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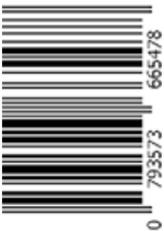
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40 years in Post Office for Tommy
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Win €50 in our Weekly Quiz on Page 12

Tony Gorman joins The Swifts
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Green deal will add to farm woes!

As Donegal farmers face the tightest of deadlines to cut carbon emissions by 10% between now and 2030, Brendan McLaughlin, Chair of the Donegal IFA County Executive says that the targets can be achieved if the producers are guaranteed profitability and fair farm-gate prices.

By John McAteer

"We all want climate targets to save the planet but we cannot kill farming as an industry. Sustainability may be a key priority but for the farmer, profitability cannot be sacrificed as the price they are forced to pay in the long term," he argues. He says the IFA is fully engaged as key players to ensure that the new carbon targets are met



but also to ensure that their members in IFA are not forced to abandon rural Ireland. Critics of the draft of the new green deal believe the proposals will drive down on-farm profits and add more costs of meeting the targets. The suckler sector believes they will

be pushed into organic farming or planting trees, which will not only lower emissions but incomes as well. "The 144 page report has ambitious targets but for many in farming it is lacking in detail on how the economic theory for reducing the carbon footprint can be

delivered without extra outlay for the agri-sector. Suckler farmers see themselves as among the most vulnerable and they may be forced into reducing their herds at a cost that could cripple their industry. While the planet must be protected, the re-

ality is that these new proposals could see agriculture as a major casualty," warns Mr. McLaughlin. He says that if beef producers are left without protection the industry is doomed.

Agreeing that counties like Donegal on the Atlantic seaboard are facing the most serious problems due small holds, low incomes and no protection to guarantee their profit margin, Mr. McLaughlin said the farm industry and that of rural Ireland is now facing the most challenging decade in their history with carbon cuts and legal controls to minimise global warming, be as high as 47%.

Farmers say the draft proposals will see only

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Loreto Milford: Hopeful of brighter days ahead

As a number of Donegal education facilities continue to experience difficulties with Covid with many classrooms shut on a temporary basis, Donegal still has the highest infection rate in the country with 288.3 cases per 100,000 people over 14 days. The rate in the county is more than twice the national incidence rate of 122.5.

The new spike in Covid-19 cases is being driven by a rise in infections among second-level students as well as large workplace outbreaks.

Many classes have been affected across the entire spectrum of age groups including at least one preschool group in the Milford Electoral Area. We understand that a number of preschool children tested for Covid have returned posi-

tive results.

Margaret O'Connor, Principal at Loreto Community School in Milford where over 840 are studying, said that since the return of classes after Easter, they've had ten positive detections of Covid-19 within the school community.

She added: "The ten cases since Easter across the Milford Loreto school community, with two of those cases in a Third Year class and three in the Transition Year group. We felt a sense of responsibility when there were more than one case in a class or a year group to err on the side of caution.

Therefore a Third Year class and the Transition Year year group were asked to restrict their move-

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'Iggy' dips paw in property market



"Iggy" pictured at Fanad Head after the deal was sealed by American couple Lisa and Tucker Hughes from Upstate New York. Photo by James O'Donnell.

One of Donegal's most photographed canines, the much loved 'Iggy O'Donnell', has not only been helping showcase the county's stunning scenery in recent years but has also made a successful entry into the international real estate market.

By Eamonn McFadden

Photographer James O'Donnell from Falcarragh has built up a large following with his stunning photography of his beloved ten year's old Border Collie, 'Iggy' who's featured alongside many famous personalities. It was through his photography, that James befriended a couple from Upstate New York who not only fell in love with the county, but even enlisted the help of the dynamic Donegal duo to help them secure their new dream holiday home overlooking Fanad Head Lighthouse this week. James told the Tribune that American couple, Lisa and Tucker Hughes, had been regular visitors to Ireland and were planning to buy a holiday home in Kerry - that is until 'Iggy' and the picturesque scenes of Donegal caught their attention.

They then vowed Donegal would be their next destination and they got in contact with James to find out more about the area.

Lisa Hughes told the Tribune: "James and Iggy had a very big part in all of this. Once I found them on Instagram and started following their day to day adventures not only did I fall in love with Iggy but it also brought attention to how beautiful Donegal is".

James said that 'Iggy' and himself acted as their tour guides and this led to them setting their sights on owning their own slice of heaven in Donegal. When Covid halted international travel last year it was the Donegal pair who stepped in to help them secure their new Irish home.

James said: "Lisa and Tucker always went to Kerry and the south west for their main Irish holiday. They had been following myself and 'Iggy' on Instagram for a couple of years so we arranged to meet them in Falcarragh when they first came to Donegal in November of 2019. When we first met them I told them to jump in the car with me and 'Iggy' and we took them

Contd. Page 2

Brighter days ahead at Loreto CS Milford

From Page One

ments and to stay at home pending test results. This action was taken in the interest of the whole school community and in particular to try to protect our Leaving Cert. students in order to give them the best possible chance of sitting their exams in June. We aim to avoid the situation where we would have an outbreak.

Approximately 70 close contacts have been identified from the ten confirmed cases by the HSE. All close contacts who have been tested to date have received a negative detection.

This evidence suggests that there has been no school transmission to date and that the stringent efforts by students, staff and parents is a contributing factor to our school being as "safe as possible" at this time. The school is working with the HSE in all cases and has received excellent support, good advice and reassurance.

We have had a policy of open communication and transparency (whilst protecting the identity of those involved) since the beginning of the pandemic. Our guiding principle has always been to make decisions that are in the best interests of the entire school community, with a caring, proactive and pragmatic approach.

We have invested heavily in outdoor canopies and seating areas to ensure that our students can have lunch and enjoy lessons in the fresh air as much as possible. There are sanitising stations in every classroom, at all entry points and throughout the building. Seating plans are in place and our dedicated cleaning staff are onsite all day.

Our students are very compliant with sanitising and mask wearing and our parent body is extremely supportive which is vital in our team effort to keep our community safe. Parents have been highly responsible in keeping unwell and vulnerable students at home and in advising us

of students who are isolating or staying at home because of a positive detection within the family setting. We communicate with parents regularly regarding Covid-19 with updates, the reporting of cases and general advice via email, phone, text or social media. Our advice to our parent body is to continue with their great efforts, in continued vigilance. We welcome discussion of any concerns they might have with us. We work as a team and whilst Covid-19

is a difficult period in school, we are hopeful of brighter days ahead," she added.

Mulroy College makes bench in memory of Paddy



This bench was made by 5th and 6th year students at Mulroy College, Milford, including Jack Kelly, Conor McCarron, Gearoid Sweeney, Odhran McConigley, Lorcan Doherty, Isaac McIlwaine, Adam Wilkin, Shane Devine and Ronan McFadden under the guidance of their teacher, Damien McVey. They constructed this beautiful Memorial Bench in memory of Paddy Gallagher (left) their former caretaker, friend and colleague.



Big Navan win for Dylan



Baron Samedi makes it six in a row when winning the Group 3 Vintage Crop Stakes for Joseph O'Brien and Dylan Browne McMonagle at Navan on Sunday. Photo: Patrick McCann/Racing Post

Dylan Browne McMonagle's career continues to go from strength to strength and it hit a new high at Navan on Sunday where the Letterkenny apprentice rode his first Group-race winner. He won the Group 3 Vintage Crop Stakes on the Joseph O'Brien-trained Baron Samedi which was recording his sixth straight victory. Sent off at odds of 20/1, he was held up in last place by Browne McMonagle until improving his position in the straight. Leading a furlong from home, he got the better of his own stable companion Master Of Reality by half a length, with Donnacha O'Brien's Emperor Of The Sun in third place and Aidan O'Brien's 8/13 favourite Santiago only fourth.

Representing the trainer, Brendan Powell said, "It was Dylan's first ride in a Group race, and a winner. He's a smashing rider for a young lad."

Just 24 hours earlier, Browne McMonagle gave

County Meath trainer his second winner of the week Matthew Smith as Bigz Belief, in Debbie Kelly's colours, justified his favourites tag in the opening division of the 11-furlong handicap at Limerick on Saturday. The 11/4 chance easily beat the Conor O'Dwyer-trained Trump Card by two and a half lengths. Browne McMonagle said, "Bigz Belief did it well and got a lovely run around, I was able to control it wherever I went." Rathmullan jockey Luke McAteer rode his second winner of the season when landing the apprentice handicap over ten furlongs on the Jim Bolger-trained Ivy Avenue at Cork on Friday afternoon. Owned by Patricia O'Rourke, the 7/1 chance was always up with the pace and battled well to gain the upper hand well inside the final furlong. At the line, the four-year-old had half a length to spare over the Paul Flynn-trained Na Cath Tabac.

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Fundraising

The Rathmullan Enterprise Group Ltd mini lotto weekly prize of €50 was won by Fr. Martin Colm. The jackpot still continues to rise and is now €990. Tickets available in the Post Office.

Death of Teresa Harkin

Rathmullan also lost one of its oldest citizens this week. Teresa Harkin (right) of Pier Road died peacefully on Sunday at Áras Uí Dhomhnaill Nursing Home in Milford.



Daughter of the late Margaret and James Har-

kin and sister of the late Mary, Sheila, Gwendoline, John Joseph and Josephine. Sadly missed by all her nieces, nephews, relatives and friends.

Teresa ran a shop on the Pier Road for many years until her retirement. Her funeral Mass took place in St. Joseph's Church on Tuesday, followed by cremation at Lakelands Crematorium Cavan. May she rest in peace.

Sympathy

Condolences to the family, relatives and friends of Charlie Doherty, Leathardan. Charlie's funeral mass took place last week in St. Joseph's Church. May he rest in peace.

Clean Coasts Update

Last week saw large numbers of visitors return to enjoy Rathmullan and it was great to see everyone having a good time. Thankfully, there was no issue with traffic as people are now familiar with the overflow parking at the football pitch. Thanks to everyone who helped with the litter pick up at the weekend - business owners, volunteers and indeed the visitors too - many hands made light work of the litter. As usual, a special word of thanks to Liam Kelly who always goes that extra mile.

A word of thanks to the Tidy Towns group for the wonderful displays of tulips around the village. Many of the visitors commented on the great colour - keep up the good work!

Rathmullan Celtic F.C.

The junior football returns this week and all children are welcome. All COVID regulations and social distancing will be in place.

The club are having their 50/50 draw on May 1st and tickets are available at the usual outlets.

Wedding Congratulations

Congratulations to Andrew Stoddart and Beatriz who 'tied the knot' last weekend. The marriage took place in far off Columbia, South America. We wish them a long life of health & happiness together.

Rural Regeneration

Rathmullan is on the list for the Donegal County Council rural regeneration scheme, and tender applications are open now.

Jockeys

Our local jockeys (Conor Orr, Oisín Orr, Luke McAteer) continue their good form - the latest win for Luke took place on Friday last in Cork. Dylan Browne McMonagle from Letterkenny had his first Group 3 winner in Navan on Sunday - Dylan spent many days training on the beach in Rathmullan.

The Letterkenny man had two playing spells at Harps but is best known across the border with Linfield where the midfielder enjoyed a lot of Irish League success. He also played with Sligo Rovers and Waterford United. In more recent years he has been involved in the backroom and coaching with Letterkenny Rovers in the Ulster Senior League and at youth level. He has also taken charge of USL Inter-Provincial sides.

In his new role Gorman will be coming up against his son Dale who is a member of the Glentoran squad having returned after a number of years in English football with clubs like Stevenage and Leyton Orient.

'Iggy' dips paw in property market

From Page One

all around the local area.

"Within a couple of hours I knew they were looking at houses and they said they were and had been planning a holiday home in Kerry, or down the west of Ireland, but within a couple of hours of being in Donegal they changed their minds and fell in love with the place.

So, I put them in touch with local estate agent Manus Kelly the following day and they put a bid on a house, but that didn't work out at the time.

"Then, in September of last year, they got in touch with me again and said they found a new house they were interested in over in the Fanad Peninsula. However they were unable to travel to Ireland because of the coronavirus and asked if we could go and look at it for them.

I thought 'This is too much for me' but then I thought 'I'll see how I get on' and went up and looked at the property. I took all the pictures and sent them videos and they got in touch with the estate agent in September of last year.

Then I got a message from them just recently saying they had just signed off on the purchase and the house was now 'all theirs'.

"Because they simply followed myself and 'Iggy' they now own a house in Donegal. I think it is amazing. When I started doing this eight years ago I wouldn't have dreamed that this could happen. I just started doing the pictures with 'Iggy' as a way of getting visitors to stop and spend some time in Falcarragh. But now that seems to have gone full circle and ended up with someone buying a house in Donegal because of it."

Lisa said she and Tucker cannot wait to get the chance to visit their new home as it has been a dream of theirs for many years.

She stated: "I can't tell you how long this has been a dream of ours to have a little home on your beautiful island and to think it happened in this crazy year we have all had is even more unbelievable. Now unfortunately we have to be patient and wait to even be able to go see it, but soon hopefully

She added: "So thanks to the wonderful pictures James posted we made it a point to go there in November of 2019 and we are happy we did. We had been there many times (Wicklow, Waterford, Cork Kerry, Clare, Mayo, Roscommon where my grandfather was born and of course Dublin a few times) just had not made it up there. We loved the areas that we were lucky enough to see, some of which James and Iggy brought us around too, and so many left to see. When we spotted this house for sale right near the Fanad lighthouse we couldn't believe it."

Dungannon Swifts role for Gorman



Anthony Gorman's tenure as assistant-manager at Dungannon Swifts got off to the perfect start as his side caused an Irish Cup upset on Tuesday night thanks to a 2-1 home win over Glenavon. Gorman was only officially confirmed as assistant to Dean Shiels at the Irish Premiership Club earlier in the day. And it was another Donegal man Shane McGinty from St. Johnston who proved to be the match winner. It has been a very poor season for Dungannon losing 11 of their 13 games.

Anthony Gorman was player-manager at Finn Harps from July 2005 to November 2006. He also had a short spell as assistant-manager to Pat Fenlon at Derry City in early 2007. As a teenager he joined English league side Mansfield Town.

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Tommy's 40 years in An Post



Last Wednesday April 21 marked exactly 40 years since Tommy McNaught started work in the Dept of Post & Telegraphs. Most of that loyal service has been in the Post Office on Letterkenny's Main Street. The Rathmullan native has seen many changes over the past 40 years but he has remained one of the familiar and friendly faces behind the counter serving An Post customers in the greater Letterkenny area. Tommy has built up a wealth of knowledge on the vast array of services that the company offers allowing him to provide expert advice.

by Declan Kerr

He started with the P&T at 17 in the Cavan branch for a short time before commencing formal training in Letterkenny. That was followed by a brief spell in Claremorris before a four and half-year stint in Monaghan from August 1981. By time Tommy got a transfer back to the branch on Letterkenny's Main Street the company title had changed to An Post (1st January 1984). While he has spent a large chunk of his career on the counter serving the public he has also had spells

the managing van fleet and in the TV licence section.

Tommy had a great recall for dates and where he was when big news events were happening like being in Claremorris when the wedding of Prince Charles and Lady Diana took place in July 81 and being in Monaghan during the height of Hunger Strikes. 40 years on Tommy is one of the longest serving staff at the Main Street branch along with Glenfin native Joe Marley and Breige Burns from Letterkenny. Others in the post side of the business who Tommy would have worked closely with in earlier years and still with the company include Jarlath Lee, Tommy Marley and Paul Glackin. He has worked under a number of managers over the years with Anne Doherty currently in charge of the Letterkenny branch.

"I have always enjoyed the work at the counter meeting and helping people. One thing I have always had was the greatest of respect for older people coming into get their business and having the chat with them. I was just short of 18 years of age when I started in the

Post Office and last Wednesday when I walked into work that was 40 years. I had gone to the Milford Vocational School when Jim McCallum was the Principal and Cathal Green was the Career Guidance's teacher. I did the Leaving Cert in 1980" Tommy said.

Outside of work one of his big interests is football. A former Rathmullan Celtic player he is also a big Finn Harps follower. "I made my debut for Rathmullan on St. Patrick's Day 1981 up in Donegal Town just before I went to the Post Office. We were out for a while and came back to the Saturday League in 1986. Those were great times."

Now resident in Ballybofey since 2012 making the short trip to Finn Park is even easier for the Man Utd fan but not at the moment due to Covid. Tommy, a native of Aughevennan, Rathmullan, is the son of the late Tony and Etta McNaught.

His mother passed away in March last year at the age of 93. Tommy and his wife Siobhan still make regular trips back to his hometown to walk the beaches at the Kinnegar with their dog Princess.

Plans for 40th Letterkenny Christmas Annual

Work has begun on the special 40th edition of the Letterkenny & District Christmas Annual. The committee is making an early start to mark the milestone of the first Annual which appeared on the town's shop shelves in Christmas 1982.

Over the next four decades many memories of the Cathedral Town have been shared at home and across the world.

