitus is gone! I can hardly believe it! Thank you so much blackberry hearing"

Antoinette Toomey: "To say I'm happy with the hearing aids is an understatement, they have changed the everyday quality of my life. I suffer with tinnitus and for me it has helped this condition. I'm now hearing what people are saying to me and not guessing what they are saying. The after care is excellent.. The price also makes them accessible to more people."

Pat Mc Neely "I have to say blackberry hearing has changed my life, TV at home is down by over 50%, I can now talk to and hear my friends when I go for a pint but the biggest benefit is when I go into a class of up to 40 teenagers I can actually hear them and answer their questions. Thank you Blackberry Hearing"

Blackberry Hearing hold over 60 clinics nationwide. We employ degree level or masters level audiologists only and people can call us directly at **01 6978470** to book a Free consultation at a clinic near to them. If you feel you're missing out in life due to hearing loss call us. We discuss all in advance including price, grant and model options. For more information see details at www.blackberryhearing.com



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Laughter guaranteed at Tipperary Musical Society fundraiser Mr & Mrs with host Brendan Cummins

Tipperary hurling legend Brendan Cummins is making the trip to Tipperary Town on Friday, November 23, to host a great night's entertainment at the Great National Ballykisteon Hotel.

The Mr & Mrs event will see local couples take to the stage and compete in a range of tasks, combined with the audience votes, to see who will be crowned the winning couple. These couples will be well-known to those in Tipperary Town and the surrounding areas, and the winners will be treated to a luxurious two-night break in the Great National Hotel, Ballina, Co. Mayo.

The participating couples are Karen and Mark O'Brien (Tipperary Town), Joe and



Joe and Susie Morrissey

Susie Morrissey (Solohead), Johanna and Paddy Maher (Tipperary Town), Anne and Eugene O'Meara (Cappawhite), Aoife O Meara Leahy and Richard Leahy (Cappawhite), Tom Julian

and Mary Newman (Cashel), Siobhan and William Levingstone (Cappawhite), and Eamonn and Eithne O Dwyer (Tipperary Town).

As MC on the night, Brendan Cummins will have

the audience in hysterics with his questions, designed for maximum entertainment. Audience members will also be treated to spot prizes on the night, so make sure to grab your tickets at a cost of €15 from Ballykisteon Hotel, Kirby's Pharmacy Tipperary Town or through members of Tipperary Musical Society.

The show starts at 8pm. For more information check out the Tipperary Musical Society Facebook page, call 087-7096956 or email tipperarymusicalso-ciety@gmail.com. This event is being run by Tipperary Musical Society as a fundraiser for their upcoming production of Jesus Christ Superstar, which will take place from February 18-23, 2019.



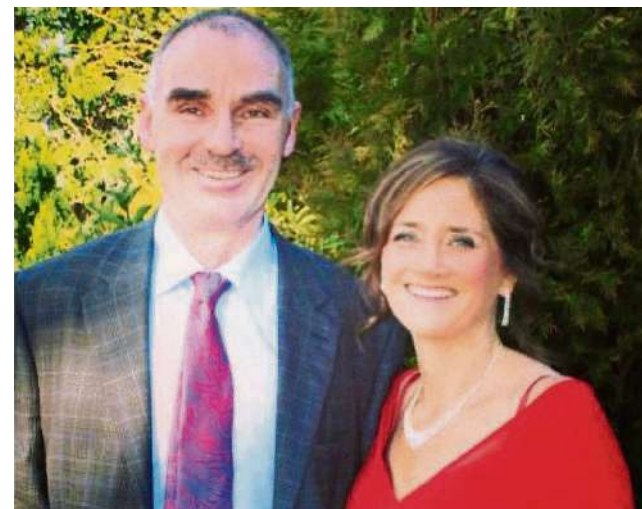
Karen and Mark O'Brien



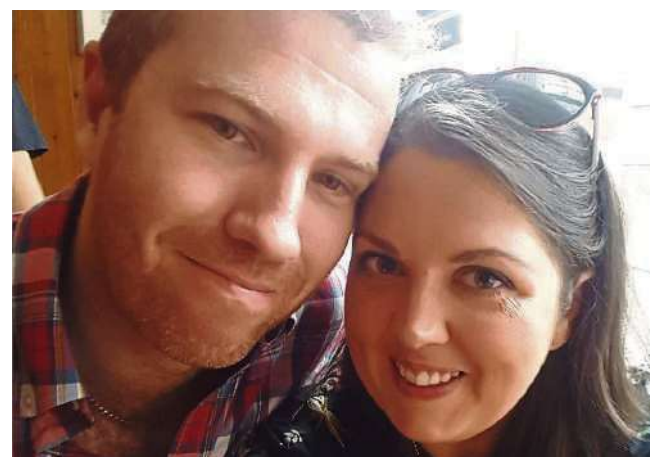
Aoife O'Meara Leahy and Richard Leahy



Anne and Eugene O'Meara



Eithne and Eamonn O'Dwyer



William and Siobhan Levingstone



Johanna and Paddy Maher



Tom Julian and Mary Newman



Halloween Pumpkin Festival at Clonmel Garden Centre

Clonmel Garden Centre's annual Halloween Pumpkin Festival last Halloween was a spooktacular success over the recent bank holiday weekend.

Almost 1500 pumpkins of all shapes and sizes were picked, cleaned, carved and re-homed over the course of the weekend. The traditional Halloween games were enjoyed by young and old alike.

"Plans are already being made for next year's event which will be our ninth Pumpkin Festival. Many thanks to all of our patrons for their continued support of these events," a Clonmel Garden Centre spokesperson said.



Lend Me a Tenor delightful dinner theatre at Raheen House Hotel

Clonmel Theatre Guild has launched its 50th season with dinner theatre production of Ken Ludwig's *Lend Me a Tenor*.

Clonmel Theatre Guild has been entertaining audiences with high quality theatre productions since it was formed on February 23, 1969 when a group of dedicated people with a passion for drama came together for a meeting in Hearn's Hotel.

The guild has staged 109 productions to date and is kicking off this momentous year with the hilarious comedy *Lend me a Tenor*. Directed by Sarah Finnegan, it will be staged at Raheen

House Hotel from December 4-7.

Lend Me a Tenor sees Henry Saunders, the general manager of the Cleveland Grand Opera Company, primed to welcome world famous tenor Tito Morelli for one night only as Otello. The star arrives late, which leads to a hilarious series of mishaps. This madcap, screwball comedy is guaranteed to leave audiences teary-eyed with laughter.

The cast for this delightful production includes many faces familiar to audiences with Edmond Ryan, Carol Acheson and Hugh Hennessy, who have starred in many of the guild's recent

shows. Ricky Dunne, Patricia Harte and Esther Byrne return to the stage with the guild after a short break, with the addition of new members David McEvoy and Blathnaid Moore. Although a member for some time, Sarah Finnegan makes her debut as a director with this play.

Tickets are €30 and are currently available online on www.clonmeltheatreguild.org and from Marian's Bookshop on O'Connell Street, Clonmel, on 052-6123813. It is customary that the guild supports a local charity, with a donation from the raffle on this occasion going to The Emma Lacey Trust.



Ricky Dunne, Blathnaid Moore, David McEvoy and Edmond Ryan in rehearsals for *Lend Me a Tenor*

Patricia's "stunning poem" highly commended at Bridport Prize

Clonmel woman Patricia Cantwell was one of just 10 writers highly commended in this year's prestigious Bridport Prize poetry competition for her poem *Atonement*.

The poem was selected from over 5,300 entries by poetry judge Daljit Nagra, who said: "Judging a poetry competition feels a communal, a social and a moral act, where we are at our best and ready to receive".

He continued by praising 'Atonement', describing it as "a stunning poem of convinced displacement".

Patricia is a relatively newcomer to the writing scene. She taught drama for many

years as well as producing and presenting a daily programme on local radio. She completed a law degree and set up her own legal practice, which she ran successfully for well over 20 years. She sold her practice to concentrate on her writing.

She won the 'Emerging Poet' award at the Carrick-on-Suir Writers Weekend in 2016. Two of her poems have previously been shortlisted for the Bridport Prize. She has written a novel and is seeking a publisher.

The Bridport Prize - based in Bridport, Dorset - is one of the most prestigious open writing competitions in the English language, with categories in poetry, short stories, flash fiction (stories

of 250 words or fewer) and the Peggy Chapman-Andrews Award for a first novel, named in honour of the prize's founder.

Established in 1973 and with over £18,000 in prize money to be won annually, the competition attracts entries from across the globe. This year, over 12,000 writers from 79 countries competed for one of the 34 winner and highly commended awards.

The Bridport Prize is the flagship project of Bridport Arts Centre in Dorset and the competition raises vital funds for the Arts Centre's work each year.

The prize is known as a tremendous literary stepping-stone - the first step in the careers of writers such as

Kate Atkinson, Tobias Hill, Kit de Waal and Helen Dunmore. The competition is open to anyone, as long as the submitted work is previously unpublished.