The committee says now is a good time to get involved with the next edition while thanking the public for their support in the past. "The Christmas annual, launched in 1982, has a strong commitment to retain that important link with the Letterkenny of the past, and the present community, both at home and away from home. Despite the expansion of the town and its diversity, the editorial direction has been consistent and successfully maintained the role, endorsing a sense of belonging to all its citizens whether at home or the diaspora. You have played a major part in this also with your loyalty, contributions of photos or print, adverts, purchase."

The next edition will add up to 40 volumes of social history that will be a local record library also including sport, hundreds of pictures of faces, changing places down the years.

"This is now a respected source for research. With gratitude for your support in the past we appeal to your generosity again for the 40th edition, which we have begun. Your contribution will encourage us to forge ahead with this special edition. We welcome your feedback and we are open to your suggestions, ideas for improvements. We would be delighted to have more contributions from our friends across the globe. Everyone has a story to tell. There is a book inside every individual!"

The committee is now accepting all contributions – handwritten, on tape, email, typed and photos. Any materials can be forwarded either by post to Letterkenny Community Centre; email to lccxmasannual@hotmail.com; email to the editor: clrlrlynch@gmail.com or Dromore, Letterkenny or hand into the reception at the Letterkenny Community Centre

Info session about setting up a wellness café

Due to the success of the Letterkenny Wellness Cafe, we are giving free training to people to set up a peer led wellness cafe in their own area. A wellness café is a safe space for people to come together and have a cup of tea and a chat with others. We are looking to recruit people all over Donegal and will be holding online info sessions over the next few weeks. You will have to download Webex (a platform like Zoom) to take part and then follow the link below for your area. For more info and to register: con-

tact Marie Duffy at marieduffy2@gmail.com or on 0876372344 or check out our Facebook page www.facebook.com/letterkennywellnesscafe

Online information sessions links:
Thursday 29th April – 11am – 12.30pm: Ramelton/Milford/Fanad/Downings www.bit.ly/wellnesscafe1

Friday 30th April – 11am-12.30pm: Falcarragh/ Dungloe www.bit.ly/wellnesscafe2

Thurs. 13th May – 7pm – 8.30pm: All areas www.bit.ly/wellnesscafe6

Enter now for North West 10k

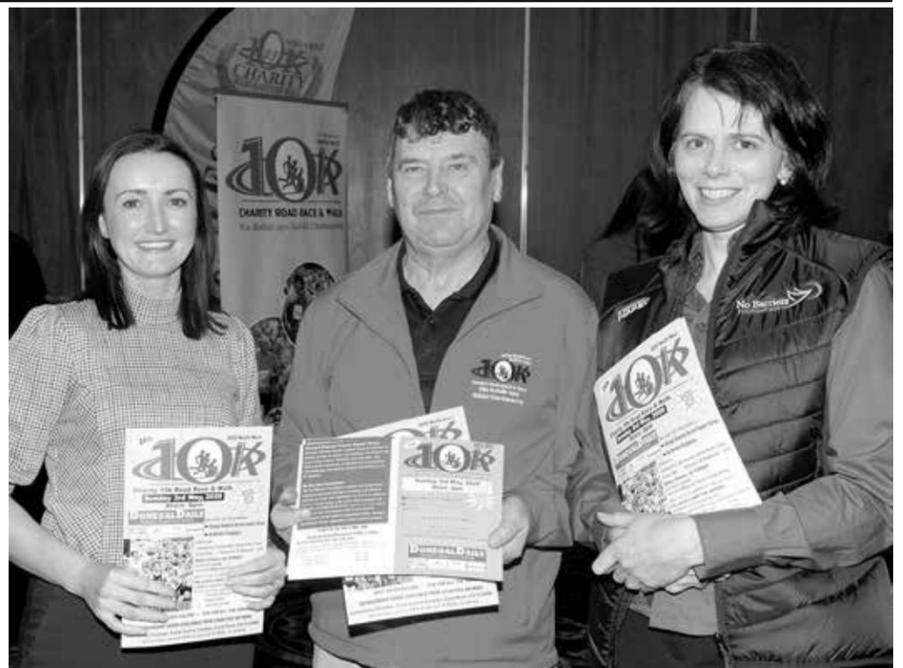
It's full steam ahead now for the first ever Virtual North West 10k which takes place on Bank Holiday Monday the 7th of June. Runners and walkers can enter at www.njuko.net/nw10k2021. The two charities who will benefit this year are the No Barriers Foundation and the Donegal Diabetes Parents Support Group.

North West 10k Chairperson Neil Martin is asking all those who have supported the charity event over the past 23 years to enter again. And he wants to see lots more men, women and families becoming part of the run and walk for the first time in aid of two very worthy charities.

"For us there is a bit of history in the making as it's the first time the North West 10k will be held virtually due to the pandemic. But, this is also a very big opportunity for people who have sup-

ported us over the years and those entering for the first time to be part of that history on Monday the 7th of June. It will be the 24th North West 10k and next year we will be celebrating our 25th anniversary so runners and walkers who take part in both will be part of two very special 10ks. We are encouraging men, women and families to enter online and support our two charities this year the Donegal Diabetes Parents Support Group and the No Barriers Foundation" Mr Martin said. Entries are now being taken online at www.njuko.net/nw10k2021. For further information go to www.northwest10k.com

Pictured right are Mairead Farren (Donegal Diabetes Parents Support Group) and Sonia McGarvey (No Barriers Foundation) with North West 10k Chairperson Neil Martin at the March 2020 launch prior to the first lockdown.



Scandals besiege Boris Johnson

The constant trickle of scandal about the Boris Johnson Government in Britain has reached a level matching Ireland at its worst.

In December 2019 Johnson seemed monarch of all he surveyed. Apparently he could be Prime Minister for as long as he wanted. He led the Conservatives to their best election result in a generation. Labour held its lowest number of seats since 1935. Johnson swept former Labour seats in the North of England that even Maggie Thatcher couldn't take.

However, 17 months is a long time.

The situation has changed.

Johnson has yet to receive a knockout blow. Thus it is too early to declare him politically dead. He is a survivor. Over the years, he has come through scandal. That was partly due to his Establishment connections looking after their own. He is, after all, a former pupil of Eton. He survived two particular scandals. He was sacked from the Times for making up a quote. He offered to get the address of a journalist so a friend could have the journalist beaten up. The beating did not happen. The friend was later jailed for insurance fraud. Politically he has never had a fixed principle. As Mayor of London he claimed to be socially liberal and environmentally aware. In the run-up to the Brexit referendum in Britain he had two newspaper columns prepared. One was pro-Brexit. The other was pro-Remain. He decided to go with the Brexit column. Then he became a right-wing populist.

His career brings a saying to mind. Long runs the fox. He has been skating on thin ice for a long time. Eventually, the ice always breaks. His last 17 months have been a complete roller-coaster. Covid rapidly dented his standing. His government's response was shambolic. He lost

the tabloids, who have an acute nose for the mood of the British people.

It seemed he might recover, as the vaccination campaign was apparently successful.

Now he is mired in scandals.

None is so far fatal. A knockout blow has not landed, but he is shipping punishment.

The scandals do not have electoral implications - yet. Those who are going to vote Conservative will ignore them.

However, things won't stay like that forever if the scandals develop further. There has been a simmering scandal. Since early in the pandemic there are repeated and well-founded allegations that contracts have been given to people well-connected to the Conservative Party. That may be as much as 25% of all contracts. To add further spice, the Health Secretary owns shares in a company which has won contracts from the National Health Service.

Meetings and messages came to light. They were between former Prime Minister David Cameron, Chancellor of the Exchequer Rishi Sunak, and senior civil servants. Cameron was lobbying on behalf of supply chain financing company Greensill Capital. Cameron was seeking to obtain an emergency loan for the company. Greensill collapsed in controversial circumstances. Had the company survived, Cameron stood to make £22million (€25million).

Then it emerged Sir James Dyson, major Conservative donor, asked for favourable tax



By Anton McCabe

treatment in return for supplying ventilators to the Health Service. Johnson told him: "I will fix it."

His former Chief Advisor, Dominic Cummings, has fallen out with him after being banished. Cummings blames Johnson's partner, Carrie Symonds, for the banishment. (He seems to believe it had nothing to do with his ignoring lockdown rules).

Cummings has alleged Johnson wished to stop an investigation into the leak of the decision to impose a further lockdown: "I told him that he could not possibly cancel an inquiry about a leak that affected millions of people, just because it might implicate his girlfriend's friends. I refused to try to persuade the Cabinet Secretary to stop the inquiry and instead I encouraged the Cabinet Secretary to conduct the inquiry without any concern for political ramifications. I told the Cabinet Secretary that I would support him regardless of where the inquiry led. I warned some officials that the PM was thinking about cancelling the inquiry. They would give evidence to this effect under oath to any inquiry. I also have WhatsApp messages with very senior officials about this matter which are definitive."

Cummings has alleged Johnson wanted to solicit donations to renovate his flat. Cummings said: "I thought his plans to have donors secretly pay for the renovation were unethical, foolish, possibly illegal and almost certainly broke the rules on proper disclosure of political

donations if conducted in the way he intended. Cummings is sure of his ground, because he has offered to hand over private text messages. Johnson should be concerned, because the British Conservative Party has a reputation for ruthlessness. That's not just against external enemies

They are ruthless with leaders. Maggie Thatcher was their most successful ever leader. She defeated Labour in three elections. She broke the National Union of Mineworkers during the 1984-5 strike. That win catastrophically weakened trade unions and workers' rights.

Conservatives are never grateful. They felt she was becoming a liability and dumped her in 1990.

The most recent Conservative leader and Prime Minister to be knifed in the back by her party was Theresa May. The most prominent knife-wielder was Boris Johnson.

It is unlikely Johnson will survive until the next General Election, due in 2014. We do know that the Conservatives have inherited centuries of guile. It is foolish to expect them to implode. The strategy of Labour leader Keir Starmer seems, foolishly, to just wait that to happen. We don't know what the implications for the North will be.

The North is going through a period of heightened division. In those circumstances, Johnson has united all. Nationalists never liked him. Unionists feel he betrayed them. Whenever he departs, none will mourn him.

The one winner, so far, has been Dominic Cummings. He has risen in the estimation of many people. In case he gets carried away, that was because he was starting from a very low point.

And Cummings still has a long way to go.

Loreto Students promote Positive Mental Health

Young Social Innovators from a Transition Year class in Loreto Letterkenny are taking action to raise awareness about social issues that matter in our local community. This Young Social Innovators (YSI) class has developed a project called Peace of Minds which focuses on the issue of mental health. They wished to raise awareness and help improve the well-being of people in our community which is particular-

ly important in these difficult times due to the ongoing pandemic. The class aim to add a bit of fun and light to life during the pandemic and recognise the goodwill and integrity in those around us.

They aim to achieve this by using a dual approach covering 2 strands:

1. Promoting Positive Mental Health.
2. Promoting Volunteering.

In order to 'Promote Positive Mental Health', these young innovators created two social media accounts to share positive affirmations and messages.

www.instagram.com/ysi_peaceofminds/

nl-nl.facebook.com/siobhan.mckeague/about

According to the students "We wanted to set a healthy reminder that it's ok not to be ok. We shared many helpful quotes and ideas on how to improve your mental health and well-being. For example, we developed a 30-day fitness and mental health challenge, where each day a new simple task is set to complete. We aim to encourage people to take small steps towards creating a more positive mindset. We hope Loreto Letterkenny students Amy Bovaird, Alisha Cuskelly, Ella McAlary and Maria Soffe.



work alongside these enthusiastic and hardworking young ladies. Their project is guaranteed to bring a sense of pride to the volunteers by recognising the great work they do. Volunteering can bring a sense of joy and passion into someone's life, greatly helping them improve their well-being. We believe that the project will encourage and motivate others to get involved in helping improve their community".

The students are currently taking part in an online editing course with Greg Gorman to develop the skills to edit their videos. They are also working with Donna Kenny, of the DLDC to develop their public relations skills so they can showcase the great work that they are achieving.

After the editing is completed the video recordings will be released on the DVC website and Facebook page below. <https://volunteerdonegal.ie/> www.facebook.com/donegal-volunteercentre

Local volunteers were interviewed by the students to find out what volunteering role they perform, why they volunteer and what volunteering means to them. The interviews were recorded and will be featured on the DVC website and social media. Eamonn Bonner from DVC stated "We were delighted to

Brownes Cars - Milford

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162 Dacia Sandero

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161 Hyundai Tucson 1.7

161 Ford Focus

161 Honda Hrv

161 Suzuki Vitara 4x4

161 Kia Sportage

152 Kia Sportage

151 BMW 418 Auto

151 Subaru Forester Auto

151 Volvo V40 1.6

151 Kia Sportage

151 Ford Fiesta

151 Ford Mondeo 2.0 Zetec

141 Ford Kuga Zetec

131 Peugeot 208

131 Ford Fiesta

131 Toyota Avensis

2011 Kia Sportage K3

Commercials

2018 Citroen Berlingo

2018 Volkswagen Caddy

2017 Mitsubishi L200 D-Cab

2017 Mitsubishi L 200 Babarian

Petrol

201 Opel Corsa 1.2

201 Skoda Kamiq

192 Suzuki Swift Gl

191 Subaru XV Auto

191 Renault Capture 1.0

191 Suzuki Ignis Sz4

182 Suzuki Vitara Sport 4x4

181 Suzuki Celerio 1.0

181 Peugeot 5008 Allure Auto

181 Fiat 500 Mirror

181 Suzuki Celerio (White)

181 Suzuki Swift Szt

181 Suzuki Celerio (Black)

171 Suzuki Baleno Szt

171 Suzuki SCross Glx

171 Suzuki Swift Gl

161 Peugeot 208

152 Renault Zoe Dynamique

(Electric)

141 Suzuki Swift 1.2

2013 Suzuki Swift Gl

2013 Nissan Micra

2017 Ford Ranger Crew Cab

2016 Peugeot Partner L2

2016 Peugeot Partner Pro

2015 Ford Transit Custom

2013 VW Caddy

2011 Citroen Berlingo

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Stramore pupil puts name on new Irish ship

It's not too often that a pupil from a rural national school in Donegal gets the honour of naming an Irish marine exploration vessel. Well that's the exciting news that Lochlann Scharf a sixth class pupil at Stramore N.S. in Church-ill received recently. And it all came about as a result of Lochlann's interest in the life and times of Irish explorer Tom Crean. Having studied the life story, depicting, the bravery, valiant exploits and courageous expeditions of the Kerry born explorer Lochlann was determined to ensure that the incredible yet understated feats of this humble Munster man would not be forgotten by the Irish people.



As part of a persuasive writing school initiative the sixth class pupil decided to write to Minister for Agriculture, Food & the Marine Charlie McConalogue to persuade him to name the newest Irish marine exploration vessel after Tom Crean. And Lochlann recently received a letter from the Minister who has endorsed his proposal to name the vessel after Crean. "I have some good news for you [Lochlann]. Together with the Marine Institute, I have decided that the 'RV Tom Crean' will be the name for Ireland's newest marine exploration vessel which will replace Celtic Voyager. This is a fitting tribute to an extraordinary man". So the new ship will be known as the RV Tom Crean!!" Minister McConalogue said in his letter to a delighted Lochlann. Not only that but Lochlann and his family, Anne-

Stramore N.S. pupil Lochlann Scharf with the letter from Minister for Agriculture, Food & the Marine Charlie McConalogue confirming that the newest Irish marine exploration vessel will be the RV Tom Crean named in memory of the Irish explorer

marie and Thilo have been invited to the launch of the ship next year. A very exciting and fitting reward for a brilliant idea to honour Tom Crean. Thomas Crean (Tomás Ó Cuirín was born in February 1877 and died in July 1938. He was an Irish seaman and Antarctic explorer who was awarded the Albert Medal for Lifesaving. Crean was a member of three major expeditions to Antarctica during the Heroic Age of Antarctic Exploration, including Robert Falcon Scott's 1911-13 Terra Nova Expedition.

This saw the race to reach the South Pole lost to Roald Amundsen and ended in the deaths of Scott and his party. During the expedition,



Spurs fans Eric White and Bernard McGlynn called into Paddy Delap at Clarke's Newsagents in Letterkenny on Sunday before the Cup Final... suppose they knew they couldn't show their faces after it!!!!



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Crean's 35-statute-mile (56 km) solo walk across the Ross Ice Shelf to save the life of Edward Evans led to him receiving the Albert Medal. Crean left the family farm near Annascaul, in County Kerry, to enlist in the Royal Navy at age 15 but lied about his own age, as he had to be 16 to enlist.

In 1901, while serving on Ringarooma in New Zealand, he volunteered to join Scott's 1901-04 Discovery Expedition to Antarctica, thus beginning his exploring career. After his experience

on the Terra Nova, Crean's third and final Antarctic venture was as second officer on Ernest Shackleton's Imperial Trans-Antarctic Expedition. After the ship Endurance became beset in the pack ice and sank, Crean and the ship's company spent 492 days drifting on the ice before undertaking a journey in the ship's lifeboats to Elephant Island. He was a member of the crew which made a small-boat journey of 800 nautical miles (1,500 km) from Elephant Island to South Georgia Island to seek aid for the stranded party.

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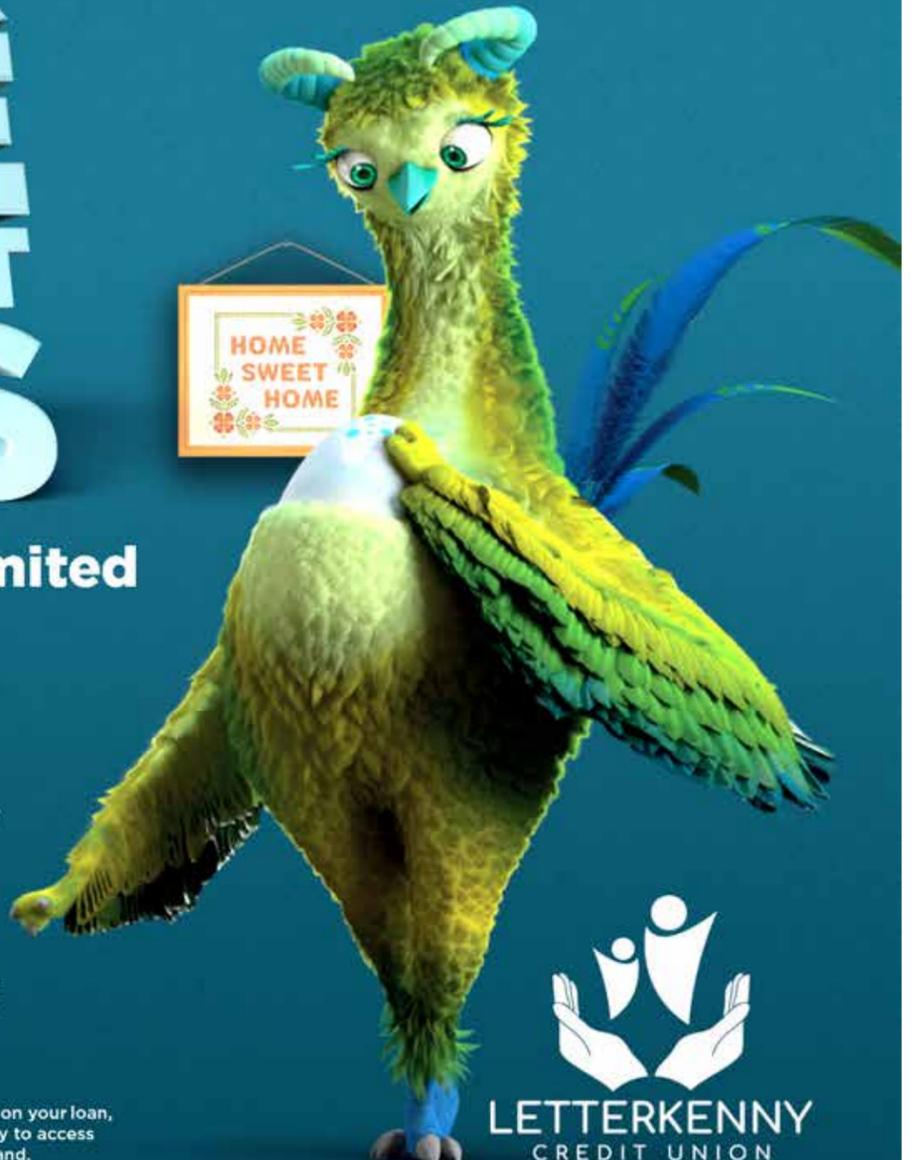
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Ramelton

Big win for Boyce in Sligo

Ronan Boyce was a member of the Derry City side that recorded their first win of the season in the SSE Airtricity League on Saturday evening after an eventual week at the Brandywell Club that saw manager Declan Devine parting company with the Candystripes on Thursday morning. Then on Friday Chairperson Philip O'Doherty confirmed the appointment of his successor Ruaidhrí Higgins who had been involved with the Republic of Ireland senior side.

On Saturday Boyce was part of the Derry squad that travelled to play Sligo Rovers at the Showgrounds. Higgins not surprisingly kept faith with the young Ramelton man who had started in the previous three games and scored against Drogheda at the Brandywell. With only two draws and no wins from their previous six games the Candystripes badly needed three points. That wasn't expected against joint leaders Sligo who hadn't lost a match since the campaign started. But Will Patching's early second half penalty saw Derry deliver a much needed victory and again Boyce at right-back.

But there is still a lot of work to do as Derry remain bottom of the table. They are away to Bohemians on Saturday before Ronan Boyce will experience his first Finn Harps North West derby clash on Monday evening at the Brandywell (kick-off 7.45) when he will come up against two fellow Ramelton men the McNamee brothers Barry and Tony.

Tamara qualifies for National Finals

Congratulations to Tamara Blaney who received great news last week that she has qualified for the NFTE National Final with her project Frames for Families. Last month there had been success for the Loreto Community School Milford Transition Year pupil when she took third place in the final of the Donegal Student Enterprise Competition with her business project 'Frames for Families'.

Tamara is the daughter of William and Chanel Blaney An Sruthan, Pound Street, Ramelton. She stylishly designed and cleverly formed the names of her parents and siblings sister Zara and brothers Alan and Jamie in words spelled out by letters. They interlocked like in a crossword puzzle with the finished product framed.

Through the Irish Schools Enterprise Programme, Local Enterprise Offices work with teachers and students in second level schools to



Ronan Boyce in action for Derry City during their first of the season in the game against Sligo Rovers at the Showgrounds on Saturday evening.

develop an enterprise culture in the county. The Student Enterprise Programme seeks to develop in young people a curiosity for innovation. It tries to enhance their natural skills and competencies by giving them the knowledge and opportunity to be creative in enterprise so that they can successfully manage personal, community and business opportunities, including working for themselves.

Swilly Last Man Standing Week 4

Swilly Rovers F.C. Last Man Standing fundraiser is into Week 4. Best of luck to the remaining contestants.

Swilly 50/50 draw this weekend

The Swilly Rovers FC 50/50 draw takes place this weekend. You can enter online with club force. One ticket can be purchased for €20 or you buy several months ahead. With work on the new pitch scheduled to start shortly the club is encouraging people to try and help as much as possible. Proceeds from the 50/50 will go towards the pitch project. Draw ticket details are available on the Swilly Rovers Facebook page.

Youth team training

Swilly Youth manager Jamie-Lee Blaney was

back on astro-turf with his squad on Monday evening for the first time with the easing of the restrictions. Consensus amongst the boys not surprisingly was that it was great to be back.

Swilly Rovers lotto numbers

The numbers drawn in the Swilly Rovers lotto last Friday were 7,13, 17 and 18. There was no jackpot winner. Eileen McGarvey and Oran Dunworth were the two 3 number winners. The club wishes to sincerely thank all for their online lotto purchases. This is vital to the club and we will truly appreciate it. Please if you can remind friends and family that three lotto lines can be bought for €5. Or a full year for €80 which results in a saving of €24.

Once again we thank you sincerely for all of your help. The next Swilly Rovers lotto draw will take place on this Friday. The jackpot this week will be €3,425.

Underage training starting

Swilly Rovers U8's (2013 & 2014 born) and the U6's (2015 & 2016 born) training is starting this week with easing of restrictions next week. If your child would like to resume playing and training then please call / text 086 400 2434 to let

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the management team know.

Enter for Community Games

The local Community Games competitions are being run virtually this year. A brand new platform was launched last month and is there for parents to register their children by going to www.my-communitygames.com. Entries can be made up to May 5th. Aimed at boys and girls aged between 6 and 16 years, entries are being taken for art, model-making, dance, singing, music, handwriting and recitation. Anyone wishing to find out more can contact a member of the Ramelton Community Games committee.

Country Market

Ramelton Country Market will be in Ramelton Town Hall this Saturday from 10.30 -12.00noon. Please note the new opening times. Covid-19 restrictions are still in place and thank you everyone for your continued support during this time. Advance orders are taken on 087-9699715 or message us on Facebook and we will have your order ready for collection during market hours. Gluten free, vegetarian, vegan, foods available. Lovely chutneys, relishes, sourdough breads, sweet treats and much more. Fresh flower bouquets also available. Masks must be worn, hand sanitising is in place and social distancing. See you Saturday.

SVP Conference

Anybody requiring help especially in the current climate due to Covid 19 can contact Ramelton St. Vincent de Paul on 087 143 6640 and your details will be dealt with in a confidential way.

Care of the Aged help

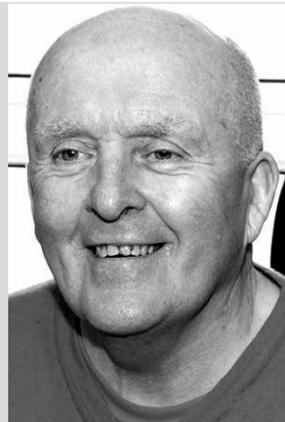
The Ramelton Care Of The Aged Committee hope that all the seniors in our community are keeping safe and well. If there is anything or if you know of anyone that might need help contact Chris 9151799 or Patricia 0861618687.

Catching the Worm

Copies of Bill Campbells Book "Catching the Worm" are now available in Kevin McFadden's Shop at Gamble's Square.

Here and Now - Again with Brian Smeaton

Not satisfied with the answers religion provides



John F. Kennedy momentarily put it "Why Not?"

Doesn't the Pandemic teach us something about training and setting examples and encouraging each other to be the best we can be together! The competitive urge that charges us - not to be the best we can be- but to be better than the other - even if that leads us to kill or be killed - have we had enough of the killing - the weapons of war?

If each of us determines to be the best that we can be, and puts our energies to encouraging those round us to be with us in being the best they can be- isn't that an honorable and worthy aspiration?

I still haven't got that book I mentioned last week - This Is It - by Conor Creighton - about Meditation - so as soon as I finish this I'm going to get it and read it. As he said in the interview I heard - Moving from a Fear based response to Life and Living - Fear certainly is a burden - I was actually going to write - Fear is a Killer - and this is the essence of it - Put Love in place of fear - and reach for the Stars!

Yes! I'm glad I remembered that John Kennedy re-iteration of that question Why? into Why Not? - That certainly puts everything into a different perspective - lightens the load as we're taking the road - Why not - the best is yet to come!

when the 1939-45 war started and my father went off to fight. Back then I wondered why, and I still wonder why? Why war?

Why could people not enjoy the place, and be good to themselves and each other? I remember the balmy days of childhood - just like the weekend past when the beauty of sea and sky, land and air and books and food and day and night, sleep and waking hours of communion with ourselves and each other. What gets into us that we want more - that what is - is what is not enough?

Of course this gets to the heart of the matter. Why can't we share? There is enough for everyone. That is, if we share! Why does there have to be this mad rush to corner the market? If Jesus is the only hope, why can't everyone share? These are questions that used to bug me as a child, and wonder why there is war, and my Father went off to fight, and my uncle, leaving the women and children to fend for themselves. I'm still asking these questions.

And I'm still not satisfied with the answers religion provides. Of course I want something better, but why have I to wait until I die to get it? Why not get organised and make sure that everyone gets a fair share? Wasn't that what the

I remember the balmy days of childhood- just like the weekend past when the beauty of sea and sky, land and air and books and food and day and night, sleep and waking hours of communion with ourselves and each other. What gets into us that we want more - that what is - is what is not enough?

There is enough for everyone. That is, if we share! Why does there have to be this mad rush to corner the market? If Jesus is the only hope, why can't everyone share?

whole idea of co-operation is about? And what could be wrong with a religion that promoted such an idea? Isn't that the idea behind the Society of Friends, the Quaker approach to life and living? And it isn't useful to say that - Oh, that has been tried and it didn't work!

Of course I know the arguments that go on and on about being, and what's good for us, and the whys and wherefores of the present state of things - Covid and the rest. But if we concentrated our efforts on sharing and caring for ourselves and each other, and using our intelligence and the wonder of Creation, and gathering ourselves, and the best of our undoubted energies together to make this place work for the good of all, would this not be an honorable and intelligent and worthy motive to follow?

From my own understanding of where I am coming from (which is deeply affected by my religious experience, both as a child in the idyll that County Wicklow was, getting married to Sandra, and the children being born, the Royal Bank of Ireland Ltd., and later as priest on the Shankill Road, Belfast, and then in this neck of the woods, and now retired and continuing to wonder why - or maybe more incisively as

well - another day of sunshine, and the continuing pressure of the pandemic. The balmy atmosphere is like the Universe thumbing her nose at the intruder. On Sunday we take a spin up the coast and watch the bathers at Rathmullan braving the not yet summery conditions with a verve that almost has me itching to join in.

But I desist, and remember the times past when a day like today, no matter what the calendar says, would have had me in there with them. Those were the days, my friend (as the song reminds us) - we thought they'd never end - but (there always is a but!) - change is part of our lives and living, and even in the throes of the intruders (there is more than one class of the present general health difficulties!).

We keep our masks on, and our distance, and appreciate that we both have the injection to help our systems deal with the bug. The Fourth Sunday after Easter brings us readings from the Acts of the Apostles - Salvation is found in no one else and there is no other name under heaven given to mankind by which we must be saved (Acts 4 verse 12); The Gospel of John uses the familiar Shepherd theme - I am the good shepherd, and I know my sheep and my sheep know me - just as the Father knows me and I know the father. (John 10, verse 13). These references are both adamant that Jesus is our only hope of anything beyond this existence bounded as it is by the birth and death. This is a very blunt, and doesn't leave any room for any other approach to life and living. The message is clear. And I have always had difficulties with it - right back to childhood days

Debut single from Carol Wilson



What started as a cathartic release from the struggles and trauma of a very difficult relationship, has evolved into the debut single 'Trouble Me' from Donegal singer-songwriter Carol Wilson.

by Katrina Tasker

'Trouble Me' which is the title track from her upcoming album, is a dramatic song with powerful emotions and sultry, edgy vibes, which has been described as being "straight out of a James Bond movie."

And it's now available on Spotify, Youtube, iTunes, Amazon Music and all other musical platforms.

www.youtube.com/watch?v=izH1Mgx-Gh8

Carol, who is originally from Meenaleck in the NW Donegal Gaeltacht and now lives with her three children in Rathmullan, wrote her first song at the tender age of 16 to help heal the heartbreak of a teenage break up, and has channelled her emotions through the therapy of song writing ever since.

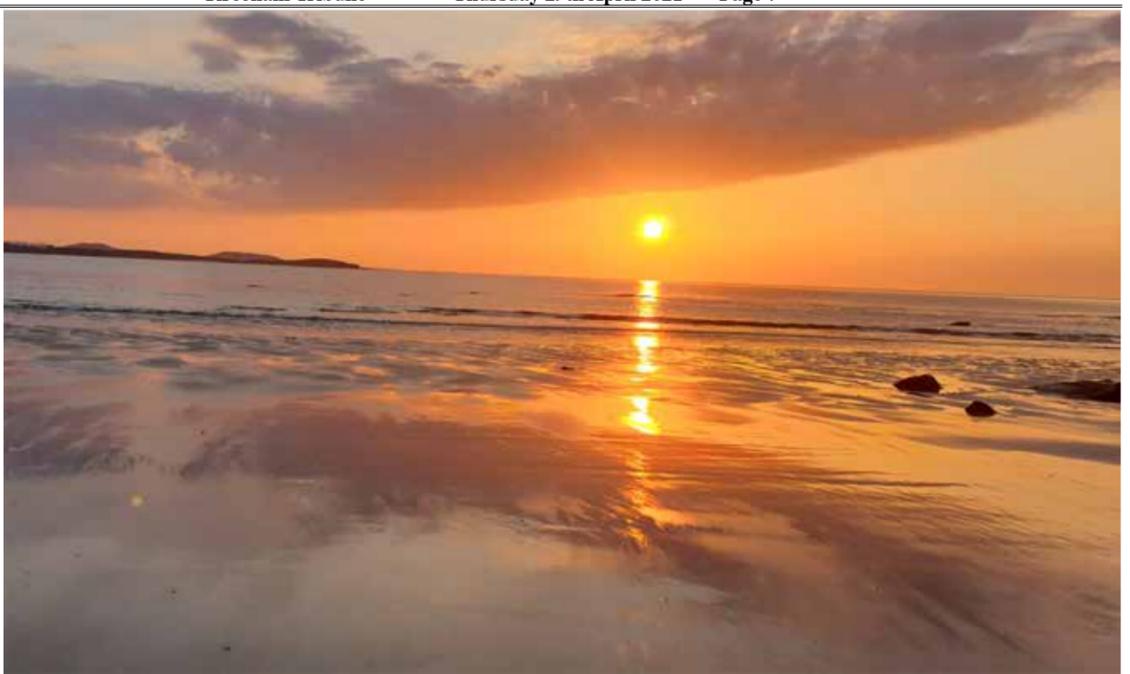
However it is only in the past four

years that Carol has pursued her passion seriously and she now writes and produces her own material as well as creating the accompanying videos.

Having completed a Music Production Course at Full Tilt in Letterkeny, Carol honed her skills and now creates her music which reflects sounds of rock, pop, soul and country, from her home studio in Rathmullan.