An anthology of this year's winning entries, including Patricia's poem, is available from the Bridport Prize website.

The competition for 2019 will be launched on 15th November with a closing date of 31st May 2019. Entries can be made by post or online, with full information on how to apply available on www.bridportprize.org.uk.

Right: Patricia Cantwell



GLEESON'S BAR

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Table Quiz in aid of River Suir Suicide Patrol at 8pm followed by DJ Nigel Byrne

Friday 16th November
The Waxies live at 10pm

Saturday 17th November
The Waheys live at 10pm

Sunday 18th November
Gleesons Winter Warmer followed by Ruairi DeLeaster live at 8.30pm.

Monday 19th November
Gleesons Open Jam at 9.30pm

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Thursday 15th November
Crazy Night in Aid of South Tipperary Hospice
Music By: COLIN FAHY
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Friday 16th November
ONE WAY ROUND

Saturday 17th November
RED EFFECT

Sunday 18th November
THE INCREDIBLES

Thursday 22nd November
Crazy Night in Aid of South Tipperary Hospice
Music By: ROBBIE TAYLOR

Friday 23rd November
THE GAMBLER

Saturday 24th November
SILVER DOLLAR

Sunday 25th November
SHAUN O'DOWD with MARION

Friday 30th November @ 8.30pm
Annual Mass will be offered for the wellbeing of our Customers and All our Deceased Friends
Followed with music by SABRINA FALLON

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Every Tuesday
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PLANNING NOTICES

TIPPERARY COUNTY COUNCIL

Significant Further Information: Under Planning Reference Number 18600787, We are applying to the above Planning Authority on behalf of our client, Evanna McCutcheon for Retention Planning Permission for (i) existing horse walker, (ii) sand arena, (iii) existing residential unit (mobile home) and continuance of use until construction work on proposed dwelling is complete, (iv) existing roadways within the site, as well as planning permission for (v) a dwelling complete with waste water treatment system, (vi) Stable block incorporating ancillary offices, (vii) 2no. separate stable blocks, (viii) Haybarn, (ix) Dungstead, (x) New roadways through the site, (xi) Modification of the existing entrance to the site - and all associated site development works at Mortlestown, Killenaule, Co. Tipperary. Signed Michael Mooney, Consulting Engineering and Architectural Services, Mayfield, Cashel, Co. Tipperary Tel: 087 - 6442633

Significant further information in relation to the application has been furnished to the planning authority and is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy, at the offices of the authority during its public opening hours. The significant further information includes for the relocation of the existing entrance. A submission or observation in relation to the further information may be made in writing to the Planning Authority on payment of the prescribed fee, not later than 2 weeks after the receipt of the newspaper notice and site notice by the Planning Authority. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

TIPPERARY COUNTY COUNCIL

Planning permission is sought for the retention of the 1st floor storage area as constructed to my retail shop at Ladyswell Street, Cashel - Ed. Shanahan.. This application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of Tipperary County Council, Emmet St., Clonmel during its public opening hours. A submission or observation in relation to this application may be made in writing to the Planning Authority on payment of the prescribed fee, €20.00 within a period of five Weeks beginning on the date of receipt by the authority of the application and such submissions or observation will be considered by the Planning Authority in making a decision on the application. The planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

TIPPERARY COUNTY COUNCIL

Discharge of Effluent to Water Notice is hereby given that Barne Lodge intend to apply to Tipperary County Council for a licence to discharge Trade and Sewage effluent from a public house & restaurant premises in Barne Lodge Rathkeevin, Clonmel Co. Tipperary following Septic Tank & percolation Treatment direct to Groundwater. A submission or observation in relation to the application may be made in writing to the Planning Authority on payment of the prescribed fee, €20, within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning Authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

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ON THE CORNER OF MARY STREET AND BOLTON STREET, CLONMEL PH 052 6199329

PUBLIC NOTICES

NOTICE OF INTENTION TO GRANT PROSPECTING LICENCES

Since it appears to the Minister for Communications, Climate Action and Environment (the Minister) that there are minerals not being worked under the lands in the areas set out below, pursuant to section 7(1) of the Minerals Development Act 1940, as amended, the Minister intends to grant prospecting licences for **Base Metals, Barytes, Silver and Gold to Great Glen Resources Ltd., 70 Queensway, Hemel Hempstead, Hertfordshire, United Kingdom, HP2 5HD** over the following Townlands in **County Tipperary**:

Townlands in Iffa and Offa East Barony: Ballinderry, Ballinurra, Ballycurkeen, Ballydine (E.D. Kilmurry), Ballydine (E.D. Kilsheelan), Ballyglasheen Little, Ballyknockane, Ballynacloona, Ballynagrana, Ballynamona, Ballynaraha, Ballyneill, Ballynoran, Ballypatrick, Butlerstown (E.D. Kilmurry), Butlerstown (E.D. Kilsheelan), Clashanisky, Cloghapistole, Cloghcarrigeen East, Cooloran, Cregg, Curraghadobbin, Deerpark (E.D. Carrick-on-Suir), Deerparklodge, Eustaceland, Figlash, Gortbrack, Graigue (E.D. Kilcash), Greensland, Killurney, Kilsheelan, Knockanclash, Kylanoreashy, Lisbalting, Lisnatubbrid, Lissadober, Macreary, Mainstown, Mauganstown, Minorstown, Mullagh, Mullenaranky, Newtown Lower, Newtown Upper, Poulakerry, Poulmaleen, Seskin, Shanbally (E.D. Kilcash), Skehanagh, Temple-etney.

Maps showing the areas are available at Clonmel Garda Station; Tipperary County Council, Civic Offices, Emmet Street, Clonmel, Tipperary E91 N512; the Geological Survey of Ireland, Beggar's Bush, Dublin, D04 K7X4 and the address below.

Objections to the grant of the licences should be made to the address below within **21 days** of the date of this Notice. The Minister reserves the right to make details of the objections available to the applicant in order to fully consider their validity.

NB: A prospecting licence entitles the holder to explore for mineral deposits and does not authorise mining of any minerals. The activities permissible under a licence are, in general, non-invasive and of minimal environmental impact. The Minister has assessed the exploration programme proposed by the company and has determined that the activities are not likely to have a significant effect on the environment.

Further information, statutory notice and Minister's determination at <http://www.DCCAE.gov.ie/EMD>

Exploration and Mining Division
 Department of Communications, Climate Action and Environment
 29-31 Adelaide Road, Dublin, D02 X285

Ph. (01) 678 2668
 Email: EMD.info@DCCAE.gov.ie

Ref: M.A. 333/3

Date: 14th November 2018



FAMILY ANNOUNCEMENTS

Tel: 052-6172500

Email: sales@southtipptoday.ie

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

Deadline: Tuesdays @ 11.00am



ACKNOWLEDGMENTS

BURKE

(Acknowledgement & Months Mind)



Aileen

Kildonogue, Ardfinnan.

Died 18th October 2018

Aileen's husband Stephen, her sons Evan and Dean, her mother Anne, sisters Anne, Tina and Maudie and the extended Murphy and Burke families would like to express our sincere thanks to all who sympathised with and supported us on the sad occasion of Aileen's death.

We thank in a special way: All who sent Mass cards, sympathy cards, floral tributes, all who called to the house and all who attended the removal, funeral Mass and burial; Fr. Bobby Power for celebrating Aileen's funeral Mass; friends and family for their support during Aileen's illness and for their continued support to us at this sad time; Ardfinnan Community Council for organising refreshments in the Community Hall; the doctors, nurses and staff of Waterford Regional Hospital, Cork University Hospital and South Tipperary General Hospital for their care, support and kindness to Aileen and also to Dr. John Farrell and his staff at Market Yard Surgery, Cahir; John Corbett Undertakers for their sensitive and professional handling of the funeral arrangements.

Aileen's Months Mind Mass will be celebrated on Saturday 17th November at 6.15pm at the Holy Family Church, Ardfinnan.

THANKSGIVINGS

ST THERESE, THE LITTLE FLOWER

Please pick a rose from your Heavenly garden and send it to me with a message of love. Ask God to grant me the favour I thee employ and tell Him I will love him more and more. Amen. Say for nine consecutive days. One Our Father, One Hail Mary, One Glory Be. MOS

THE MIRACULOUS PRAYER

Dear Heart of Jesus, in the past I have asked you for many favours. This time I ask you this very special one (mention request). 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 prayer for three days. Promise publication and favour will be granted no matter how impossible. (never known to fail) CC

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

AUTHOR UNKNOWN

ACKNOWLEDGMENTS

MCCLOUGHLIN

(Acknowledgement)



Adaline "Ada" McLoughlin

7 Mountain View Drive
Cahir
Co. Tipperary

30th June 2018

The McLoughlin family - John, Bobby, Vera, Liam, Patsy, Sheila, sisters-in-law, brothers-in-law, grandchildren and great-grandchildren wish to thank all those who sympathised with us on our sad loss.

Our thanks to all those who attended the removal, Mass and funeral, those who travelled long distances, sent floral tributes, Mass cards and those who called to the house.

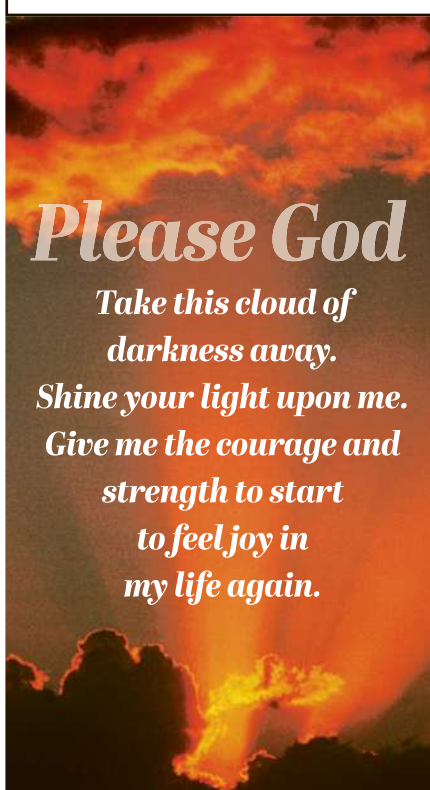
Sincere thanks to Fr. Frawley, Fr. Bobby Power and Fr. Knight who celebrated a beautiful Mass. A special thank you to Andrea Ruth for the lovely hymns and music and all who participated in the funeral Mass.

We are especially grateful to the doctors and nurses of Clonmel Hospital, St. Teresa's Hospital, Clogheen, Corpus Christi Nursing Home, Michelstown and C.U.H. Cork.

Many thanks to Costigan's Funeral Directors for their professionalism in handling all the arrangements and to Jimmy the gravedigger.

We would also like to thank the management and staff of Cahir House Hotel and the Gardai.

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



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.

ACKNOWLEDGMENTS

O'BRIEN

(Acknowledgement & Months Mind)



Margaret (Peggy) O'Brien
(nee Mulcahy)

22 Connolly Park, Clonmel
& late of Glasnevin, Dublin.

18th October 2018

Peggy's sister Chrissie, brother-in-law Tom, nephews Michael, Fergal, Ciaran, Debbie, Aoife and Maura, extended family and friends would like to thank all who comforted and supported us in our recent bereavement. Thanks to Fr. Billy Meehan for the beautiful Mass, his words were so apt and sincere. Also, to Fr. Pat Hayes for his graveside prayers. Thanks to Mary Adamson and all the choir members for their beautiful singing and also the sacristan Eddie Sweetman. Thanks to Michael and Ciaran for readings and to all the doctors and nurses in Surgical Ward 1 and 2 in South Tipperary General Hospital, also the Cottage Hospital.

Thanks to Mary Street Medical Centre, Dr. Colman Walsh and very special thanks to Dr. Liz Cantwell who gave Peggy so much attention and care, especially in Peggy's final days. Also Siobhan Halpin, Public Health Nurse and to the palliative care nurses and doctors in attendance on the day Peggy died.

Thanks to Peggy's carers Kerry and Ger and also chemist Cormac Harte and staff in Maher's Chemists.

Thanks to everyone who sent Mass cards, sympathy cards, floral tributes and phone calls and to everyone who called personally to the house and all who attended the removal and attended the funeral Mass.

To all the neighbours for all their help and support.

Also a special thanks to Peggy's friends in Dublin, Patty and Catherine Walsh for their kindness and friendship over the years.

A very special thanks to Billy and Ruth Keely for their many visits to Peggy in hospital and at home. Also, Annie O'Carroll and Denise Frieberg, Chrissie, Maria and James Whelan.

A special thank you to Sean Condon Undertakers; Sean, Anne and Sinead for their compassion and respect during a very difficult time. Also, thanks to the gravediggers in St. Patrick's Cemetery.

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

The Holy Sacrifice of the Mass has been offered for your intentions.

Peggy's Months Mind Mass is on Saturday 17th November in St. Mary's Church at 6.15pm.

BIRTHDAY MEMORIES

KENNEDY

(Birthday Remembrance)



Lena Kennedy

96 Barron Park,
Clonmel and London.

Birthday occurs on November 7th

Another birthday has come around and there is nothing we can do. But sit for a while and picture your smile, just like we always do.

Thinking of you on your birthday Lena, but that is nothing new. For no day dawns and no day ends without a thought of you.

Happy birthday Lena,

Love always - Mam and family xxx

Mass offered

O'RYAN

(63rd Birthday Remembrance)



Colm O'Ryan

Kilganey, Clonmel.

20th November

Quickly, sadly, came the call, without farewell you left us all.

A sudden call from God on high, you had no chance to say goodbye. So where you rest, we now go, and whisper Colm, we miss you so.

Always remembered by his partner Frances, sisters Mary, Nellie, Kitty, Bridie, brothers Michael and Jim and all their families.

*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.

MEMORIAL AND ACKNOWLEDGEMENT CARDS

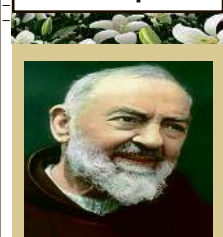
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**GOD'S
GARDEN**

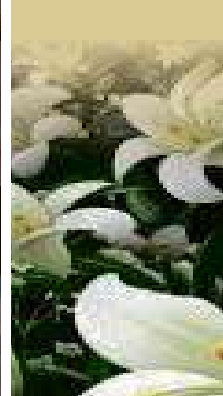
God looked around
His garden
And He found an
empty place
He then looked down
upon the earth
And saw your
precious face

He put His arms
around you
And lifted you
to rest;
God's Garden
must be beautiful
He always takes
the best.

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

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

It broke our
hearts to lose you
But you did not
go alone,
For part of us
went with you
The day God
welcomed you
home.





FAMILY ANNOUNCEMENTS

Tel: 052-6172500

Email: sales@southtipptoday.ie
 Post or Call to Queen Street, Clonmel, Co. Tipperary
Deadline: Tuesdays @ 11.00am



IN MEMORIAM

BURKE

(9th Anniversary)



& Birthday Remembrance)

In loving memory of Peter (John) Burke late of Irishtown, Clonmel whose anniversary and birthday occur at this time.

Deep are the memories, precious they stay, no passing of time will take them away.

Always remembered by your loving wife Yvonne, sons Ciarán and Ian and daughter-in-law Nisha xxxxx

IN MEMORIAM

DALTON

(27th Anniversary)



Sad and loving memory of my mother Brigid, late of Clonmel, whose anniversary occurs on 21st November. Also remembering my father Patrick and sisters Rita and Maire at this time.

Along the road to yesterday, that leads to me and you, are memories of our happy days, together we once knew.

Sadly missed by your loving daughter and sister Joan.

Masses offered.

IN MEMORIAM

GREENE

(23rd Anniversary)



In loving memory of Edward Greene, 42 Marian Ave, Carrick-on-Suir, Co. Tipperary, whose anniversary occurs on 8th November.

Precious people are very few, that is why there was only one of you. Treasure him Lord, in your Garden of Rest, because on earth he was one of the best.

Sadly missed by Frances, Kieran, Shannon, Nicole, Brogan and Keegan. xxx

A special day, another year, a loving thought, a silent tear. A little prayer to keep in touch, with someone we loved and miss so much.

Never forgotten your sister Annmarie, nephews Raymond, Patrick, Corey, and nieces Karen and Sarah xxx

Of all the things in life, however great or small. To have you as a brother was the greatest gift of all.

Always loved - Catherine, Jim, Jamie and Tara xxx

There is always a face before me - your voice I long to hear. The smile I will remember of a brother I loved so well.

Always remembered - John xxx

Mass offered.

IN MEMORIAM

HOGAN

(4th Anniversary)



Jim Hogan

22 Ballingarrane, Clonmel.

4th Anniversary - 29th November

No matter how life changes, no matter what we do. A special place within our hearts is kept aside for you.

Always loved and remembered by your wife Monica, son Adam and family, daughter Kellie and Matthew and your parents Peg and Ken xxx

KENNEDY

(2nd Anniversary)



In loving memory of a loving mother and grandmother Marion Kennedy (nee Carey), Springfields, Clonmel, who died on 14th November 2016.

They say there is a reason, they say that time will heal, but neither time or reason will change the way we feel.

For no one knows the heartache that lies behind our smiles, no one knows how many times we have broken down and cried.

We want to tell you something so there won't be any doubt, you're so wonderful to think of but so hard to be without.

Sadly missed by your daughters Patricia, Maura and Helena, sons John, Liam and Martin, daughters-in-law, son-in-law, grandchildren, brothers William and Gerard.

Anniversary Mass on Sunday November 25th at 10.30am in Ferryhouse Church, Clonmel.

DONOGHUE

(15th & 25th Anniversaries)



In loving memory of John and Bridget Donoghue, late of Roaring Springs, Old Bridge, Clonmel, whose anniversaries occur at this time.