Her catalogue mixes raw, heartfelt songs about love and relationships with more upbeat, rockier tracks. Guitar, piano, cello and violin feature prominently in her work and Carol's distinctive alto vocals are sometimes overlaid or harmonised to add emphasis to the often highly personal lyrics.

'Writing and singing have helped me overcome a lot of painful experiences. It's been my therapy and I've been writing non-stop over the past four years. It feels great to release my debut single and share my music with others,' said Carol.



The sunset at Rinmore Bay in Fanad on Sunday evening by John McAteer.

RNLI Fundraising - Will you answer the MayDay Call?

The RNLI has answered Mayday calls for nearly 200 years! Distress calls from sinking fishing boats, problems on busy beaches, dog walkers cut off by the tide, and many more scenarios. It's the most urgent plea of all used by mariners when lives are in danger, but when the RNLI hear those words, there's no hesitation and they launch boldly into the unknown to help those who rely on them for help. This year, the RNLI need us to answer the call and raise much needed funds for them, as face to face fundraising has been impossible



for virtually most of the past year. The Covid crisis has hit the charity hard financially, yet the lifeboat volunteers were still busy out saving lives, and with staycations on the cards for this year again, they undoubtedly will be busier than ever, coupled with the addition of social distancing, it will just make tasks a little bit more difficult for them. For example, this past weekend was already busy for crews around our coasts and inland waterways and thankfully, no lives lost, but that's only a taster of what's possibly in store for the next few months.

Therefore, they're counting on you, me and all of us to answer their call and take on the Mayday Mile, a fundraising challenge. Join our Mayday Team Challenge (North Donegal Lifeboat Supporters) <https://thedaymile.rnli.org/teams/north-donegal-lifeboat-supporters> and help us travel virtually the length of the Donegal Coastline on the Wild Atlantic Way 1134 kms = 705 miles, by whatever manner you like, eg walk, run, cycle, dance, jump, skip or whatever, at a time and place of your choosing, alone or with another, anywhere in the world,



The Super Moon rising pictured by Ellen Druce from Creeslough on Tuesday evening

during the month of May, do it once, twice, or even every day in May, the choice is yours. Upload your distances via Strava / Fitbit / MapMyFitness & donate on our Just Giving Page when you join our Team. Post your achievements #MyMaydayMile and via our Facebook Group, North Donegal Lifeboat Supporters. We'll have a few 'Special Awards' after the event, so please post your comments and photographs. Now is your chance to support our brave Lifeboat Crews in Lough Swilly, Aranmore and Bundoran as they have supported us while answering Mayday Calls on a continuous basis throughout the year, and not just during the month of May, but all year, every year since its formation in 1824.

Investigation into sheep recovered in Ramelton



A garda investigation is ongoing following the recovery of almost 30 sheep in the Ramelton area on Monday that may have been stolen. They say they are now looking to trace the correct owner of the livestock.

They stated "On the morning of Monday the 26th of April, Gardaí in Milford led a joint operation accompanied by the Department of Agriculture Special Investigation Unit in the environs of the Ramelton Sub District. As a result of this operation, 13 ewes and 15 lambs were seized. Investigations are ongoing to ascertain ownership and traceability of the livestock. Gardaí at Milford appeal to all farmers if they have information on irregularities or traceability in livestock to contact

them on 0749153060." Donegal gardaí are also warning the public to be vigilant against thieves now that travel restrictions are beginning to ease.

They stated: "With a slight relaxation of the Covid-19 regulations and the fact that people can now travel within their county coupled with the improvement in weather conditions, we expect many more people to park at beauty spots and beaches over the coming weeks. We want to appeal to the public to always be security conscious when it comes to their car. Criminals will try car doors until they strike it lucky and find one that is unlocked. Do not make it easy for them!"

Gavin gets Termon €10k lotto cheque



Gavin Buchanan was certainly the centre of attention amongst family and friends over the weekend when news broke that he had won the €10,000 Termon GAA club lotto jackpot. The 37-year-old construction worker was at home in Killylastin with wife Claire and his five children when he received the phone call from Termon GAA Club Chairman Brian Treaty at 10.30pm. It was a moment that Gavin found hard to believe, as he has done the Termon Lotto over the years

at the McGinley brothers Cill An Óir Complex. Their grandfather Big Eddie McGinley played a leading role in keeping the Termon Club going back in the 1960s. Shaun and Patrick are sons of former Termon star Charlie Joe McGinley. Pictured at the €10,000 cheque handover are Shaun and Patrick McGinley with the lucky winner Gavin Buchanan, Termon Chairperson Brian Treaty along with Club Lotto volunteer Paul Doherty.

Aontú annoyed with student funding withdrawal

Mary T. Sweeney, Donegal Aontú Representative, has described SUSI's decision to withdraw funding from students who have been through unprecedented times over the past two academic years as "totally unacceptable".



Statistics released to Aontú reveal that 2050 students have had their funding withdrawn mid-term - 78 are from County Donegal. (In total, almost eighty pages of email correspondence sent by students to Simon Harris, Minister for Further and Higher Education, have been released to Aontú under the freedom of Information Act.)

The Aontú 2020 General election candidate said: "Simon Harris' response to a parliamentary question by Aontú party leader, Peadar Tóibín bordered on the ridiculous. The Minister stated that students who repeat a year in college are considered, by the SUSI grant system, as "not progressing in education" and are therefore facing withdrawal of funding in the middle of their term.

Where is Minister Harris' empathy for these students who have had to endure suspended lectures with classes moved online. This has been particularly hard on Donegal students struggling with inadequate internet connections."

"Many students have lost part-time jobs which supplemented expenses and have been forced to pay rent for unused accommodation during the pandemic. Also, college fees previously paid by the SUSI grant system for some students, who on review had grants withdrawn, are now expected to pay back those fees to SUSI. This is intolerable and should be revoked immediately by Simon Harris," said Ms Sweeney.

"As a former lecturer, I cannot stress the magnitude of having a grant application supportive of students' needs and social circumstances. I would like to remind Minister Harris of the importance of Third Level Education being inclusive and not exclusive. We must support all our students to avail of that opportunity," she added.

The documents released to Aontú under the Freedom of Information Act, highlighted many specific issues affecting students. In July, one student wrote to the Minister for Further and Higher Education, perplexed at why SUSI had only

covered a fraction of her college fees, despite the fact that the student's mother was a single parent of three, who had been made unemployed as a result of the pandemic and the family are currently homeless."

"I have been made aware of instances where a number of siblings from the same family all apply for a grant - the variables are all the same - they live the same distance from the college, have the same parents, same household income, etc., yet one sibling qualifies for the grant while another doesn't get a penny! There seems to be no

consistency to the system - a system that seems extremely harsh in their treatment of applicants especially during this academic year and during a pandemic.

What is even more alarming is that SUSI is now actively pursuing 237 students, seeking repayment of monies paid. For some of these young people, this amounts to thousands of euro - money which many have never seen because funding was paid directly to the colleges, not into students' bank accounts," claimed Mary T.

"In many cases SUSI incorrectly deemed applicants as qualifying for the grant, and then withdrew that funding upon review. In these cases SUSI made the mistake, not the student, and yet SUSI are requesting repayment from the student. An overview of the documents released to Aontú would suggest that SUSI is unfit for purpose and is in urgent need of reform.

We all remember the last recession and the scenes of students lining up at airports to emigrate from our shores. These scenes will become the norm again unless we work to ensure that students have the financial supports to stay in the country and stay in education. Grant funding is imperative to support our students. What is happening can only be described as thoughtless and cruel."

"We in Aontú are calling for this approach to be relaxed, especially in the context of the global Covid-19 pandemic. We should be sympathetic, compassionate and supportive to students who have been deprived of a normal college life and education for over a year now," concluded Mary T.

Rural Independents call for an end to "An Taisce gravy train"

The Rural Independent Group of TD's claim An Taisce are an "organisation objecting to jobs, investments, infrastructure and one-off housing in rural Ireland" and should not be supported through government funding

An Taisce describe themselves as a charity that works to promote environmental awareness and action in the context of the climate and biodiversity emergencies.

The Rural Independent Group claim that analysis carried out by them shows An Taisce received taxpayer funding of over €3.5 million in 2018, and more than €25 million over the last decade. Speaking from his Tipperary Constituency the leader of the Rural Independent Group McGrath stated. "My colleagues and I, in the rural Independent Group, have been consistently highlighting the deep anti-rural agenda being advanced by An Taisce. The organisation has been objecting to many genuine planning applications across the country from young people wanting to build a home, to rural job creation or infrastructural projects."

"What makes the action at the heart of these objections even worse, is the fact that our government has been funding the organisation, while they terrorise rural communities."

"The recent legal challenge brought by An Taisce to the High Court against Glanbia, over proposed plans to build a €140m job-boosting continental cheese plant in Belview, Co. Kilkenny, is the latest glaring example of their anti-rural bias. Thankfully, the High Court this week ruled in favour of the Glanbia project."

"However, analysis of the latest published financial statements for An Taisce indicate that the organisation is in receipt of millions of taxpayers' money each year, while at the same time issuing vindictive planning objections against local people."

"Alarming, it can be confirmed, from the Organisations 2018 Treasures Report, that state funding appears to be used by An Taisce towards crafting planning objections and legal challenges. This elitist and Dublin-based organisation also had current assets of €2.25 million in 2018 and had a cash equivalent of €1.5 million for the same period, while they paid out a whopping annual staffing bill of €2.4 million."

"The government should not be using taxpayer's money in this manner, to prop up this organisation. How can the government even sincerely claim to be pro-rural Ireland when they give millions in funding to an organisation, that has as its core mission, an objective to block positive developments in those same rural areas? Therefore, we are calling for all state funding to An Taisce to cease immediately. In the meantime, a full independent investigation should be undertaken to determine if taxpayers' money is, in fact, being used to fund objections and legal court challenges against economic development, job creation and rural housing, by the agency. The government cannot continue to claim to be pro-rural and pro-regional development on the one hand and fund an organisation that objects to such development on the other."

Donegal ambassadors on board to launch new brand

Donegal ambassadors nigan, President of Letterkenny Institute of Technology, an institute life have come on board that has been at home in Donegal to support the launch of for 50 years and which continues to the new Donegal place brand which will take pivot and adapt in an increasingly changing environment and which place on Friday next. is central to the development of our Killian McLaughlin, talented workforce".

The new Donegal place brand, which is an initiative of Donegal County Councils new Economic Development Division, will position the county as a great place to live, work, invest, explore and study. The brand has been developed by international place brand specialists OCO Global and Chief Executive Mark O'Connell will provide an

insight on the importance of place branding for places like Donegal especially in the current climate where the growing trend in remote working presents opportunities for locations like Donegal where the superb quality of life offering is a key attractor for those looking for an alternative from city living.

The launch will take place online on Friday 30 April at 3pm and is being compered by Donal Kavanagh of Highland Radio. It will also include the launch of the new donegal.ie website which will be the home for the place brand and where all relevant information relating to the new brand will be available.

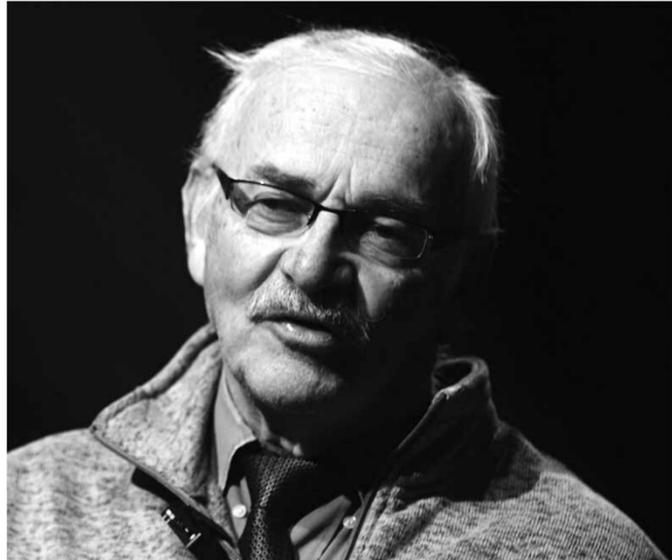
RCC to stream Bealtaine at Home launch event

Ireland's national celebration of the arts and creativity as we age, Bealtaine Festival, will be celebrated from home next month.

Age & Opportunity's 2021 festival's edition, Bealtaine at Home, will celebrate 'In(ter)dependence' as its theme. In County Donegal the festival, now in its 24th year, will be kicked off with a special launch event recorded at the Regional Cultural Centre (RCC), Letterkenny and premiering online on Saturday, 1st May at 7pm, to mark the beginning of the month-long festivities.

Hosted by Fergus Cleary, the launch event will be streamed on the RCC's Facebook and YouTube channels and features acts from across the county.

There is not much, popular Convoy native Fergus Cleary has not done, from telling stories, writing plays and more



recently publishing his book of poems entitled, The Poet. There is huge schedule of arts events to enjoy and the RCC is presenting a number of highlights for Bealtaine at Home, beginning this weekend with two fantastic FREE online concerts recorded at the centre - Pat Gallagher (Goats Don't Shave) on Sunday, 2nd May at 7pm and Brendan Quinn & Dermot Byrne on Monday, 3rd May, at 7pm.

Bealtaine at Home, 1st to 31st May, an Age & Opportunity Arts Initiative, Bealtaine in Donegal is organised by Donegal County Council Culture Division in association with a wide range of partners and is coordinated by the Regional Cultural Centre and Donegal County Library.

All booking links for RCC events are available at www.regionalculturalcentre.com/bealtaine

Cllr. Rena Donaghey, Cathaoirleach of Donegal County Council who will be officially launching the brand with Minister Charlie McConalogue during a special online event on Friday is delighted to have these ambassadors on board saying "this line-up of Donegal ambassadors helps reflect the essence of what Donegal has to offer".

"Killian's story of determination and tenacity against huge adversity to achieve a lifelong ambition in the setting up of the Wild Ireland Animal Sanctuary is in itself inspirational. And then Ciaran and Charlene's story of how a small tech start-up became one of the biggest FinTech businesses in Ireland helping position Donegal as a centre for growth in ICT FinTech". "We will also have Rosy Temple who is the fifth generation of entrepreneurs with Magee1866, a brand that is synonymous with Donegal and her story of resilience in sustaining a competitive edge while remaining true to their authentic brand rooted in Donegal has a lesson for us all".

"And finally Paul Han-



Comhairle Contae Dhún na nGall
Donegal County Council

COMÓRTAIS EARCAÍOCHTA

Tá Comhairle Contae Dhún na nGall ar lorg iarratas ó iarratasóirí cáilithe do na poist seo a leanas:

• Leabharlannaí Feidhmiúcháin

Tá sé beartaithe ag an Chomhairle painéal d'iarratasóirí cáilithe a chruthú óna líonfar folúntais de réir mar a thiocfaidh siad aníos.

Is é an dáta deiridh fá choinne foirmeacha iarratais comhlánaithe a bheith linn ná 12 meán lae: **Dé Luain, 17 Bealtaine, 2021.**

Tá Foirmeacha Iarratais agus Tuilleadh Eolais ar fáil ag www.donegalcoco.ie.

Ní ghlacfar le hiarratais a gheofar mall.

IS FOSTÓIR COMHIONANNAS DEISEANNA Í COMHAIRLE CONTAE DHÚN NA NGALL

RECRUITMENT COMPETITION

Donegal County Council is seeking applications from qualified candidates for the following position:

• Executive Librarian

The Council proposes to form a panel of qualified candidates from which it will fill vacancies as they arise.

The closing date for receipt of completed application forms is 12 noon on: **Monday, 17 May, 2021.**

Application Forms and Further Details are available at www.donegalcoco.ie.

No late applications will be accepted.

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Green deal will add to farm woes!

From Page One

liquid fertiliser being applied and they point to the additional costs involved. It is also proposed to have all farms prioritised for biodiversity by 2030 while agriculture is expected to cut nutrient losses by 50% in this decade.

IFA Leader, Tim Cullinan has already told the Agriculture Minister that a debate focussing only on cattle numbers is 'decidedly immature'. This debate will set the agenda in the battle for the farm vote in the next general election.

Mr. Cullinan was responding to emerging concerns after the draft agri-food draft strategy 2030 revealed official thinking on its targets over the coming ten years and beyond to 2050.

Farmers will face extensive cuts to the national herd that could see numbers reduced by as much as 400,000 cattle.

The new draft published by the Dept of Agriculture has involved the input of 33 bodies including all farm organisations. It is open for public consultation until June 15th.

Of much concern are proposals that will see biogenic methane from livestock being reduced by 10% in the short term to 2030.

The IFA says this is the first clear

view of official thinking and it is an issue that may well dominate the rural agenda for these next ten years.

The farm community says the industry has bought into the science of reducing methane output but that is not recognised by the Dept of Agriculture.

IFA members in Donegal say that before the Minister falls into the narrative of capping the expansion of cattle numbers he should examine the facts. The figures for 2020 show there were 6.5 million livestock numbers and this is down 0.5% on 2019.