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

Always remembered by your son Mick.

CAIRNS

(21st Anniversary)



In loving memory of Liam Cairns, 34 Dillon Street, Clonmel, whose anniversary occurs on November 8th.

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

From his loving wife Sheila and family.

COSGRAVE

(10th Anniversary)



In loving memory of our mother Chrissie, late of Old Bridge, Clonmel, who died on 29th October, 2008. Beloved mother of Noel, Sean, Anthony, Paul, Kathleen, Breda, Anne, Marie and Geraldine.

Those we hold most dear never truly leave us.

Mam, you live on in the kindness you showed, the comfort you shared and the love you brought into our lives.

Always remembered by your sons, daughters, sons-in-law, daughters-in-law, grandchildren and great-grandchildren.

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HANRAHAN

(2nd Anniversary)



In loving memory of Paddy Hanrahan, late of Mayladstown, South-Lodge, Carrick-on-Suir, who died on 14th November 2016 RIP

We are sad within our memory, lonely are our hearts today, for the one we loved so dearly, has forever been called away.

We think of him in silence, no one may see us weep, but many silent tears are shed, when others are asleep.

- your loving wife Teresa and family.

Sympathy Prayer

Dear Lord, please comfort those in grief,

Love them, lift them, give relief

For loss they've suffered, sadness felt,

Make this sorrow slowly melt.

Lord, let happy memories ease,

Creating peace like a gentle breeze,

And as you help them make it through.

Draw them closer, Lord, to you.

*Those we love,
 We never lose,
 For always they will be,
 Loved, remembered,
 treasured
 Always in our memory.*

Rest in Peace





FAMILY ANNOUNCEMENTS

Tel: 052-6172500

Email: sales@southtipptoday.ie

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

Deadline: Tuesdays @ 11.00am



IN MEMORIAM

LYNCH

(15th Anniversary)



In loving memory of Mary Lynch, 27 Baron Park, Clonmel, who died on the 9th November, 2002, aged 77 years. Rest in Peace.

We lost a Mother with a heart of gold, how much we miss her can never be told. She shared our troubles and helped us along, if we follow her footsteps, we can never go wrong.

Always remembered by your son Michael, daughter-in-law Margo, grand-daughters Pam and her Fiance Sean, Debbie, her husband Kais and children Louis and Isabelle.

O'KEEFFE

(11th Anniversary)



In loving memory of Darren O'Keeffe, late of 8 Woodview, Cahir, who died on 12th November 2007 RIP.

Quietly today your memory is kept, no need for words, we will never forget. Our thoughts go back as they often do, we treasure the memories we have of you.

Remembered always by your daughter Kayleigh, Mam Mary, sisters Aimee, Lisa and Noeleen, nephews Keelan, Darragh, Lorcan, Oliver and baby Ciarán and nieces Ella and Evie. xxx

IN MEMORIAM

O'NEILL

(20th Anniversary)



In loving memory of a dear wife and mother, Kitty (nee Gallagher), 67 Baron Park, Clonmel who died on the 13th November 1998.

We sat beside your bedside, our hearts were crushed and sore, we did our duty to the end, 'til we could do no more.

In tears we watched you sinking, we watched you fade away, and though our hearts were breaking we know you could not stay.

You left behind some aching hearts, that loved you most sincere, we never shall, and never will, forget you Mother dear.

Always loved and remembered by husband Tom and family.

Anniversary Mass on Sunday 18th November at 12.30pm in Ss Peter and Pauls Church.

O'SHEA

(28th Anniversary)



In loving memory of our mother Peggy O'Shea, late of 37 Abbey Road, Clonmel who died on the 9th November 1990 RIP.

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

Always remembered by your daughters Mary, Helen, Margaret, Noeleen, Pauline and families.

Mass offered.

IN MEMORIAM

ROSSITER

(7th Anniversary)



Treasured memories of my dear son Thomas, late of Bianconi Drive, Clonmel who died on November 21st 2011 RIP.

Silent memories keep you near, as time unfolds another year. Out of my life you may have gone, but in my heart you still live on. Time goes on but its not the same since I lost you.

Love always from your Mam xxx

Anniversary Mass on Saturday 24th November at 7.30pm in St. Oliver's Church.

ROSSITER

(7th Anniversary)

In loving memory of our brother Thomas (Bommer) who died on the 21st November 2011.

November is here with sad regret. The day, the month we won't forget. Silently, sadly came a call, without farewell you left us all. No matter how life changes, no matter what we do. A special place within our hearts, is always kept for you.

Always loved and remembered by your loving sisters, brothers and families. xxx

The Hand of God



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

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

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

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

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.

Those we love,

We never lose,

For always they will be,

Loved, remembered,
treasured

Always in our memory.

Light a Candle...

A candle to remember, may it burn ever so bright

As we look to the heavens on this very night.

Beyond the stars, our dear loved ones soars

Embraced by their Savior on heaven's shores.

As the angels protect them
and sing their sweet name

We honor their life with the glow of this flame.

So we light this candle for our loved ones tonight

As a symbol of our love and their eternal life.

LOCAL SPOTLIGHT

Send community news to dylan.white@iconicnews.ie

CLONMEL

Heartfelt Cardio Screening

Heartfelt Cardio Screening is coming Clonmel Park Hotel on November 21 and December 5.

The revolutionary BPro pulse wave analysis device will provide affordable and accurate heart and artery screenings.

Screenings are carried out by a Healthstats certified technician and a full print-out of the results are given on the day. The procedure is non-invasive and completely pain-free. The information provided by our BPro screenings can help doctors decide whether more invasive investigations are required, thereby saving patients further unnecessary trauma.

The cost of an individual BPro test is €50 per adult with a 10% discount (€90) for a couple. There is also a 20% discount for groups of 12 or more people.

Appointments are essential and are available from 11am until late. Contact Anna on 086-4135555 or Jimmy on 086-2566422. Email: heartfeltcardio-screening@gmail.com. Website: www.bproheartfeltcardioscreening.com.

Black Friday at Maxi Zoo

Black Friday is the perfect opportunity for customers to get their hands on their favourite products at phenomenal prices at Maxi Zoo in Clonmel, while treating their pets without breaking the bank. Maxi Zoo will offer fantastic bargains from November 19-25. Products like food, toys, bedding and pet essentials will be on offer with some products reduced by up to 80%.

Probus

The club will meet at My Café for refreshments on November 22 10.30am, followed by a visit to Clonmel Museum. Contact Jim Trehy on 087-9608713.

Arts Group

New members are welcomed to join the Adult Art Group on Tuesdays from 7.30pm in the Art Room behind Ss Peter and Paul's Primary School and on Wednesdays from 10.30am at the Arts Centre on Nelson Street. Cost is €60 per year and can be paid by instalments if required. Contact Maureen on 086-8096823. STAG's fifth 50th anniversary exhibition runs at The Excel Art Gallery in Tipperary Town until December 1.

Dolphin Swimming

Fundraising dance in aid of the club takes place at the GAA Centre on the Western

Road on Friday, December 7, from 9.30pm. Music by Paul Lafford Admission €6. Finger food will be served.

MARLFIELD

Quiz

Village fundraising quiz takes place November 15 in Carey's at 8pm. Tables of four are €20 with sandwiches for everyone.

GAA Club AGM

Takes place in the clubhouse on December 1 at 6.30pm.

CASHEL

Toastmasters

Area final of the Humorous Speech and Table Topics takes place in Clonmel Park Hotel this Thursday, November 15. Next meeting takes on November 22 at 8pm in Halla na Feile. Contact the club on its Facebook page.

Lost

Gold necklace chain of sentimental value lost in Cashel on Sunday evening, November 4. Tel: 061-452710.

TIPPERARY TOWN

Fellowship

Christian Fellowship Meetings every Sunday at 11.30am in Tipperary Town Community Centre. Current sermon series features the Gospel of John. Live broadcast on Tipperary Mid West Community Radio with a talk on the Bible mixed in with some uplifting music takes place on November 28 at 6.30pm. Stop by at our Christmas book stall at Dunnes Stores on December 8 where you can receive free 2019 calendars, Bibles and booklets.

CARRICK-ON-SUIR

Bridge Club

Results from October 30: 1st Biddy Skelly and Mairead Phelan, 2nd Kitty Lalor and Joan O'Sullivan, 3rd Marie Phelan and Marie O'Connor. November 1: 1st Kitty Mullins and Ita Power, 2nd Biddy Skelly and Tilly O'Donnell, 3rd Marie O'Connor and Kevin Curran. November 5: 1st Maureen Nolan and Vera O'Donnell, 2nd Phil Brannigan and Eileen Fennessy, 3rd Breda Feeney and Martin Kiely.

Tennis Club

Castleview Lawn Tennis Club will host their club championship men' and ladies doubles from November 19 to December 1. Sections: Grades 1, 2 and 3, Grades 4 and 5 and Grade 6. Pairings will be determined by the tournament dir-

ectors with a maximum of two events per person. Cost is €10 per event. Sign up sheets are in the clubhouse and entries close on November 16.

Poetry night

Join Margaret O'Brien and company in the Brewery Lane Theatre's tearoom for an informal evening of poetry and prose November 16 at 8.15pm.

Powerstown/Lisronagh

Rathkeevin ICA

November Meeting Wednesday 21 at 8pm
Catering - Rose Group: Maura Acheson, Bernie Ryan, Betty Williams, Helen Kearns and Noreen Donoghue.
Competition - 6 Mince Pies Collection for C-Saw at this meeting

Diary Dates

November 21 Monthly Meeting / See Saw Collection
December 2 Federation Christmas Party & Winter Meeting at Raheen House Hotel 2 pm. Tickets €40 from Treasurer Maria Burroughs 0851231651
December 5 Rathkeevin Guild Celebration Birthday Party for 4 members
December 8 Federation - Floral Arranging Workshop at St Oliver's Clonmel 10 am - 3 pm €25 all Materials Supplied.
December 12 Guild Christmas Party Raheen House Hotel 7pm Please Bring Gift for Santa's Sack

Holy Souls

Mass for the Holy Souls in Lisronagh on this Thursday at 7.30pm

Mass for the Holy Souls in Powerstown on this Friday at 10 am
Rosary and Benediction for all buried in the cemeteries of Lisronagh, new and old, Baptistgrange, Rathronan, and Donoughmore on Sunday November 18 in Lisronagh at 3pm.

St. Patrick's Cemetery Mass

The annual Mass for all buried in St. Patrick's cemetery will take place on Thursday, November 22 at 11am.

Rathkeevin Cards

Winners of the weekly card game held on Thursday, October 8 were.
Paddy Franey & David Blissett on 11 games.
Mick Keane & Rose Ann Carew; Chris. Maher & Joe Aherne; Jim & Mary Garrett; all on 10 games.
Table Prizes on 19th & 20th games went to Jim Phelan & John Donovan with Michael Prendergast & Margaret Quinlan.
Cards again on Thursday November 15. Beginners or seasoned card players are welcome to our well run card game. Partners available if required.

CLOGHEEN

A Big Thank You

St Paul's Community Centre would like to extend their gratitude to Catherine Whelan Clogheen who did an amazing job organizing the Halloween Dance for the children of the area. The hall was packed with delighted children. Thanks again Catherine, you are a great organiser.

Sympathies

Deepest sympathies are extended to Philip Ryan and family Ballyboy West, Clogheen on the recent death of his father. A native of Killenaule. Jimmy excelled in the craft of hurley making, and was known the length and breadth of Ireland. May he rest in peace.

Social Dancing

On Saturday, November 24, the brilliant Catherine and Images will play for this months Social Dancing in Clogheen Community Hall. Band starts at 9pm to 12 midnight, refreshments served, with free raffle. Reviews from previous dances is that Clogheen is been classed as one of the finest dance floors around. Come see for yourself. On Saturday, January 5, 2019 we have the fantastic Fran Curry, and Murial O'Connor in Clogheen. It would be a lovely Christmas present. Please leave any notes for next weeks paper into Moroneys Shop or phone P.J. at 0877984929 or email p.j.english@hotmail.com

In support of Conor

A wonderful crowd attended the Sunday Afternoon Fundraising Bingo in St Paul's Community Hall, Clogheen last Sunday. All proceeds go to Conor Tyrrell fund. The Tyrrell family and friends would like to thank everyone who helped to make this a great success and to everyone who attended on Sunday.

Local Businesses 'down the years'

Ballyporeen, Clogheen, Burncourt Heritage Group presents BALLYPOREEN PARISH BUSINESSES 'Down the Years' on Saturday, November 24 at 8 pm in Ballyporeen Parochial Hall. All are welcome. This will be a look at the businesses and the people that ran them down the years from blacksmiths, shop, pubs to saddlers. This will mainly be a presentation through photos, archives tracking the changing businesses down the years and the various personnel which operated them, which will be narrated by Neil Donovan. Nothing stands still and this is certainly the case for business types and amounts in the parish ie 100 years ago there was 12 pubs in Ballyporeen, 2 pubs in Skeheenarinky and 2 in Araglen!! If anyone has information, photos, letter heads that they want included, please contact Neil Donovan on 086-0403607 or email neil.donovan67@gmail.com

Kilsheelan/Kilcash

Foroige

Foroige takes place every Thursday starting at 7.30pm, All Weather available with Foroige. As always, the Centre is available for birthday parties and hire of the All-Weather at competitive rates. To enquire re the Centre, kindly ring Maura on 087 9753727.

Thank You

Thank you to everyone who helped out at the children's Halloween Disco.

Killurney Sports & Social Club

The Annual Bring & Buy Sale takes place this Sunday (18) in the Hall at 2.30pm. The success of this event is vital to fund Hall maintenance and this year to defray expenses incurred in upgrading our kitchen facilities. We hope to have your continued support. The Ryan Brothers will be in Killurney at 8pm on Thursday, November 22 and we hope to have a full house for this new venture.

Kilcash Community Centre - Cards

Another card playing season now well underway, with excellent numbers attending weekly. Some recent winners include Matt & Ellen Kirby, Eddie & June Cooney and Paddy Stokes & Jack O'Donnell. Tying for first place last Wednesday night, on an excellent score of 12 games, were Patsy Hartigan & Jim Phelan and Davy & Brian Blackmore. The Christmas Hampers which begins on Wednesday November 21 and continues on November 28, December 5 and 12. Best three scores out of four.

Community Field

A sincere "thank you" to all who provided cakes, purchased items or supported the raffle at our Cake Sale last Sunday.

Lotto

Tuesday, November 5. The Lotto now stands at €2,800. Numbers drawn were; 12,15,17 & 23. We had no winner this week, We had 3 match 3 winner, who won €35 each.

Joker Draw

Aine Brett's ticket was drawn from the drum and the Joker was not turned. Voucher for Ryan Design. Next Draw on November 12 at 8.30pm in Nagles.

Lotto AGM

Kilsheelan Kilcash Community Lotto AGM on Tuesday, November 20 in Kilcash Community Hall at 8.30pm.

Well done Michael

Congrats to Michael Keane who won €1,000 in the County Draw recently.



Karen Hawkins Mullins, daughter of Patrick and Angela Hawkins of Clonmel, graduated from Mary Immaculate College Limerick with a second class honours in Leadership for Inclusion in the Early Years recently and is now the inclusion coordinator at Clonmel Childcare

90,000 illegal medicines worth €375,000 detained in Ireland during Operation Pangea

The Health Products Regulatory Authority (HPRA), in partnership with Revenue's Customs Service and An Garda Síochána, detained almost 90,000 dosage units of illegal prescription medicines, valued at over €375,000, as part of the Interpol-coordinated Operation Pangea XI.

Operation Pangea, which took place last month, was an international week of action targeting the online sale of falsified and illegal medicines where Irish authorities joined representatives from 60 other countries working to target criminal networks behind the sale of these via illicit online suppliers and online e-commerce platforms.

Simultaneously, it was also by Interpol that the global Operation Pangea XI resulted in over 10.1 million dosage units of illegal medicines and medical devices, with an estimated value of US\$14 million being detained across all 61 countries involved. Globally, 4,990 websites and web pages on social media, e-commerce sites and other advertisement platforms were shut down or were in the process of being shut down.

The breakdown of the approximate 90,000 dosage units of medicines detained during the week of action in October in Ireland includes

anabolic steroids (29,518 units), sedatives (25,241 units) analgesics (5,477 units), erectile dysfunction (5,700 units) and other small quantities (14,009 units).

In addition - in line with the approach taken in Operation Pangea - the HPRA, Revenue's Customs Service and An Garda Síochána have targeted, on an ongoing basis throughout 2018, illegal online supplies, including through social media, coming into and within Ireland. This ongoing action has from January 1 to the end of September led to the detention of nearly 400,000 dosage units of illegally supplied online medicines valued at €1.39 million. This year, round action is focused on disrupting the supply lines, reducing this type of supply and thereby safeguarding public health. This ongoing focus in Ireland has also resulted in 14 social media pages and 10 e-commerce advertisements being taken offline. In addition, 56 websites were investigated to force them to either close or cease selling medicines into Ireland.

HPRA chief executive Dr Lorraine Nolan emphasised the health risks of purchasing medicines from illegal sources, highlighting in particular the issues pertaining to unlicensed anabolic steroids.

"We have detained almost half a million dosage units of illegal medicines since the start of the year which is con-

cerning. Falsified medicines and medical devices can appear legitimate, but we can't stress enough that there are simply no guarantees as to what is contained in these products.

"Members of the public are putting their health at significant risk by buying medicines from unverified and unregulated sources. Laboratory analysis of products detained has shown that these illicit medicines often contain too little or too much of the active ingredient. They have also been found to contain harmful or undeclared substances.