Mr. McLaughlin that carbon emissions are equally important to all but especially in the agri industry. But if consumers demand premium quality, someone has to foot the bill and that cannot be farmers.

He suggests that on many Donegal farms, income is way below €10,000 per year and realistically that income would have to double if the drystock sector is to remain viable.

"IFA has always played a lead role in driving forward what is best for farming and for keeping more young people on the land. This current generation may be the last one to work the family farm because if the cuts in herd numbers and emissions are to be met, then there is no

way that we can be profitable.

The reduction of the carbon footprint is for every industry... and farming must not be made to pay a cost that will destroy their industry, while saving the planet. Farming is being held out as the major problem without getting any recognition of the progress they made in reducing global warming.

We will play a full part in the reduction of farm emissions and we have signed up the national guidelines set down by the Government. But, food must be produced and with the global population increasing every year, we need to produce more... but not at any price.

The reality is that the solution is quite simple. If the national herd is to be cut in the coming years, then farmers need to know about their survival and their future on the land. Are we going to be guaranteed a farmgate price for our sucklers?" Mr. McLaughlin said: "Our best way to benchmark prices is to make comparisons with the UK. The reality is that the British farmer is €250 more per head and shows the real failures of the Irish system.

Calling for more transparency on factory pricing structures, he says the main producer is at the very bottom of the price chain and that is

not acceptable.

"The real solution for the future of farming is to ensure that producers are properly paid, be it beef, lamb, poultry or whatever. We are sick to the teeth of running back and forward to Brussels for all these years, cap in hand looking for a dig out. Every time we go to the EU looking for more money, we end up coming back with less. Farming, especially in cattle production is now in crisis mode and the Government does not seem to have any answers. The industry is loaded with officials and more and more expensive measures in animal health and traceability, the facts speak for themselves."

IFA's Tim Cullinan says that there are real alternatives to be examined and the current debate based on cattle numbers is missing many of the real points of progress achieved by the industry in reducing the carbon output.

The farming sector points to a number of relevant factors on emissions. They say that in these past twenty years, Ireland's national herd increased by less than 4% (300,000 cattle) while the number of private cars in the country increased by 61% which equates to an additional 810,000 vehicles.

One farm leader said that he sees no

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evidence where the Government has any plan to cap the number of cars per household.

The draft of the 2030 Agri-Food Strategy will be pored over with intense interest at a time when farming is a crossroads as they await the finer details of the new CAP share out of funding.

The draft of the strategy will see environmental compliance set to dictate development across all sectors to 2030 and beyond to 2030. However, no reference or baseline year against which performance on this target will be measured is mentioned in the report.

It aims for: a 325,000t limit on annual chemical nitrogen use; a 50% drop in nitrous oxide emissions associated with fertiliser use; a decline in management intensity on a minimum of 40,000ha of peat-based soils over the next 10 years; 90% of all slurry to be applied by low emissions equipment by 2027; 65% of straight CAN fertiliser sales to be protected urea/protected nitrogen by 2030; at least a 20% redeployment of renewable energy technologies on farm along with a surge in forestry and organic farming.

It also aims to grow agri-food exports to €21 billion by 2030.

Night time survey flights cause alarm

Residents across an area that stretches from Dunfanaghy to Gaoth Dobhair have raised concerns about aircraft spotted at a relatively low altitude after dark last weekend.

The Cessna plane was spotted in a number of locations across Donegal on Friday night between 9pm and 11.30pm.

The English based company, RVL said they regretted any disturbance their flights may have caused and that their operations were carried out in accordance with all applicable regulations.

They said: "Some of the survey and mapping work we undertake for environment and other government agencies and entities can only be

carried out at night for operational and technical reasons. These are often, but not limited to, availability of access to busy airspace. Another reason is that the air tends to be more stable at night which is helpful for survey accuracy. Night-time flights are usually collecting thermal data or LiDAR imagery to be used in constructing 3D models of the terrain, most often to calculate changes in flood risk by environmental agencies. As these aircraft are conducting survey work on a specified area, it is uncommon that we have to cover the same area frequently."

The aviation company confirmed that the company had checked the weekend flights over the

northwest of the county and said they all operated at between 4,000 and 5,000 feet.

The company did not comment specifically on who the survey was being conducted on behalf of. One Local resident said the late night flight had caused them "considerable distress" as they were unsure what the noise was initially and then they were unsure if the plane was experiencing difficulty or was about to crash.

The late Liam Coyle



The death occurred on Saturday at Letterkenny University Hospital of Liam Coyle Binnion Avenue, Letterkenny. Aged 80, Liam, like so many of his generation, emigrated to Scotland as a very young man. There he met and married Burt woman Eileen Lynch. In his homily Fr. Kevin Gillespie said Liam was a man of exceptional ability who in the modern world could have excelled in any field. He was a skilled crane machine operator on the building sites. For recreation Liam was a dab hand at the crosswords and a big fan of Countdown while he was a very talented darts player winning many a Christmas turkey for the family home. He also had a keen interest in horses and could turn his hand to any type of craft.

The remains of the late Mr. Coyle reposed at the family residence on Binnion Avenue. Funeral was from there on Tuesday morning going to St. Eunan's Cathedral, Letterkenny, Requiem Mass was celebrated by Fr. Kevin Gillespie. Readings and Prayers of the Faithful were by Liam's grandchildren. The soloist was Declan Nee. Music on piano was by Liam's grandson Stephen Coyle.

Burial took place afterwards in Conwal Cemetery where Fr. Gillespie said the graveside prayers. Liam is survived by his wife Eileen; sons Joseph (Joe), Paul (Letterkenny), Stephen (Glasgow) and Mark (Florida); sister Carmel McDermott (Letterkenny); seven grandchildren and one great-grandchild; daughters-in-law; in-laws; nieces, nephews; neighbours and friends to whom deepest sympathy is extended.

Death of Patricia Molloy

The death took place on Saturday at Letterkenny University Hospital of Patricia Molloy, Ard Colmcille Letterkenny. Aged 59 Patricia was the youngest of five and the daughter of the late Jim and Kathleen Molloy. She put her sharp intellect and a gift for facts and figures to good use. Patricia was the 'go to woman' when dates of special family events needed clarification. Despite peri-

ods of ill-health Patricia always remained positive and got great solace from her faith.

She loved music and enjoyed a good sing-song at family occasions. Among her party pieces were Letterkenny Town and The Rose. She liked Céile and Country music. Her favourite artistes were the late Joe Dolan and in later years Nathan Carter. The music concerts in the Mount Errigal and Clanree Hotels were great social occasions that Patricia enjoyed in the company of her sister Bernie and friend Margaret. Acquiring new skills at the Ballyraine Adult Training Centre including on the computer was something that she embraced along with making new friends and being part of the outings to various parts of Donegal. Patricia appreciated very much the support of her key worker Pauline and the Centre manager Murt.

Patricia was predeceased by her parents Jim and Kathleen and sister Mary Angela. She is survived by her brother Seamus; sisters Bernadette (Letterkenny) and Kathleen Burke (Bomany Letterkenny); sister-in-law Mairead; brothers-in-law John Burke and Cathal McConnell; nieces, nephews; relatives, neighbours and friends.

Patricia remains reposed at her late residence on Ard Colmcille. Funeral was from there on Tuesday afternoon to St. Eunan's Cathedral Letterkenny for Requiem Mass. The celebrant was Fr Damien Nejad. Readings were by Patricia's nephews Shaun and Michael. Prayers of the Faithful were read by nephews James and Fergal and niece Catriona. Soloist was Siofra Harvey. After Holy Communion Patricia's niece Katie read a reflection.

Fr. Nejad also officiated at the interment afterwards in the family plot in Conwal Cemetery. Deepest condolences are extended to the family circle.

The late Frank McBride

The death took place at the Donegal Hospice on Wednesday of Frank McBride, Whitethorn Grove, Letterkenny. Aged 87, Frank was a native of Doe Point, Creeslough. His working career was spent with the Department of Agriculture. After retirement devoted a lot of his time to his faith and the Church of the Irish Martyrs which was close to his home in Whitethorn Grove.

Funeral will take place on this Friday morning with Requiem Mass in the Church of the Irish Martyrs, Letterkenny at 11am. Frank will be laid to rest afterwards in Doe Cemetery, Creeslough. Frank is survived by his daughter Marion; son Shaun; grandchildren Thomas, Adam, Luke and Sarah; brother Phonsie (Falcarragh); his sisters Margaret (Creeslough) and Anna and Lillie (both UK), in-laws, relatives and friends to whom deepest sympathy is extended. Due to HSE and Government guidelines, funeral and burial are strictly private to family only with a maximum of 25 people permitted.

Donegal Film Office €10k Short Film Bursary

Donegal Film Office has secured funding from Creative Ireland to launch the first Short Film Bursary Award in Donegal.

The Donegal Film Office Short Film Bursary is a creative response to showcase the talent in Donegal. A grant of €10,000 will be awarded to a filmmaker towards the cost of the production of a short drama or documentary film of 10-12 min duration to be shot in Donegal in 2021.

The Bursary aims to foster talent, creativity and activity in filmmaking in Co Donegal. Applications are being called from film makers who have a script that has been developed, seen by a Director and has had input from a Producer. We are looking for original, entertaining stories by talented filmmakers who, if selected, must set and shoot their project in County Donegal.

Aideen Doherty Donegal Film Office added, "Working with The National Creative Ireland Programme 2017-2022 to provide this opportunity for filmmakers in Donegal is a priority for the film office. Donegal has lots to offer the industry by way of talent, landscapes and services and we look forward to showcasing the end product".

Details of the Bursary and Application Form are available on Donegal Film Office website - www.donegalfilmoffice.ie and by contacting the Donegal Film office filmoffice@donegalcoco.ie. The closing date for receipt of applications is set at 12 noon on Friday 14 th May 2021.

Car damaged in Letterkenny

Gardaí are investigating an incident where a car was damaged in Letterkenny at the weekend. The car was parked in the driveway of the owner's home at An Gleann Rua, Killylartin, Letterkenny and was targeted between Saturday the 24th of April at 10pm Sunday the 25th of April at 10.30am. Gardaí stated: "Four wind visors were stolen from the car. If anybody can provide any information that might assist with our enquiries, please contact Gardaí on 074-9167100.

They added: "Please remember when parking your car to always lock it up. This applies on your own private property or when out and about. Always secure the car and check that it is locked before leaving it. Never leave anything of value in your car and do not leave anything such as laptops, handbags, purses, cash etc. in the car within view."

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Letterkenny Rovers

Our highly acclaimed Junior Rovers recommences this Sunday at Leckview Park.

This is fun football with sessions at 10am-11am for boys and girls born in 2014,2015 and 2016 while sessions for those born in 2011,2012 and 2013 takes place from 11am-12noon. Due to covid restrictions places are strictly limited and anyone hoping to have their child enrolled should check out the registration link on the clubs facebook page to ensure whether availability is still available and to book their spot. This initiative is also open to non-club members.

It is great to have club training back this week after the long hiatus. Hopefully matches will also soon make a return and we ask all the players and parents to follow all the laid down instructions as we aim to promote a safe environment in the midst of the pandemic.

An expanded range of new adidas club gear is now available to buy through the online shop at bmcsports.ie. Available merchandise is also on display on our social media outlets.

We would like to wish Anthony Gorman all the best as he takes up the assistant manager role at Irish Premiership side Dungannon Swifts. This week's mini lotto numbers drawn were 6-25-27 and 29. Ciaran and Darragh Thompson matched three numbers and received €100. Next week's jackpot is €5800 and entries can be made online through clubforce. All support appreciated.

McGlynn just short of Tokyo time

Letterkenny A.C.'s Ann-Marie McGlynn missed out by just an agonising four seconds in her bid to secure automatic qualification for the Tokyo Olympic Games on Sunday in the Cheshire Elite Marathon staged in Wrexham, Wales.

The Tullamore native knew that she would have to take over three minutes of her previous best marathon time to reach the 2.29:30 qualifying standard. So despite a stunning performance McGlynn's super time of 2.29.34 was still not good enough to make the Tokyo time. The Letterkenny A.C. member can still make the games through the ranking quota system if she doesn't reach the qualifying standard. However, with a large number of athletes having already secured qualification places in the ranking quota system are going to be scarce. McGlynn did have the satisfaction of setting a new Northern Ireland record with that time of 2.29.34 in Wrexham on Sunday.

Meehan welcomes Moss Road Improvement

The Moss Road improvement works were completed last week by Donegal County Council. Declan Meehan has welcomed the completion of the roadworks. "I would like to thank the engineers and workers from Donegal County Council, who made a fine job of the road last week"

Declan first raised the problem in the Tribune in February and the works cost over €100,000 but this is money well spent as it is a very busy route. Meehan said. "The road was in a dire state and now thankfully is suitable for cars and walkers alike. It is great to have the road

fixed in time for the lifting of some restrictions. As the main Milford to Rathmullan road it is a vital link for locals and tourists alike. I appreciate the engineers engaging with the local community's concerns and addressing the problems as quickly as possible."



Milford

Death of Sheila Doherty



The death took place at Hillcrest Nursing Home, Letterkenny on Thursday 22nd April of Sheila (Cecilia) Doherty, The Quay, Milford. Sheila was predeceased by her husband Terence in October 2017 and son-in-law Anthony Blaney in May 2017. Sheila was nee O'Donnell, Coolboy, Letterkenny and was 88 years of age. Sheila spent part of her life in Scotland working in Guest Houses, Good Samaritan Hospital and was a Bus Conductress before returning to Donegal. Sheila and Terence were married in August 1956 in St. Eunan's Cathedral, Letterkenny and returned to Glasgow for a few years before moving to build the family home at the Quay, Milford. Sheila spent 34 years working in the Milford Inn Hotel where she was always a familiar and welcoming member of the staff and also ran the canteen in the Milford Mart for the Blaney family. Sheila was a great cook and enjoyed baking and was always involved in the community events. Sheila was a member of the Pioneer Association all of her life and an active member of the Milford ICA, helping out at functions in the Milford Hall, for Bazaars, concerts and parties over the years.

Her funeral Mass was celebrated in St. Peter's Church, Milford on Sunday morning followed by burial in Milford Cemetery, officiated by Fr. Stephen Gorman CC, Milford.

Deepest sympathy is extended to her daughters Maureen Carr, Fanad, Martina Carr, Fiona Blaney, The Quay, Milford, Terry, Wexford, sons-in-law, Patrick and Michael, daughter-in-law Mary, sister Evelyn in Coventry, England, brother-in-law Michael Doherty, Milford, grandchildren, Mark, Leanne, Corinne, Shannon, Terry (Jnr), Brogan, Adam, Lisa, Lorcan and Ultan and all other relatives and friends.

50/50 Draw this Saturday

The Milford United Football Club 50/50 draw will take place this Saturday 1st May with a minimum jackpot of €1000 to be won. Tickets on sale at €2 each or 3 for €5. The ticket office will be open at the old AIB on Main Street, Milford on Friday 30th April and Saturday 1st May from 10.00am-6.00pm. Your support is greatly appreciated.

Colmcille Trail

Work is to commence on the Colmcille Trail starting next week and MDRC would ask all walkers to please avoid the trail until further notice as there will be a lot of disruptive work go-

ing on. This is to ensure the public's safety while work continues. The committee would again like to thank everyone who supported our fundraiser to make improvement works possible. Work will continue in phases over the coming weeks, including the installation of new interpretive signage.

For further information contact MDRC on (074) 9153736.

Mass Times

Mass times at St. Peter's Church, Milford are as follows: Thursday 29th April at 10am; Friday 30th April at 10am; Saturday 1st May Mass at 7.30pm; Sunday 2nd May Mass at 11.00am.

Masses and Services can be viewed on Parish Webcam mrparishes.ie or on churchservices.tv.

Dates for 2021

Graveyard Mass in Tully Cemetery on Sunday 25th July at 3pm and Graveyard Mass in Milford Cemetery on Sunday 1st August at 3pm.

Milford & District Resource Centre

MDRC is open to the public again for essential services, including supporting people who are working from home and other essential workers and businesses. Essential services include printing, photocopying, internet access, graphic design, accounts, bookkeeping, tax returns and

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Barrett's Koln
beat Bayern
 Amber Barrett featured again on Wednesday as her FC Köln side defeated Bayern II 3-0. The result leaves Köln 13 points ahead at the top of the 2 Bundesliga South table. With 11 of the scheduled 18 games played Barrett's side is looking to be well on course for promotion back to the top flight. The Milford woman will be in the squad that travels on Sunday morning to take on Hoffenheim II (kick-off 11.00). payroll. MDRC is open from Monday-Thursday 9am-5.30pm and Fridays 9am-4.30pm. Call (074) 9153736 for more information.

Planning Notices

Donegal County Council Knockfola, Brinlack

I, Denis Ferry am applying to Donegal County Council for permission to erect a dwelling house with septic tank & domestic garage with all other associated site development works at Knockfola, Brinlack, County Donegal in the townland of Knockfola.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours.