"Under the law, the supply of prescription medicines by mail order (including the internet) is prohibited. The results demonstrate the importance of national and international collaboration amongst enforcement agencies to prevent potentially dangerous medicines from reaching the public.

"Supply of anabolic steroids from online sources continues to be prevalent in Ireland, in addition to face-to-face sales. We are very concerned that consumers are purchasing anabolic steroids from illegal suppliers without awareness or knowledge of the potentially serious consequences for their health and wellbeing. We advise that people should not use anabolic steroids unless prescribed for them by a doctor for a medical reason as misuse of these products can



cause serious physical and psychological health issues," Dr Nolan said.

"The HPRA has launched a campaign entitled "ZeroGains", which aims to highlight these health risks. Our new website www.zerogains.ie provides trustworthy information on the real risks of anabolic steroid use.

Dr Nolan added that www.zerogains.ie provides trustworthy information on the real risks of anabolic steroid use. "It provides practical advice to help anyone who is suffering from health issues associated with use and provides details on how members of the public can report concerns to us about the

illegal sale and supply of anabolic steroids."

The support of Operation Pangea by social media and technology companies, the electronic payments sector and the pharmaceutical industry highlights the significant collaboration now taking place between the health product regulators, law enforcement agencies and the private sector in combating the illegal supply of medicines and medical devices.

Operation Pangea aims to highlight to the public the risks involved in the illegal online supply of prescription medicines, in particular, and non-compliant medical

devices, many of which are from dubious sources while others are falsified/counterfeit.

Operation Pangea has grown extensively since it first took place in 2008 involving, at that time, just eight countries, including Ireland. Operation Pangea XI was coordinated by Interpol, together with the World Customs Organisation (WCO), the Permanent Forum on International Pharmaceutical Crime (PFIPC), the European Heads of Medicines Agencies Working Group of Enforcement Officers (WGEO), the Pharmaceutical Security Institute and Europol.

Steroid use results in #ZeroGains

Side effects of using anabolic steroids

IN MEN:

Baldness and hair loss
Severe acne
Liver damage
Kidney problems
Heart failure
High blood pressure
High cholesterol and blood clots
Fluid retention
Growing of breasts (man boobs)
Inability to get an erection (erectile dysfunction)
Shrunken testicles
Reduced sperm count and infertility
Stomach pain

IN WOMEN:

Hair growth on the face and body
A deepened voice
Shrinking breasts
Problems with periods

Psychological or emotional effects

The misuse of anabolic steroids can also cause the following:
Aggressive and potentially violent behaviour (roid rage)
Mood swings and depression
Extreme irritability and manic behaviour
Hallucinations and delusions
Problems sleeping

Risks for youths

Stunted growth and height
Premature ageing of the bones

Dangers of injecting anabolic steroids

Damaged veins and muscles
Risks around sharing needles are the same risks associated with recreational drug use, which can lead to serious infections such as HIV or Hepatitis C

Clinic on healing chronic skin conditions

Psoriasis and eczema aren't diseases of the skin, they're actually diseases of the immune system.

Psoriasis is an autoimmune response to stress, and eczema is an allergic overreaction to normally harmless foods or substances. Likewise, acne is actually a hormonal disorder that's made worse by an inflammatory diet.

There's usually a genetic factor to chronic skin problems like these. A primary trigger will cause it, then secondary triggers - like diet, vitamin deficiencies, stress, hormones, chemicals, allergies, infections, immunity or injury - keep it going.

Treatments are often limited to the symptoms such as steroids for inflammation and antibiotics for infection. They can be useful for major flare-ups, but most are not



Naturopath and medical herbalist Debbie Walsh

safe to use long-term, and the condition will persist if you haven't addressed the triggers.

Debbie Walsh is a skin specialist who uses an integrative and holistic approach to treatment. She grew up in Ireland at a time when processed foods were becoming

more popular and breastfeeding was actively discouraged. She suffered from eczema throughout her childhood and, though it eventually resolved in her 20s, she went on to develop psoriasis in her 30s, which persisted for eight years.

"My goal is to determine

what the person's unique triggers are, then treat the cause rather than just the symptoms," says Debbie, founder of Auckland Skin Clinic, a New Zealand-based practice that focuses on chronic skin conditions.

"I took a degree in Natural Medicine when I moved to New Zealand 14 years ago and finally managed to put my psoriasis into remission," continues Debbie, whose integrative approach has supported successful outcomes for an ever-growing list of clients.

"It takes a bit of detective work, but to be able to change so many lives for the better is very rewarding," she adds.

Debbie, a naturopath and medical herbalist, will be running a clinic in Clonmel for two weeks in January 2019. For bookings and more information, email: info@auclandskin-clinic.co.nz.

Oskar to launch Club De Luxe streetwear collection

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

A teenager who moved to Tipperary from Poland has overcome a troubled childhood and is making a success of his life.

Instagram influencer Oskar Lipinski, who starred in the current series of Ireland's Fittest Family on RTÉ One, plans to launch his own streetwear collection, Club De Luxe, in the coming months.

He is using the experience of modelling for clothing brands over the past few years to start a new chapter in his life.

"I've been saving every penny the last six months, working over 60 hours a week between two jobs, and then coming home at night and working on the designs. I will be receiving samples from manufacturers in the next few weeks, building a website

and doing some photoshoots. It's a big step for me and I'm looking forward to the future," 17-year-old Oskar tells South Tipp Today.

But Oskar's journey to kick-starting his own business has taken many detours. After moving to Thurles 15 years ago, he had a difficult upbringing. "I was easily influenced as a kid growing up in Thurles. I got in with the wrong group and was always trying to act cool and stand out from the crowd.

"I had a difficult time in primary school and it had gotten to the stage where I wasn't allowed to stay in the school at lunchtime because I was a hazard to the other pupils. It wasn't until I went into secondary school that I copped on, winning awards in first and second year like Entrepreneur of the Year.

"But I fell back in with the wrong crowd again and was

doing stupid things in front of my friends. I was nuts, had a very short temper and my parents were always getting called into the school," Oskar admits.

With the support of his sister Daria (19), parents Darek and Justyna, and close family friends, Oskar committed to getting his life on track. He started playing GAA for Thurles Gaels, dressed better and joined the gym. He opted to drop out of school in order to focus on his brand and fitness, but credits SNA teachers at Coláiste Mhuire Co-Ed for keeping him in school until fifth year.

"I wasn't hanging around the street and had something to look forward to. The gym was a great place to throw on my headphones and let off some steam. I put up a three month transformation photo on Instagram and got great feedback. I started watching

fitness influencer Rob Lipsett on YouTube and I want to be a younger version of him. If I really work hard, I can get up to the level he's at and have a better life when I'm older," Oskar dreams.

Oskar, who works as a personal trainer at Xtreme CSC Thurles, says providing "valuable content" to his 18k Instagram followers got him noticed by Ireland's Fittest Family. The Lipinskis were knocked out of the series, but thoroughly enjoyed having Wexford manager Davy Fitzgerald as their coach.

"Ireland's Fittest Family contacted me on Instagram and said they would love to have me on the show. I always wanted to be on TV, so I convinced my family to do it. Davy Fitz was a good coach to work with. People make him out to be a mad man, but he's actually really quiet and nice," Oskar smiles.



Ireland's Fittest Family star Oskar Lipinski

Influencer on how social media changed the fitness industry

South Tipp Today sat down with award-winning Clonmel fitness nutritionist Peter O'Halloran to talk about the rise of fitness online.

A member of the Defence Forces, Peter also runs his own online personal training business. He won Ireland's Best Fitness Nutritionist/Dietician award at the Irish Fitness Industry Awards 2018 and Best Use of Social Media by a Gym/Personal Trainer at the Social Media Awards 2018.

When did the rise of fitness on social media kick off?

It's hard to pinpoint really when the rise began but I would say around 2010 when Instagram went live. I think Instagram has a lot to do with the rise in this industry.

Fitness industry before social media

Before social media the industry was a lot different. The

only pictures of people you would see were the pro bodybuilders competing. I remember when I was 18 starting off doing weights there wasn't much advice and if you wanted to learn about it you had to do one of two things: ask the big guy in the gym for advice and pick his brains, but you don't want to be that annoying guy asking questions all the time, so I went for the other option of just reading books. I searched for the best fitness and nutrition books to learn as much as possible.

Rise of non-qualified "fitness experts"

Nowadays everything is a click away. This can be a good thing and a bad thing because with the rise of fitness you also get the rise of the non-qualified "fitness experts" - the ones who have no qualification but like to give advice.

The same goes for per-

sonal trainers who have basic nutrition selling diet plans with no nutrition qualification. This is one that is extremely common. I've even asked some personal trainers the same question in the past: why do you sell nutrition plans when you're not qualified to as a personal trainer and the answer I got all the time was "because everyone else is doing it"

Pros and cons of fitness online

The pros with the rise of fitness on social media is the amount of information that is available online. All you have to do is type in your question and sure enough you will find a load of information.