A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council Hornhead Road, Dunfanaghy, Letterkenny

I, Charles Roarty am applying to Donegal County Council for permission as follows: 1) to change 4 no. house types previously approved under planning Ref: 18/51058, 2) to relocate dwellings numbers 3 & 4, 3) to erect a domestic garage to serve dwelling number 4 at Hornhead Road, Dunfanaghy, Letterkenny, County Donegal in the townland of Dunfanaghy. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council Roc'Han, Magherablad, Creelough, Letterkenny

I, Comdt Brendan M Rohan am applying to Donegal County Council for retention permission to retain an existing domestic shed complex consisting of four no classic car garage spaces with a private art studio and lean-to storage shed including a septic tank system and all other associated site development works at Roc'Han, Magherablad, Creelough, Letterkenny, County Donegal in the townland of Magherablad. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, Co. Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

McGinley sisters raise €6,400



Sisters Lorraine McGinley and Veronica McGinley, Moyle Hill, Milford pictured presenting the proceeds of their recent fundraising challenge "Walking 200km in February" in memory of their aunt Rose Hegarty and uncle Eugene 'Tootsie' Hegarty in aid of Donegal Hospice and the Good and New Cancer bus. The girls are pictured presenting a cheque for €3200 to Eamon and Lynn McDevitt and Zena McMonagle of the Good and New Cancer bus and also a cheque for €3200 to Patricia Gerrity, Staff Nurse at Donegal Hospice. The girls would like to thank everyone who support their fundraising in any way, it was much appreciated.

Who was US Congressman, William McAdoo?

Among the many famous figures on the world stage who were born in or close to Ramelton is one, William McAdoo.

Details of his career have been forward to us for publication in the Tribune in the hope that someone can shed light on his exact birthplace and if he might have any relatives in the locality.

William McAdoo was born in the Ramelton area on October 25th, 1853 and died on June 7th, 1930. Having emigrated to the USA he later would become a Democratic Party politician who represented New Jersey's 7th Congressional District in the House of Representatives for four terms from 1883 to 1891. He also served as New York City Police Commissioner in 1904 and 1905.

He is believed to have emigrated to the United States with his parents, who settled in Jersey City, New Jersey, in 1865, where he attended public school.

He studied law, was admitted to the bar in 1874 and commenced practice in Jersey City. He was employed as a newspaper reporter from 1870 to 1875.

He was a member of the New Jersey General Assem-



bly in 1882.

During his tenure in Congress, McAdoo was elected as a Democrat to the Forty-eighth and to the three following Congresses, serving in office from March 4, 1883, to March 3, 1891. He was chairman of the House Naval Affairs Committee and chairman of the Committee on the Militia in the Fiftieth Congress. He was an unsuccessful candidate for renomination in 1890.

Shulman, Mark. Navalism and the Emergence of American Sea Power, 1882-1893.

McAdoo was a staunch environmentalist. While in Congress in the 1880s, he expressed these sentiments and argued for the preservation of wilderness. In a statement to the floor he once said, "In the great West there are in-

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Friday 30th April 10am - 6pm & Saturday 1st May 10am - 6pm

spiring sights and mysteries of nature that elevate mankind and bring it closer to communion with omniscience.... It should be preserved on this if no other ground."

After leaving Congress, he moved to New York City in 1892 and resumed the practice of law. He was appointed by President Grover Cleveland as Assistant Secretary of the Navy and served from March 20th, 1893, to April 18th, 1897, when he resigned. He was appointed to serve as New York City Police Commissioner in 1904 and 1905. Later he resumed the practice of law and also engaged in literary pursuits.

He was appointed by Mayor William Jay Gaynor as chief magistrate of the city magistrates' courts, first division, City of New York on July 1, 1910, in which capacity he served until his death.

He died at his home at 1192 Park Avenue in

Manhattan, New York City on June 7th, 1930, from arteriosclerosis and apoplexy.

He was interred in Woodlawn Ceme-

tery in the Bronx.

Any details relevant to his original birthplace or family lineage can be sent to tribune15@gmail.com



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Louis Boyce

Guthrie guests on Norman Borland's new CD

As we hit the last stretch of road into the summer months, it's not just the return of the sun as a welcome presence in our lives that will be keeping smiles on faces over the next few weeks. The added good news for country music fans is that Norman Borland is on his way back too, with his second single of 2021! And... he has a very special guest lending his immaculate country-as-country-should-be vocals to the track.



Not only is Ain't No Little Thing the perfect tune to get your feet dancin' towards brighter days in every way, it sees Norman tag-team with country star Gerry Guthrie to lead you all the way there.

From the pen of Oregon native John Bunzow, Ain't No Little Thing has the kind of country credentials that will have connoisseurs of the genre rubbing their hands in excited anticipation of the single's May 7th release. Taken from Bunzow's Pete Anderson produced Stories of the Years collection (1995), Ain't No Little Thing was also featured on the Where Love Goes compilation, alongside cuts from artists as eminent and revered as Guy Clark, Townes Van Zandt, and Emmylou Harris. Bunzow himself has been described by multiple Grammy-winning producer Ray Kennedy (Steve Earle, Billy Joe Shaver) as being an artist who, "...destroys the boundaries between great rock, country, r'n'b, and soul music by owning his noteworthy sound."

Little wonder then, that Norman, known for his own love of the traditional, true country style of song and recording, knew this gem was one he wanted to put his own stamp on as soon as he heard it...

"I'm constantly looking for songs that people might not have heard, or maybe not heard in a long while. I'm talkin' 'bout the kind of songs that have that country sound that's so undeniably 'country', it just changes your whole mood when you hear it. And let me tell you, this song falls right into that category. John Bunzow is such a fabulous writer. And you can tell by the quality of this song that it owes its existence to a man who has graced the Grand Ole Opry, and who has shared stages with people like Willie

Nelson, Neil Young, Carl Perkins, and Trisha Yearwood. It's a song that's just begging to be part of a good time, and I think - and hope - that's why fans will love it."

Indeed, so convinced was Norman of the song's feel-good factor, that he knew exactly what it needed to really highlight that quality... another voice. And there was one man in particular in Norman's phonebook who he'd been waiting for an excuse to call...

"No word of a lie, at the same time as I knew I definitely wanted to cut this song, I knew that I wanted to make it into something a little special by bringing another voice to the party, so to speak. And Gerry was the man that came to mind straight away for this one. There wasn't even a list! That's how sure I was that it was Gerry we needed on here. And I was delighted - honoured - when he said, sure, let's do it. For my money, Gerry is one of the best country voices we've ever had. And trust me, for me to have him sing on this record, well that sure ain't no little thing for me!"

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For the duration of the Coronavirus we will run a weekly quiz with one winner of €50 chosen this week. Entries close for Quiz No. 57 on Friday 7th May. Just answer the 50 questions below drop your entry into Quiz 57, Tribune Office, Main Street, Milford or post it to Quiz No. 57, Tirconail Tribune, Main Street, Milford, Co. Donegal F92 X6TR.

Name _____ Tel. _____

Address _____

1. What do Catholics call devotions to the cross?

Answer:-

2. What do you call the building where foreign diplomats work in?

Answer:-

3. "Many are called but few are -"?

Answer:-

4. What is the literal meaning of Mardi Gras?

Answer:-

5. "The colours of the rainbow so pretty in the sky, are also on the faces of people going by, I see friends shaking hands saying how do you do....." are lyrics from which Louis Armstrong hit song?

Answer:-

6. What do you call the paper-maché, filled with sweets and gifts that is suspended for blind-folded children to break open with sticks?

Answer:-

7. Which is the odd one out; foxtrot, jive, bolero or beanie?

Answer:-

8. The Roman Numeral of CDXXXIV represents which number?

Answer:-

9. Peggy is a diminutive version of which girl's name?

Answer:-

10. Who was married to Shawn Southwick, Frada Miller, Annette Kaye, Alene Atkins, Mickey Sutphin, Sharon Lepore and Julia Alexander?

Answer:-

11. "Contrary to common newspaper language, I am not the Catholic candidate for presidency, I am the Democratic Party's candidate for president, who also happens to be a Catholic" - what said that?

Answer:-

12. St Brigid's Day, the 1st February is associated with which activity?

Answer:-

13. Where would you find Gordon's Bay Equestrian Centre?

Answer:-

14. Which of the following did not have a Christmas Number 1 hit in the UK charts; Pink Floyd, Boney M, The Pogues or Jackie Wilson?

Answer:-

15. Who was Henry VIII married to at the time of his death?

Answer:-

16. Who said "Whenever I hear anyone arguing for slavery, I feel a strong impulse to have it tried on him personally"?

Answer:-

17. Who or what is Marianna Trench?

Answer:-

18. Translate into English; Tout est bien qui finit bien?

Answer:-

19. How is 1/9 expressed in decimal and percentage form?

Answer:-

20. In Donegal, we call it a pig, what do they call it in America?

Answer:-

21. Which drug did Robin Williams describe as "God's way of telling you that you have too much money"?

Answer:-

22. According to the Bible, who did God give the Ten Commandments to?

Answer:-

23. Which nut is used to flavour the chocolate spread Nutella?

Answer:-

24. What's the proper name for the chemical element also known as quicksilver?

Answer:-

25. Who is the most well-known employee of cartoon character Mr Burns?

Answer:-

26. A bruschetta is fried or toasted what?

Answer:-

27. As well as measles and mumps, which other disease does the MMR vaccine

protect against?

Answer:-

28. How many sides are there on a 20-pence sterling coin?

Answer:-

29. Which girl's name is also a song sung at Christmas?

Answer:-

30. What was the first flavour of crisps available in the UK apart from salt & vinegar?

Answer:-

31. Queens is the largest borough in which famous American city?

Answer:-

32. What is added to champagne to make Bucks Fizz?

Answer:-

33. How is a footpath indicated on a modern map?

Answer:-

34. What band did Morrissey leave to go solo?

Answer:-

35. Sabrina the Teenage Wit has a pet what called Salem?

Answer:-

36. "I've just dropped in to see you all, I'll only stay a while, I want to hear how you are getting on, I want to hear your smile..." are lyrics from which song?

Answer:-

37. Dingbat: H2OT?

Answer:-

38. Anne has blond hair, Jane has red hair and Claire has brown hair. They are dating Denis, Andy and Jack. Claire hates Denis. Jane dates Denis' brother. Jack dates Jane's sister. Who are dating each other?

Answer:-

39. Who was Paul Daniel's assistant on his TV shows?

Answer:-

40. Percy Spenser invented which labour saving device for the kitchen?

Answer:-

41. What do you call the soft spot on baby's heads?

Answer:-

42. What was Times Square in Manhattan called before it was renamed in 1904?

Answer:-

43. Moonshine is slang term for what type of beverage?

Answer:-

44. Where did Dominic Cummings drive to last year to get his eyesight tested?

Answer:-

45. Most retailers raised the spending limit on a contactless card from €30 to what figure on April 1, 2020?

Answer:-

46. BBC Radio 1 refused to play the original version of which popular Christmas song due to its controversial lyrics?

Answer:-

47. Who wrote Snow White and the seven Dwarfs?

Answer:-

48. Tommy Shelby in Peaky Blinders has one sister, what is her name?

Answer:-

49. Seamus Shields is a character in which one of Sean O'Casey's plays?

Answer:-

50. Charles Dickens wrote A Tale of Two Cities. What are the two cities?

Answer:-

Answers to Quiz No. 55 :- 1. Arrive; 2. Cable News Network; 3. Yves St Laurent; 4. 1000; 5. Hyundai (rest are Japanese); 6. One; 7. Montreal; 8. Octothorpe; 9. Apparently true; 10. Kilmacrennan; 11. English; 12. 3; 13. Iraq; 14. The Northern Lights; 15. Little water; 16. Cheese; 17. Eminem; 18. Alec Guinness; 19. Valium; 20. Walt Disney; 21. Gilles is married to Louise, Robert to Lily and Michel to Carole; 22. Holy Trinity Church; 23. Robinette; 24. Fathom; 25. Umbilical cord; 26. Tweed; 27. Punt; 28. Clark Kent; 29. Stayin' Alive; 30. Al Pacino; 31. Time; 32. Cognac; 33. 13 stripes in the US flag; 34. Seven; 35. 100; 36. Michael Langan from St Michael's; 37. The Red Sea; 38. Guinness; 39. Good at it; 40. Jub Jub; 41. Dandelion; 42. 1929; 43. Marie Stopes; 44. Glendowan mountains; 45. Andy Warhol; 46. Elvis Presley; 47. To die; 48. Eric Cantona; 49. Job; 50. September. Congratulations to Monica Grier, Isle View, Aghnish, Ramelton who won Quiz No. 55.

Sinn Féin want increased Water investment in Letterkenny and Manor

Speaking after attending a meeting with senior Irish Water officials along with his Sinn Féin colleague, Deputy Pádraig Mac Lochlainn, Donegal Co. Cllr Gerry Mc Monagle has expressed his disappointment with the lack of ambition from Irish Water in relation to future investment in water infrastructure for the Letterkenny and Manorcunningham areas.

The meeting with Irish Water was organised to discuss the ongoing problems with water infrastructure in the South Inishowen, Manorcunningham, Pluck and Letterkenny areas.

Cllr McMonagle said "I asked the Irish Water officials what their plans were to address the ongoing water shortages and bursts in the Manorcunningham and Rossbracken area and I was shocked to hear them admit that the infrastructure there was outdated and at the end of it's life but unbelievably they had no plans to replace it. This is just not good enough. People in these areas deserve a proper service and not one that is going to break down every couple of weeks"

"I also discussed the provision of much needed additional infrastructure in the Bonagee, Scribley and Leck areas of Letterkenny, and whilst Irish Water currently have a Network Development Plan for Letterkenny and whilst they have indicative suggestions as to how the town might be served from a wastewater treatment perspective, there is no commitment to funding and I would go further and say that Irish Water has not got the funding to progress those proposals".

"This is a serious problem for us in Letterken-



A view of Muckish Mountain from Dunfanaghy. Photo by Martin Fleming Photography. Visit www.martinflemingphotography.com or www.scenesofdonegal.com to see more photos.

ny as we are currently working on the development of the Letterkenny Area Plan and what has become very apparent during our discussions is that the future development of Letterkenny must be on the south side of the town in the Leck/Scribley area.

We have a state-of-the-art water treatment plant in Letterkenny which is currently working well below its

capacity yet we have no sewer available for residents or businesses in the Port Road, Four Lane, Scribley Leck, Drumnahoagh or Bonagee areas. When the Irish Water officials were challenged as to when this infrastructure would be put in place, they referred to it having to be developer led as they did not have the financial resources to invest in this infrastructure at this time"

"Whilst I accept that some of this infrastructure should be provided for by private developers, I pointed out the difficulties we have been left with since the last developer led development of Letterkenny, namely the number of unfinished estates and broken and end of life mechanical plants dotted right across Letterkenny in many of the estates that were built in the town.

What we need is a proper water and wastewater strategy that will help Letterkenny grow into a city. This means proper and sustained investment from Irish Water in a strategic way that will allow for orderly development and that will link up all the good work that has been done to date, not piecemeal development of our water and wastewater infrastructure." concluded Cllr. McMonagle.

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Jokers to the right!
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This week's winner was Charlie Stewart, Swillybrin, Dunfanaghy who found Shanagh in Tully Lawnmowers Advert on Page 31 and wins a €50 voucher for Whoriskey's of Ramelton.

Can 'Rural Future' save rural Ireland?

Look no further than Donegal to cast a microscope on how rural Ireland has been failed down the decades. Take a walk down Milford's Main Street or a thousand other such towns and you will get that feeling of neglect, isolation and despair and nobody really cares anymore. Not one of these deserted villages have gained any meaningful purpose nor was there a single job created in the previous policies to save our rural hinterland. Is this plan any closer to success?

The Government has defended the absence of any detailed targets and funding allocations in its new five-year strategic plan for Rural Ireland. So what else is new?

The reality is that rural Ireland has been starved of investment ever since the foundation of this State. And the very basic reality that such high powered launches only serve to highlight how previous plans failed miserably leaving too many of our young people to emigrate because they had no other options.

Rural Ireland could plaster its walls with the numbers of plans that have been formulated to save the countryside. It dates back to the mists of time in the last century when in 1999, Bertie Ahern concocted a White Paper on rural development. Then there was the famed McCreevy plan in 2003 only to be followed by Enda Kenny in 2017 with yet another missive. Then Leo Varadkar set out to rebrand Ireland 2040 and now it's the turn of Heather Humphreys. All plans have a common thread.... They've all failed, alarmingly.

So Humphreys is going to take a step into disappearing Ireland's landscape of depopulation with 270 objectives. And when people read it through they may well wonder what the hell all is all that not about!

There will be 135,000 new jobs in five years' time... there will be a mad rush to roll out fibre optic broadband and given that so far out of the 550,000 plus on the waiting list only 12% have been connected.

And before you forget... 600 towns are to be revitalised. Sounds like a miracle to me but let not that stop Heather in her tracks. All well intentioned but the big question is how many new jobs will this new plan create? Tens of thousands... many, hundreds of thousands of full time jobs are going to be needed if climate action makes the entire farming sector redundant.

The reality for this or any rural regeneration programme to progress needs to focus on a number of key objectives... not one of them is mentioned in Minister Humphrey's 'Our Rural Future'.

The rural farm community is under threat like never before because of global warming and dire consequences for cattle cuts to meet international targets in dramatically reducing bio-genic emissions before the end of this decade.

So how does this new policy address this crisis... I thought so too!

The plan's objectives must include total inclusivity in protecting rural Ireland's future for future generations and an advanced rollout of one thousand Mbps fibre optic broadband service for every home that wants it in the country; secondly the next budget must announce a universal basic wage to ensure that rural depopulation is ended.

Perhaps most importantly there has to be a

fully integrated approach of State agencies, IDA, Udaras and Enterprise Ireland in one last ditch effort to locate new enterprises out of Dublin.

And at the same time the red tape and cost for young people wanting to start up their own enterprises needs to be cut and their efforts rewarded with grants rather than expensive costs before a shovel is put in the ground to construct a work shed or office space.

Look no further than Donegal to cast a microscope on how rural Ireland has been failed down the decades. Take a walk down Milford's Main Street or a thousand other such towns and you will get that feeling of neglect, isolation and despair and nobody is really interested anymore. Rural Ireland needs investment first and foremost to retain the dwindling service and the sense of depopulation that is now endemic.

Not one of these deserted villages have gained any meaningful purpose nor was there a single job created in the previous myriad of policies to save our rural hinterland. Is this plan any closer to success? We do not know because no specific funding or targets have been revealed.

But now as Ireland falls into its most serious debt on record the government is lashing out money as if it was closing time in any one of the local shebeens with calls for someone to order the last ten pints of lager or else they'll be poured down the jacks.

However the policy "Our Rural Future" (if you wish to call it that) could not be more timely while at the same time totally implausibly vacuous. Bank of Ireland has closed 88 of its branch network; Ulster Bank has pulled the pin and the Irish Postmasters Union believe that under the present structure of Government funding for the network, at least another 200 offices will close as An Post will have a deficit of 17 million Euros by the end of the current year. So where and how does rebranding rural Ireland fit into the new proposals presented by Heather Humphreys?

At best the plan is in keeping with the ongoing conversation around the vaccine rollout and keeping its failure off the national headlines.

But it is a bit cool to work remotely now that so many people have been working away from the office and don't have a long daily commute. But in the final analysis that fad is now passing and it was a big novelty a year ago. An expectation is being put out there that many remote workers have decided they're not going back to the city. Despite the hardship and the hurt it caused, the pandemic showed many people that another way of working was possible. But there are costs and considerations that may make these remote workers think again over the coming five years.

Remote workers are now finding themselves in a new isolation, cut off from the colleagues and social contacts. Obviously Heather Humphreys is not among those workers.

I cannot determine how many working families she envisages leaving Dublin and coming back home to the wilderness of the Wild Atlantic Way where any decent broadband service is as far away as Tory Lighthouse and where diminishing services and numbers at national schools threaten their very existence.

It is indeed a very bleak landscape full of potholed roads, lack of investment, lack of any coherent policy or plan. And worst of all, what about the future of farming given the demand and urgency to reduce the carbon footprint?

Somehow, the launch of the new plan reminded me of a somewhat overheated, but enthusiastic announcement laden

entirely in any real clarity.

For instance, how many families does Humphreys expect to relocate out of Dublin and what benefit is in it for them. Because living and working in Dublin is a top priority for so many young couples simply because they have opportunities of good quality services, conditions and salaries. They want the benefits of living in the fast lane of life where the latest concert is on their doorstep, as is Luas, Dublin Airport and a vast array of services that rural Ireland will never see.

And as for one-off housing all we can say is good luck with your planning permission because most of the western landscape has EU designation for rare birds, snails and wildlife of all species... but insofar as accommodating the human species with planning to build a home back on the family farm.... forget about it! Listening to Humphreys on RTE's 'Drivetime' being quizzed by Sarah McInerney what struck home was the minister's inability to offer any targets or much else apart from the fact that more money was going to be fired at the western seaboard but with no real targets or clear objectives whatever.

Minister Humphreys said given the pandemic it would be unwise at this time to have detailed targets on job creation in the regions.

So can she give some coherent response about why it would be unwise? After all Covid could not give a curse about what an Irish government minister might announce, including the promise of a million vaccines for April and similar supplies in May, June, July... that is 2021 in case you are doubting these claims.

We've been hearing of plans to save rural Ireland for so many decades now that some of the details have faded into the mists of time.

If culture needs its economic base, it should come as no surprise that the fortunes of fishing, small farming and use of Irish have been in serious decline for generations. Throw in the threats posed to household postal deliveries, the cutbacks proposed for rail freight transport, the impact of Brexit and the cost of the new fangled notion of a united Ireland and the future of "rural" Ireland certainly looks bleak.

It was at times like this that the work of the Western Development Commission proved its worth. Established after several false starts in 1997 in Ballaghaderreen with a remit to promote the economic and social development of seven western counties, the Commission began publishing several pieces of research, most notably the State of the West in July 2001.

The report found that almost two years into the plan, the economic gap between the west and the more developed east and south was growing. This was not just a case of inadequate expenditure; the study referred to the need to "decentralise the mindset of government departments" which were increasingly caught up in the problems of overgrowing population in the east.

It also highlighted the dangers of relying on "policies" dictated solely by the marketplace. In a deregulated power and telecommunications market, privatised companies driven by profit margins would not extend infrastructure to less populated areas unless the government intervened.

In other words, even back then as farmers were leaving the land in droves, and small fishermen were being forced to take greater risks to make ends meet.

The Government's inspired response was the €25 million Clár programme, which was dismissed as inadequate by Marian Harkin. For its research and hard work, the Western Development Commission risked abolition. Having had its key instrument, the western development fund, cut by over two-thirds in the following Government estimates.

As part of the new plan, Minister Humphreys said her department would be exploring the possibility of small, targeted grants to encourage people to relocate to small towns and villages.



Comment

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there and they want to target all of that into rural towns and villages. She encouraged towns and communities to come up with good ideas and they will be supported. Does she not realise that towns, villages and country hamlets have been doing that for years and they've made no progress because government red tape and bureaucracy stand in the way of real progress?

But being an experienced politician I'm sure Minister Humphreys hardly needs reminding that the electorate sent her and her 159 colleagues to Leinster House to ensure that rural Ireland and its services are not only guaranteed but future proofed for generations not yet born. But she and her colleagues have failed us miserably.

The minister said there is a big focus on developing outdoor amenities and she has engaged with pub owners. The plan proposes transforming disused derelict buildings and pubs into remote working hubs. We can only wish her good luck with that one because rural pubs are goosed because of a lack of footfall caused by government neglect.

Minister Humphreys said there is also a focus on building capacity within communities to shape their future.

That actually sounds acutely like Government spin...and there is an abundance of spinners, albeit at an enormous cost to the hard pressed workers on this island.

It also includes the provision of public sector hubs in regional towns for public servants to work in their local areas, and a target of 400 IDA investments for region locations to create jobs.

Minister Humphreys said a report on how the plan is progressing will be made to the Government every six months and there is almost three billion for the national broadband plan, one billion for the rural regeneration fund, two billion for urban development, €500-million for the climate action fund, and €100-million for the town and village renewal scheme.

The old chestnut of the national broadband plan will make many sane people nervous because they will be left waiting for years and even then they may find it is not available in their remote locality.

The Minister said she honestly believes remote working is a game-changer for rural Ireland. But it always was until a Dublin centred agenda in suits decided otherwise and no Minister had the courage to shout 'Stop'.

Charlie McCreevy, the FF Finance Minister had a similar plan back all those years ago. In 2003, McCreevy revealed the controversial decentralisation programme to Cabinet colleagues hours before unveiling Budget 2004.

Government memos record Mr McCreevy outlining the potential drawbacks and considerable challenges of the long forgotten scheme to senior members of the Fianna Fáil-Progressive Democrats coalition on December 3rd, 2003, the day the Budget was announced.

That was the way Fianna Fail did things back then!

Mr McCreevy warned fellow Ministers: The period of exceptional economic growth enjoyed by Ireland is over.

The idea of decentralisation was to move 10,300 civil and public servants from Dublin to 53 locations in 25 counties.

While a small number of civil servants grasped the opportunity to live and work in their home counties, there was concern at the potential loss of corporate knowledge in departments in Dublin.

The FG led Government agreed in November 2011 that the decentralisation programme should be cancelled immediately.

Responding to a parliamentary question from Fine Gael TD Seán Kyne, Mr Howlin said the Government had agreed in 2011 that a review of projects should be carried out.

"Following completion of that review in January 2012, a total of 43 projects had been cancelled, while 50 were maintained, to be managed in the same way as other regionally based offices and Departments," he said.

Just over 3,400 were decentralised.

In the current climate of mind boggling expenditure for every constituency and thousands of vote pulling projects, these big announcements barely raise an eyebrow any more... I do not

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Clíodhna enjoys 'sweet' taste of success

Eleven-year old Clíodhna Mulkearns, a 5th Class pupil at Gaelscoil Adhamhnáin in Letterkenny, is enjoying the 'sweet' taste of success having been chosen a top winner in the recent nationwide search by banana importer Fyffes to find a new mouth-watering dessert that has a banana as its key ingredient.

Responding to the invitation fronted by celebrity cook, Donal Skehan, Clíodhna was amongst a large group of what the popular television presenter called 'creative and inventive meal-makers' who accepted his challenge to design a desert that could become a meal-topping choice on tables around Ireland and abroad.

The eldest of four children, Clíodhna developed a passion for cooking and baking from a young age and, along with help from her brother Dáithí and sisters Enya and Éilis, she enjoys making pancakes for her mum Sarah Ann and dad Damian every Sunday. Inspired by her grandmothers Breeda in Crossmolina and Anne



Clíodhna Mulkearns with her winning Caramelised Banana Cake and below baking as a three year old.



New fish van is alright Jack!



Well-known fresh fish merchant Jack McDevitt has added a new vehicle to his popular business. The Rosses man who runs Jack's Fresh Fish is pictured here in Milford recently with his new custom built refrigerated retail vehicle. Jack makes weekly stops in Milford, Dunfanaghy, Carrigart and Dungloe among other places and we wish him all the best with his new van.

in Falcarragh, who have encouraged her over the years, Clíodhna hopes to study Home Economics in secondary school and has the ambition of opening her own bakery one day.

In creating her prize-winning entry, which she names 'Clíodhna's Caramelised Banana Cake', and which won the 'Best Junior Baker under 12 years' category, Clíodhna combined a delicious fusion of cake sponge, banana and buttercream, all topped off with a caramel drip and caramelised bananas.

Devised by Fyffes to mark the annual National Banana Day held recently, the invitation to 'design a dessert' was in-line with a similar event which took

place last year when the challenge was to capture the national lockdown-relieving popularity of home cooking by asking Ireland's bake-at-home families to come forward with new and innovative recipes for banana bread.

Complementing what he called 'the exceptional level of skill' revealed by all who took part in the Competition, Donal Skehan said: "the success that Clíodhna has achieved reflects the dedication and devotion she puts into her baking and the obvious enjoyment she gets from it".

Responding to the widespread level of interest that the event has generated amongst the public, Fyffes marketing manager, Emma Hunt-Duffy said:

"what's really exciting to see is the increasing number of young people now taking part in the competition; it's fantastic that our baking challenge appeals to the next generation of cook-at-home enthusiasts".

"Also noticeable is the extent to which entrants are willing to experiment in finding new ingredients and taste combinations, especially when formulating recipes to suit those with particular taste preferences and those with allergies or other dietary needs," Ms. Hunt-Duffy added.

Details of each category winner and their winning recipes can be viewed on <http://www.facebook.com/FyffesIreland/>

Sarah completes 160km Challenge with classmates

Sarah McGurk from Convoy has just completed the Excel Sports 160km Hawaii Challenge. The senior year student from St. Bernadette's Special School finished the final 1k of her challenge with her school classmates, teacher and SNA's last week. Organiser of the Hawaii Challenge, Eunan Quinn, from Excel Sports met Sarah in Drumboe Woods to present her with a Lei, which is a garland of flowers given in Hawaii as a welcome or farewell, and he also kindly included a Lei for each of Sarah's classmates and staff members for helping her reach her goal.

Congratulating Sarah, Eunan Quinn said: "Massive well done to Sarah for completing the Hawaii Challenge. Walking 1K every day is no easy task, but Sarah kept herself motivated and moving, so she should be delighted with herself. Sarah had great support from her parents who also took part in the challenge, and I'm told she also had great encouragement from her school, St. Bernadette's

in Letterkenny, where the staff helped her get her daily walk in during the day and her classmates spurred her on by joining in on the challenge. I was honoured to present Sarah with her Lei for finishing that final kilometre."

Sarah completed the last 1k of her Hawaii Challenge last week at school and she proudly showed school principal John Haran her medal, t-shirt and snood that she got part of the sign-up.

Mr Haran said these virtual events are a fantastic motivator for young and old: "It's great to see so many of these pop-up virtual events that encourage people to set a goal, keep active and look after their mental health. It's not about first past the post, but about doing it at your own pace, in your own time. Big congratulations to Sarah for completing the challenge and we look forward to proudly hanging a picture of her and her classmates on the school wall. Thanks to Eunan Quinn and the team at Excel Sports for their great work too."



Sarah McGurk (pictured centre) from Convoy completed the final kilometer of her Excel Sports 160km Hawaii Challenge with her senior year classmates at St. Bernadette's Special School, Letterkenny. Also pictured is teacher Terence Shiels and SNA's Fiona McFadden and Ann McGinley.

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Only the fans have a place in socc

----- Well what a 72 hours that was? Jose Mourinho getting the sack at Spurs would have been headlines enough for the papers last Monday week and a later announcement from UEFA unveiling the new Champions League format beginning in season 2024-'25.



By Paddy McMenamin

But it was pre-empted late on Sunday evening by a reporter for the New York Times who had scanned documents saying massive changes were proposed by the world's richest clubs and details would be revealed early Monday.

It was earth shattering stuff, twelve of the top football clubs in world football were forming a new 'European Super League', it was invitation only, no promotion or relegation. A coterie of the elite, Real Madrid, Barca, Atletico, Inter and AC Milan, Juve, Man U, Liverpool, Arsenal, Man City, Spurs and Chelsea, multiple European Cup/Champions League winners, well actually only some of them.

It was a joke but these clubs had been financed by a myriad of Russian Oligarchs, American Hedge Fund merchants, Arab oil sheiks, European speculators, their accumulated wealth was in the multiple billion strata. They weren't in football for the love of it but to enhance their profits, these disgustingly rich parasites are a blight on the beautiful game. Real Madrid and Barca have two of the most iconic stadiums in the world, the Bernabeu in Madrid and the Camp Nou in Barcelona, modern safety rules have capacity at 81,000 for Madrid and 99,000 at Barca.

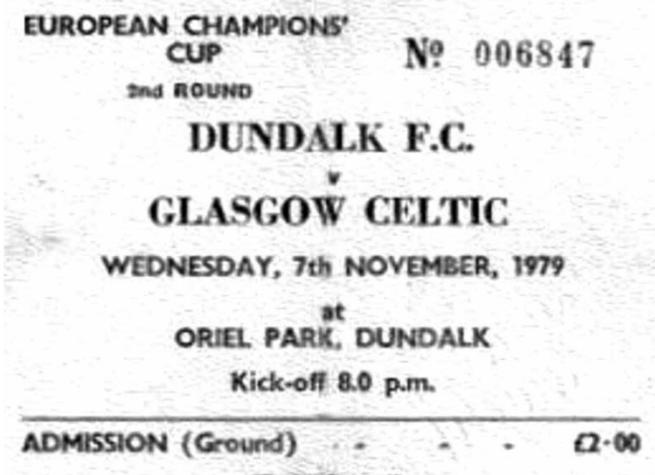
Both are revamping their stadium and €300m in debt. Real are estimated to be worth almost €4bn, unlike the English clubs they are owned by the supporters.

Socios; Barca is worth almost €5bn and again owned by the Socios, with almost 140,000 members. Man United are third in the money league worth almost €3.8bn, they are owned by the American Glazer family, grandchildren of Lithuanian immigrants. In 2005 the Glazers bought the shares of John Magnier and JP McManus, the famous 'Coolmore Stud'. Man U was debt free

when the Glazers arrived, but they transferred over €700m debt onto the ManU tab, they play at Old Trafford with a capacity of 75,000; Liverpool are worth €1.35bn and also owned by Republican Yanks, the Fenway Group headed up by John Henry and Tom Werner, they play at Anfield with a capacity of 55,000; Chelsea are owned by Roman Abramovich the Russian Oligarch with dubious connections to Putin, and are worth €1.8bn; they play at Stamford Bridge with a capacity of 42,000; Arsenal are owned by Stan Kroenke and are worth €1.8bn, they play at the Emirates

with a capacity of 60,000; Spurs are worth €1.3bn and are owned by ENIC International headed by Joe Lewis and Daniel Levy, the new Tottenham stadium holds 63,000; Man City are owned by Sheikh Mansour. City are valued at €4bn, they play at the Etihad stadium capacity 55,000; Atletico Madrid are owned by Miguel Gil Marin and Idan Ofer, and are valued at €1bn, they play at the Metropolitan stadium, capacity 68,000. The Italian clubs are giants in their own right, AC Milan are owned by Elliott Management Corporation and valued at €560m, they play at the San Siro with capacity 76,000. Inter Milan are owned by Sunings Holdings and Lionrock Capital and are valued at €680m, they share the city and stadia with AC; Juventus are owned by the Agnelli family, owners of Fiat Automobil, they are valued at €1.5bn, they play at the Juventus stadium with a capacity of 41,000.