The cons with this is a lot of information is just not true. As mentioned already, the rise of fitness influencers with no qualification is flooding the industry with nonfactual information and pseudoscience. Because of this it can be difficult for the

average joe to distinguish what is actually fact or fiction.

Another con is the body image that social media is portraying. Look at Instagram for example where you have men and women with fitness in their names. They have a good body but don't put out any relevant content to do with fitness. For the men, it's usually a bombardment of abs and biceps and women's profiles are usually pictures of their rear end. Photoshop is also creeping in massively as people are altering their photos by adding in muscle or shape which is just deceiving.

Young people are seeing this and think this is how you're supposed to act online on a daily basis. The idea that less clothes will get me more likes and followers is contributing to a rise in eating disorders and other issues like depression in young people as they are seeing these



Fitness and nutrition expert Peter O'Halloran

people on their screens every day and want to be like that.

Role of fitness influencers

I would call an influencer anyone who can influence others. I have been called an influencer and I disagreed for a long time. But when I think about it, I give factual information online and when I give weight loss tricks and tips I always get messages

from people saying they have tried it with feedback.

But the main issue these days is the sell-out influencers. You see it all the time, the ones who have a massive following and start promoting products that have no scientific proof. They are willing to say whatever the company want them to say for a few euro.

Award-winning Kyoto arrives on Clonmel's restaurant scene

Just in time for Christmas, Clonmel has a new addition to its restaurant scene.

Due to open next week, Kyoto will be a sister restaurant to the original one on Waterford's bustling High Street. The original opened in 2015 and has been

very successful thanks to its good location, attractive pricing and very tasty food as attested to by Georgina Campbell.

Owner Sam Zhuang is hoping the same formula will be successful in Clonmel. Parnell Street now has a great selection of eat-

eries, bars and nightlife so it's a very lively part of town.

An extensive menu will be offered. The wide selection will delight sushi fans, but there's plenty of choice for everyone as the second part of the menu offers an equally wide choice of broadly Asian

dishes, ranging from popular noodle dishes including Teriyaki Soba (grilled choice of meat with fried egg noodles and teriyaki sauce) and ramen (traditional bowl of noodle soup, available with meat, poultry, seafood or vegetable and tofu) to stir fries and curries such as Thai

Green Curry.

Desserts will be western style such as banoffee pie and chocolate fudge cake, but there's good coffee as well as several very well-priced wines, the traditional Japanese drink sake and Asian beers.

All round Kyoto will be a

super place and South Tipp Today highly recommends you pay a visit.

Everything will be fresh, piping hot, served on warm plates and absolutely delicious - and the very pleasant staff will look after everyone admirably.

Ireland's Biggest Christmas Festival on your doorstep

Winterval - Ireland's biggest Christmas festival - will feature over 60 free and ticketed events across Waterford city as part of an exciting new programme, which runs from November 17 to December 23.

Attracting over 500,000 visitors each year, Waterford city will be transformed into a magical winter wonderland for the duration of Winterval. New attractions for 2018 include Enchanted Christmas, a brand-new Santa experience at the Old Postal Sorting Centre and the free 12 Days of Christmas attraction taking place across Waterford city.

Twelve events - from spoken word to street theatre - will run during the festival, each representing a gift from the iconic Christmas song. Details of each event for 12 Days of Christmas will be revealed in advance on www.winterval.ie, Winterval's social media platforms and the Winterval app.

"We're delighted to present the new jam-packed programme for the seventh annual Winterval festival. Along with new attractions, we welcome back some family favourites such as

Winterval Illuminates, the Christmas light show on Cathedral Square.

"There will also be fantastic markets, selfie stations, the Winterval Express Train and Sleigh, and a 600 square metre ice rink at the Waterside carpark with Winterval on Ice. To top it off, this year there is a wonderful new Christmas attraction by the award-winning Waterford street arts and spectacle company Spraoi at Wyse Park.

"We have set out this year to acknowledge and celebrate what makes Christmas truly special - the creation of unforgettable memories with plenty of festive magic," newly-appointed Winterval festival director Tommie Ryan said.

Winterval kicks off this Saturday, November 17 from 4pm with the arrival of Santa and International Rose of Tralee Kirsten Mate Maher at John Roberts Square for the turning on of the city's lights at 5pm.

Other highlights include the return of the Waterford Eye, the iconic Big Wheel on Merchants Quay. A VIP experience on the attraction is available, which includes warm blankets, chocolates and prosecco or non-alco-



Brothers Isaac (9) and Evan (6) Sullivan with Santa at the launch of Waterford Winterval 2018, which runs from November 17 to December 23

holic fizz for children's groups.

A giant post box for Santa letters, situated at The Apple Market, will see free special performances from the Waterford Academy of Music and Arts every Saturday and Sunday afternoon during the festival.

Other performances include Handel's Messiah, per-

formed by the City of Dublin Chamber Orchestra and the Notable Works Chorus, at St John's Church on December 2; a free Lions Club Christmas Carol Service at the Cathedral of the Most Holy Trinity on December 15; and two special concerts at City Hall on November 17 and December 17.

For charities, Waterford

Rotary Club Memorial Christmas Tree Appeal will support Waterford Hospice on John Roberts Square. At the Cartamundi Giving Tree at Georges Court Shopping Centre, for every homemade decoration hung a donation of a toy to the St Vincent de Paul will be made by Cartamundi, the leading Waterford-based games manu-

facturer.

"Every year, sponsors, stakeholders, local businesses, volunteers and the general public rally behind Winterval to make this magical festival possible. Through their support, they have made Winterval the leading Christmas festival in Ireland," Tommie added.

Caring for your feet during the winter months

Winter has arrived meaning hot chocolate, time in front of the television and Santa Claus, but winter also presents a special challenge for your feet, writes Andrea Keenan.

Whether you love the cold weather or are counting down the days until spring, it is important to keep your feet warm and healthy in wintertime.

People always remember to pamper their feet in preparation for the warm summer months because they are more exposed. The following are some tips for giving your feet the proper care this winter.

When the outside temperature drops you need to make sure you are wearing warm socks and good supportive, preferably waterproof shoes so your feet get protection from the wintry weather. Ensuring your shoes and boots fit comfortably and are not too tight is paramount when choosing any shoe at any time of the year. To check that you are wearing a shoe with a toe box wide enough for your feet, you should be able to wiggle your toes freely. Shoes

or boots that restrict the movement of your feet and squash your toes create pressure on the nail and this in turn can cause your nail to grow into the skin and develop into an ingrown toenail. Allow for extra room to wear thicker socks so there is no pressure on your feet and toes. Shoes should also have a thick sole and adequate grip allowing your feet to stay dry during the rain and remain steady on icy surfaces.

The Foot Care Centre in Clonmel now exclusively stock DB Shoes, made specifically for people with forefoot problems such as bunions, hammer/claw toes and lymphedema. These shoes have a deeper toe box that allows space for hammer/claw toes. They are wider to accommodate bunions or problems with arthritic feet. Some shoes also have a velcro crossover closing which can accommodate people with lymphedema and swollen feet.

Socks made from natural fibres such as bamboo, cotton or wool are best for your feet. Avoid synthetic fabrics which can cause your feet to sweat and smell. Natural fibre socks help keep your feet warm and

dry and prevent heat loss. This is especially important for people who suffer from Diabetes, Raynaud's Disease or poor circulation because they are more likely to experience problems with their feet during cold weather. Chilblains are one example and these particularly appear on the tips of your toes as small painful or itchy red lumps and are an abnormal reaction to the cold.

It is important to keep your feet clean and dry and your toenails neatly manicured to avoid common foot issues such as corns, calluses, fungal infections and ingrown toenails. Cold weather can dry out your feet and cause cracks, especially in your heels. If not properly treated, broken skin can leave you vulnerable to infection.

Be sure to alternate your footwear during the winter months. When your feet are kept in a warm, moist environment for long periods of time - such as winter shoes and boots - the added warmth from closed-in shoes and warm socks may cause your feet to sweat, increasing the risk of infection and providing an ideal environment for nail fungus to grow



The Foot Care Centre in Clonmel now exclusively stock DB Shoes

and thrive. Keep shoes clean and dry and allow them to air out between wears.

I recommend:

1. Washing your feet with soap and warm water daily, ensuring that you properly dry them, especially between the toes.
2. Use a file or pumice stone to lightly smooth your heels.
3. Moisturise your feet, the top and bottom but not between your toes, with cream containing urea.
4. Trim nails straight across

to avoid ingrown toenails. 5. Get into the habit of wearing shoes at home. Slippers or a "house shoe" will help keep feet warm and protect your toes.

Looking after your feet will keep them looking nice and healthy so you will be ready when spring arrives.

It is very important to inspect your feet regularly. If you are experiencing any kind of foot pain or notice anything out of the ordinary, don't hesitate to contact me. I am here to help you have healthy, attractive feet. If

there is any item you would like to discuss further, please come and visit me.

More information

Andrea Keenan is the proprietor of The Foot Care Centre on Kickham Street, Clonmel. Andrea holds a Diploma in Foot Health and is an associate member of the Institute of Chiropodists and podiatrists and a member of the College of Foot Health. Visit www.footcarecentre-clonmel.com. Email footcarecentreclonmel@gmail.com.

Rockwell College overcome powerful St Munchin's challenge to lift Limerick City Cup

ROCKWELL COLLEGE 28 ST MUNCHIN'S COLLEGE (LIMERICK) 10

Rockwell College overcame a physical battle against St Munchin's College (Limerick) on the back pitch at Thomond Park to lift the Limerick City Cup last week.

Rockwell's powerful rugby team made it through to the final by disposing of Glenstal, Castletroy, Ard Scoil Ris and Crescent along the way.

They opened the scoring with a Rory Collins penalty early in the first half, which was followed by a period of dominance and possession by the Tipperary team. The possession was rewarded when Liam Shine pushed through for a well-deserved try after 20 minutes, which was duly converted by Collins.

St Munchin's fought back strongly and for the remainder of the first half

Rockwell had to defend well, at times on the line. A Munchin's attack broke through the Rockwell defence for a try just before the half-time whistle. Failure to convert meant that Rockwell led 10-5 at the break.

There was no let up from either side in the second half. A high tackle on Conor Hogan resulted in a further penalty and Collins' accuracy brought the score to 13-5.

A fumbled clearance a few minutes later by Munchin's gave Peter McGarry his opportunity and he kicked it downfield to the corner before taking the try.

Again the Limerick side fought back and the Rockwell defence was tested, but a further penalty widened the gap. The physicality of the game was high and Munchin's ran in a second try to bring the score to 18-10 with ten minutes to go.

The work rate of Rockwell



Rockwell College beat St Munchin's College in the Limerick City Cup final

Liam Shine, Shane Neville, captain Henry Buttimer and Darius Achimugu paid off however, with Rory Collins taking scoring a try late into the game. The conversion

brought the final score to 28-10 in Rockwell's favour.

Rockwell coach Danny Lambe praised the work rate of his team in the match and in the training sessions

leading up to the big game.

Rockwell team: Lorcan Cummins, Cian Meaney, Dean Moroney, Edmond Dunphy, Remi Ediale, Tom Downey, Shane Neville, Liam

Shine, Tom Ross, Rory Collins, Peter McGarry, Henry Buttimer (captain), Robert Wall, Darius Achimugu, Conor Hogan.

Exercising in the swimming pool at Clonmel Park Hotel Leisure Club

Swimming is one of the best exercises for arthritis, writes fitness expert and manager of the award-winning Clonmel Park Hotel Leisure Club Anthony Hewitt.

When you swim, around 90% of your body weight is supported by the water. The weightless environment and support from the water helps to overcome painful movement in the joints that are affected by the condition.

CAN'T SWIM?

It is not just swimming that can help people with arthritis. Aqua walking has also been proven to help relieve joint and muscular pain with minimal activity. It lessens weight on joints by 50% compared with walking. This doesn't just help those with arthritis, it also helps people recovering from operations such as a hip or knee replacement and let's not forget those with a simple muscle strain or injuries.

In general, water is the place to be for low impact activity and for anyone looking to recover or strengthen any part of the body. Just remember not to over exercise and aggravate joints.

Another great form of water exercise is aqua-aerobics, which is perfect for people of all ages and sizes. Aqua aerobics has been highly recommended by our medical community worldwide, so



Manager of Clonmel Park Hotel Leisure Club Anthony Hewitt

people there are no excuses.

Aqua aerobics is a non-impact water based activity. It is aimed at people with joint or muscular pain or anyone who wants a great low impact workout to hit all those hard to tone areas. This makes water aerobics an ideal activity for those with arthritis, back problems, foot or leg injuries, and knee conditions.

Because it is a total body workout it gets all areas. Toning, cardio, strength, endurance, flexibility and mobility are all but a few benefits from this re-energising water based total body workout.

MORE ADVICE

For more information on exercise and fitness speak with the experts at the Leisure Club at the Clonmel Park Hotel on 052-6188733 or email leisure-centre@clonmelparkhotel.com.

LIAM SHEEHY ANNOUNCES HIS NEW TIPP SENIOR HURLING PANEL

Liam Sheedy's new-look Tipperary senior hurling panel will make their competitive debut on Friday, December 14 when the Premier County take on All-Ireland champions Limerick at the Gaelic Grounds in the Munster League.

And, the Tipperary jersey will sport a new sponsor in time for the 2019 season - the County Board have announced a sponsorship deal with Teneo, a global CEO advisory firm.

The Teneo CEO Declan Kelly is from Portroe, a brother of Labour TD Alan Kelly. The sponsorship deal will take effect from January 1st 2019 and incorporates the county's hurling and football teams, from minors through to seniors.

Commenting on the sponsorship agreement Tipperary County Board Chairman John Devane said: "Tipperary County Board is delighted to announce that it has entered into a sponsorship agreement with Teneo. Teneo is the world's leading CEO advisory firm and has strong links to our county, with its chairman, CEO and co-founder Declan Kelly being a proud Tipperary native and long time private supporter of Tipperary GAA initiatives in the last several years. He is a life-long friend of Tipperary senior hurling manager Liam Sheedy, both of whom come from Portroe and we thank him for taking on this important new leadership role on behalf of the Premier County.

"The ability to tap into the strategic talents of one of the world's leading advisory firms will be hugely beneficial. Teneo's partnership will assist us to further Tipperary GAA both, on and off the field, and to create sustainable support and

structures to encourage participation at all levels and embed a culture of excellence. Teneo will be much more than a jersey sponsor and very much a strategic partner.

"We have long sought to cultivate a strong relationship with our a-sporea and this double commitment reflects very positively on Tipperary GAA. We thank Declan and Teneo for this and look forward to working with them as we move into the 2019 season and in the years ahead," John Devane's statement concluded.

Separate to the sponsorship commitment, Declan Kelly has agreed to establish and chair a commercial board which will work support the on-going strategic development of the Tipperary senior hurling team under Liam Sheedy's management.

Teneo is the global CEO advisory firm and has over seven hundred employees and eighteen offices around the world. The firm's Irish operations are based in Dublin where Teneo has over eighty employees advising many leading Irish companies across corporate communications and reputation management, brand strategy and marketing communications, sports and entertainment sponsorship, and digital strategy and communications.

It is understood that newly-designed Tipperary jersey will be released in due course.

In March 2015 Intersport/Elvery's were announced as the Tipperary GAA sponsor at Hayes' Hotel in Thurles - the sponsorship package covered both the hurling and football codes and included all grades from minor to senior inter-county teams.

Tipperary have not participated in the Munster Hurling League competition since 2015 and the format

this season is as follows: two groups of three with each group winner progressing to the final. Tipperary will feature in one group alongside Limerick and Kerry while Cork, Clare and Waterford will contest their respective group.

Besides Liam Sheedy the management team includes Tommy Dunne (Toomevara) and Darragh Egan (Kiladangan).

The following is the pre-season training panel which includes the three McGrath brothers from the Loughmore/Castleiney

Cathal Barrett (Holycross-Ballycahill), James Barry (Upperchurch-Drombane), Michael Breen (Ballina), Ger Browne (Knockavilla-Donaskeigh Kickhams), Robert Byrne (Portroe), Paddy Cadell (JK Bracken's), Jerome Cahill (Kilruane MacDonagh's), Séamus Callanan (Drom & Inch), Willie Connors (Kiladangan), Cian Darcy (Kilruane MacDonagh's), Colin English (Fr Sheehy's), Alan Flynn (Kiladangan), Jason Forde (Silvermines), Tom Fox (Eire Og Annacarty-Donohill), Conor Hammersley (Clonoulty-Rossmore), Barry Heffernan (Nenagh Eire Og), Barry Hogan (Kiladangan), Brian Hogan (Lorrha-Dorrha), Mark Kehoe (Kilsheelan-Kilcash), Séamus Kennedy (St Mary's Clonmel), Brendan Maher (Borris-Ileigh), Donagh Maher (Burgess), Pádraic Maher (Thurles Sarsfields), Patrick Maher (Lorrha-Dorrha), Ronan Maher (Thurles Sarsfields), Mark McCarthy (Toomevara), Dan McCormack (Borris-Ileigh), Brian McGrath (Loughmore-Castleiney), John McGrath (Loughmore-Castleiney), Noel McGrath (Loughmore-Castleiney), Jamie Moloney (Drom & Inch), Jake Morris (Nenagh Eire Og), Sean O'Brien (Newport), Joe O'Dwyer (Killenaule), John O'Dwyer (Killenaule), Killian O'Dwyer (Killenaule), Niall O'Meara (Kilruane MacDonagh's), Dillon Quirke (Clonoulty-Rossmore), Jason Ryan (Toomevara), David Sweeney (Kiladangan).



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