That's the dozen clubs who initially said they were signed up to launch the new 'Super League', some of the biggest clubs in world football with almost 40 European Cups/Champions Leagues between them, but the ironic fact was that amongst them were five clubs who have only won a single EC/CL title between them, so hardly European giants by any means, Man City, Arsenal, Spurs and Atletico Madrid have never won Europe's top prize and Chelski just one. The initial blow to the plans were the refusal of Bayern and Dortmund refusing to join the new set up, the Germanic giants, Bayern



6 times European champions and Borussia the best supported club in football, they also have a different business plan with supporters owning 51% of their clubs, they weren't going to be dictated to by a clutch of financial shysters. I love the Germans, you can always depend on them to fck the English, well, except for 2 World Wars and a World Cup final!

So it really was a sham to call it a 'Super League' with these teams in it who had never won the golden ribbon of European football while Celtic, Porto, Ajax, Benfica, Feyenoord, Bayern, Hamburg, Steaua, Red Star, Marseille, Dortmund, Forest and Villa excluded. These are clubs that made their mark in the European Cup when the wannabe rich kids weren't even thought about. Benfica the first team to break the Real Madrid dominance in the 1960's, Celtic the first British and northern European club to lift the European Cup, Dutch total football with Feyenoord and Ajax with 4 in a row, German giants Bayern 3 in a row, Forest with 2 titles, the Cloughie inspired provincial club, what an achievement. Porto the last of those outside the elite to lift the Champions League, managed by a controversial guy who has won the big cup at 4 different clubs, Jose Mourniho! These clubs made the competition what it is in its fore-runner the European Cup, who could forget Eusebio in the Stadium of Light, Billy McNeill on the steps in Lisbon holding the EC aloft. Wim Van Hanegan and the Dutch



horns in Milan, Cruyff and total football, Gerd Muller and German dominance, Martin O'Neill with more EC medals than Cannavaro and Vieira, Peter Withe and Gary Shaw with Villa (the guy's who brought Kevin 'Wappa' for a trial at Villa at 13), the magical moments from 65 years of European football, and these charlatans who own those great clubs in England, Spain and Italy thought they would be able to wipe that history out, well for once it didn't happen!

The worldwide backlash against Perez, Woodward, Agnelli, Kroenke, Sheikh Mansour, Levy, Henry and Abramovich was the most welcome development since the Pandemic hit, we've had an unbelievable year of death, suffering, pain, sadness and pathos, then these parasites who have unbelievable wealth land us with their dream to 'save football', like the money men during the recession.

Football is a business now, we have to be realistic and understand that, to be honest it was always a money driven game but nothing like the situation we are in now. The wealth in the top five European countries is staggering, England, France, Spain, Germany and Spain, and it is easy to see the source of their wealth, all have major financial benefactors plus these countries deliver 90% of the revenue from media rights with England especially the recipient of an outlandish sponsorship deal recently worth £5.1bn, it has put every club in the EPL in the world's richest bracket, even small clubs like Palace, Bournemouth, Swansea et al, they are swimming in a sea of unearned wealth which has distorted football.

Eleven of the clubs who had signed up for the 'Super League' are in the top 14 richest clubs in football with only AC Milan outside it. 16 EPL clubs are in the top 50 richest on the planet. In brand value English teams dominate with Man U at the top of the financial table and 14 English clubs incredibly featuring above Celtic and Rangers, even small clubs like Stoke, Palace and Swansea; Celtic are in 34th position just above Roma, imagine Swansea above the big two Glasgow giants with a brand value of £92m whereas Celtic, Roma and AC Milan are valued at €80m, the £5.1bn tv bonanza for the EPL has distorted football so much that a club like Swansea who get 20,000 gates in the EPL can pay massive transfer fees and pay foreign players obscene wages, whereas Celtic who get 60,000 and Rangers 50,000 attendances aren't in the same league financially, it's a farcical situation.

The rise and crashout of the super league were the most amazing few days in football since England captain Johnny Haynes became the first £100 a week footballer back in 1961 or Denis Law became the first £100,000 player when he moved from Torino to ManU in '62. They were earth



Alexander Ceferin of UEFA.

shattering stats at the time, before that footballers were like chattels owned by the clubs and treated like virtual slaves, paid a pittance while the Directors grew fat and wealthy on gates of 70,000 plus after WW2.

Trevor Francis became the first £1m player in the late '70's, then the famous Bosman ruling came in the mid '90's and football changed, players became significant movers and shakers in the game and unscrupulous agents became involved, then Sky arrived, next the EPL and the Champions League and football would never be the same again. Georgie Best was the first footballing superstar in the mid '60's, 'El Beatle', but some run of the mill journeyman in the modern game could earn more in a week than the great Belfast genius would in a year.

The Celtic team which won the European Cup in Lisbon never earned more than £30 a week in '67, it's hard to believe, 'Jinky' Johnstone the equal of Best in many people's view ended up driving a dumper on a building site in Glasgow. A wee man who tormented Inter Milan and Real Madrid in the same week in May '67, now in the mega bucks era an average defender like Gary Neville owns a company with 300 employees, Brendan Rodgers has a portfolio of 100 houses, Robbie Fowler similarly has over 80 houses in the rental market, and even locally Martin O'Neill is creating waves.

Footballers used to be chattels in the pyramid system of football now they are like the economic pyramid shitsters who work the system of greed in society.

But for once in society the greed merchants didn't get their way, would be President of the proposed Super League Florintino Perez announced they



Padraic and Kevin (Wappa) McMenamin in 1988.

er super league



Celtic, Villa and Nottingham Forest lifting the European Cup.

were 'saving football', within 72 hours they would be saving face. I feared a weak UEFA would compromise with the breakaway clubs but thankfully they found a backbone and led the worldwide disgust for the idea. UEFA's President Aleksander Ceferin said they were, 'liars and snakes'. FIFA's Gianni Infantino followed suit and said it was wrong and backed UEFA, the breakaway clubs would be banned from their respective leagues, thrown out of the Champions League, banned from playing in the World Cup and Euros.

Clubs, managers, players and fans came out in droves to lambast the idea, the managers and players at the 12 clubs were in a difficult position but fair play to them they came out criticising the idea, Jurgen Klopp and Pep Guardiola said it wasn't right. The Spaniard called it correctly, 'football without promotion/relegation is not sport'. Supporters hung banners outside Anfield and Old Trafford and fans vented their anger at Stamford Bridge and Arsenal, the rage and disgust worldwide was palpable.

I think the worldwide reaction caught the Presidents and Chairmen of the breakaway clubs by surprise, they obviously didn't expect it. These people are so cocooned in their world of wealth and accumulation of more leaves them detached from reality in the real world.

The great Jock Stein once prophetically predicted, 'football without the fans is nothing', last week the 'beautiful game' spoke with a 'united' voice. They let the greed merchants know that while technically the modern game belongs to these rich financiers, in reality it's still a game of the people. It's the game played in shanty towns in Soweto or Favelas in Latin America; High school in New York to Gaeils-coileanna in Belfast; Arranmore island in Donegal to a pitch beside a runway in Gibraltar; from the Faroe islands to a war torn field in Syria; from the Theatre of Dreams to Paradise. It's still the game of the people, the most watched sport on the planet, the greatest amount of players participating in any sport.

Sky 24/7, although therein lies a big part of the problem, that's where the obscene wealth is accrued which has corrupted the game. I've watched football for almost 60 years, the World Cup in '66 in the Mountain Bar, Termon - which isn't a great memory. The WC '74 in the Cages, we were a 'captive audience'; WC '86 and Maradona devine in Termon impressing Fr Pat with a 'Hand of God'; the Fisherman's Inn in Inishowen's Glenglad on many a cold winter's night as Celtic were in the doldrums and we felt it just 12 miles to Scotland; the republican Felons

club beside Milltown in Belfast as Packie saved Timofte's penalty in Genoa.

Monchengladbach in the mid 90's as the fans sang 'Living next door to Alice' in German; in a wee bar in Thailand in '03 where the locals had been singing Cel-tic; in a cafe/bar in Seville as 80,000 Celtic fans took over the city but I had no ticket; after a funeral on Inis Mhor as the mourners prayed and the footballers played; the Dubliner in St Julians, Malta, as Celtic beat AC Milan; the Shamrock in Playa del Ingles for WC '02 and Keano went walkies. In a wine bar in Ypres, Belgium surrounded by WW1 graves as Liverpool created a miracle in Istanbul; or a night in an English bar in Cyprus as John Hartson delivered a title; in San Gwann Malta with wee Tiarnach and Oisín during WC '10 in South Africa as Germany hammered England and the English Maltese weren't impressed just reverse from '06 as Italy lifted the Jules Rimet the Italian Maltese took to the streets in celebration; 2014 watching the ever efficient Germans deny the little genius Messi a WC victory to appear on the pedestal with Pele and Maradona, we watched it in Strandhill and then I got a speeding ticket in Bundoran as Mary was driving après match!

Growing up with the beautiful game since I was eight in Belfast, playing games in loyalist Rathcoole where Bobby Sands grew up; matches on the big pitch between the Cages before we burned the place to the ground in '74. On Arranmore with Lurgy Celtic, Kilmacrennan in '77 and the birth of a great wee club who are now a Donegal Premier league giant.

Hugh Strain's 0-40's in 2000; the 35th reunion in 2012 when I could spray a pass at 60 but by the 40th in 2017 my prevailing health issues meant the footballing days were over; but as the late Hugh once said after a game in his 60's, 'forget about age, why would you stop something you love?'

That's what football is all about, that's why the football world reacted so strongly to the greed and avarice of the speculators and developers of world finance. They didn't care about the starry eyed 5 year old getting his first boots or kit, their aspirations were for unbridled greed. Carpetbaggers the lot of them, and to his eternal gratitude President of UEFA Aleksander Ceferin words will go down in history, "In the face of adversity you can let it define you, let it destroy you, or let it strengthen you, football is part of our heritage, we are custodians of an ideal, respect for history, and tradition, based on diversity, everyone has a chance, keep dreams alive, no place in football for liars and snakes."



The Cranford Men's Tug-o-war team who were first in the Catchweight Class at the Fintown Water Carnival in 1978. Front from left, Jim Ward, Roy Hunter, Sammy Hunter and John Gallagher. At back Bernard Gallagher, John Giles, Liam McBride, Jim Gallagher and John Ward, coach.

Mayors join together to promote Stay Local message

The Mayors of Derry/Strabane and Donegal have joined together in calling for compliance and for people on both sides of the border to act responsibly and to adhere to the restrictions in place by staying local. The message comes as the weather is set to improve over the weekend and various restrictions have been lifted. The Mayor of Derry City and Strabane District Council Cllr Brian Tierney and his counterpart in Donegal County Council Cllr Rena Donaghey have warned that figures for COVID 19 remain relatively high in both regions and its imperative the public don't become complacent and do all they can to curb the spread of the Corona Virus across the North West region.

The two Mayors have urged people in Derry/ Strabane and Donegal to adhere to the guidelines introduced by the respective governments on both sides of the border. They said that while they appreciated there was apathy out there among the public it was important people understood the virus is here and is still spreading. Mayor Tierney warned that restrictions were being

lifted at different stages on both sides of the border and the roll out of the vaccination programme were at varying levels and therefore it is imperative that the public continue to follow the public health guidance by staying local and adhering to social distancing guidance.

Rena Donaghey appealed to the people of the NW to be responsible at this critical juncture saying it was important that we continue with small cautious steps so that we can look forward to positive and better times ahead.

In a joint statement the Mayors said: "We are seeing some great progress in terms of the roll out of the vaccination programme and the reduced number of people being hospitalised or dying from the virus however we cant become complacent and need to be aware of new variants and the fact the virus is out there and being transmitted through our communities. By acting responsibly we can all play our part in preventing the spread of the virus across our region."



Taxation Matters

Hugh Ferry, AITI
Tax Consultant.

Do You Pay Tax When You Sell Your House?

When you sell a house which is your primary or only residence, you are exempted from paying Capital Gains Tax (CGT). This is mainly because of the Principal Private Residence (PPR) Exemption.

If you sell your house which is an investment and not a primary private residence, you may need to pay Capital Gains Tax.

The period you lived in the house as your residence is exempt from Capital Gains Tax (CGT). The gain you made needs to be apportioned between when you lived there - and when it was let out. You can also treat the last 12 months of ownership as part of the residence period.

Example 1: If you owned the property for 10 years and initially occupied it as your residence for 5 years and let it out for 5 years then four-tenths of the gain is liable for tax.

If you are employed abroad and during that period your private residence is let out, this will not affect the tax exemption provided you occupy the property on your return as your principal private residence. The same rule applies subject to a maximum period of four years absence if you are prevented from occupying your residence due to local employment conditions.

Couples are getting married later in life nowadays and quite often each of the couple will already own a private residence prior to marriage. A married couple are only entitled to have one principal private residence for capital gains tax purposes. If they live in one of the properties and let out the other one for a few years and then decide to sell the property that was let at a gain, then part of the gain will be taxable. However, if they sell the property that they lived in this should be exempt from tax as it was always used as a principal private residence. They could then move into the property that was let and continue to use it as their private residence. On any subsequent sale of this property full Principal Private Residence relief will not be allowed as it was not always used as a private residence.

The first €1,270 of taxable gains in a tax year are exempt from CGT. If the property was owned jointly, both you and your husband can claim this annual CGT exemption - bringing the total value of that exemption to €2,540. Once you deduct this €2,540 from the gain, the remainder is liable to tax at 33%.



Example 2: using the same details in Ex1:

Sale Proceeds	€ 300,000
Costs of the sale (fees etc)	-€ 5,000
Original purchase costs (price plus as stamp duty, legal fees)	-€ 270,000
Enhancement expenditure	-€ 10,000
Gain	€ 15,000
Apply partial PPR Relief 6/10	-€ 9,000
Deduct Personal exemption (married)	-€ 2,540
Taxable Gain	€ 3,460
CG Tax due (33%)	€ 1,142

CGT is a self-assessment tax, so you need to pay the tax owed for any sales completed up to the end of November by December 15 of that year; or by the end of the following January for sales completed in December. The tax return itself (if paper-based) must be submitted to Revenue by October 31 of the year following the sale - either on a Form CG1 where not in the self-assessment system, or on Form 11 where in self-assessment. If filing your return online, the deadline for doing so is November 14.

If you sold the house in August 2020, you should have paid whatever tax was due (if any) by December 15th, 2020. The actual tax return for that sale must be filed by the end of October 2021 or by November 14th, 2021 if filing online.

For advice on this and other Taxation matters, Tel: 074 9163431,

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'The Mortons Who Spoke Chinese'

'The Mortons Who Spoke Chinese' is a book of some of the most wonderful memories and it is in all respects a family memoir.

It embraces Donegal, Tyrone, Belfast and Derry bringing a glimpse of an Ireland from the previous generation and it is all the more refreshing for its telling.

For the late Áine Downey, born into a Gaeltacht way of life in Fintown, to education in East Belfast, graduation from Magee College and traveling in life to serve her community whilst promoting Irish heritage and culture, her voluntary work at the Foyle Hospice is the story of a busy life well lived and loved across so many sectors of society.

She is the main one in telling the family memoir and where this new edition ranges right across Áine's contributions to society, her language promotions and her own dearly beloved family characteristics, that were many and varied. There are great reminiscences, truly amazing accounts of her travel.

Reeling in the years

The book is dotted with the richness dating back a hundred years ago... "The parcels from America" Hand mades and Hand me downs "Maiden Aunts" and the recall of how to get a High Mass in Baile na Finne in war time is a great read and not to be missed.

"There is a Morton-McDermott story involving the Second World War, evacuation from Belfast, moving to the shores of Lough Finn. Magnificent, romantic Ireland with the backdrop of the Blue Stack mountains and, most important, a National School, but not yet benefiting from the electricity, running water and modern facilities of 1940's Belfast.

Poor Biddie Pheadar Mháire, on her own, with five children and expecting me: having to draw the water from the well and trying to light a big open hearth-grate with the damp Bluestack Mountain turf - in order to heat the water, cook the food, keep the house warm, wash and dry the clothes.

Those big open hearths were hard work: large iron bracket with horizontal iron pole and metal hook-chains for the big black kettle, the griddle. Cauldrons and 'Dutch oven' for baking; every aspect of the fireplace being utilised...

Here in Baile na Finne, we were unknowingly being introduced to a woman who would be very influential in my life, a woman who was dead for maybe two years before I was born, a woman without a name of her own.

The only house in the Glenties locality, for the Morton family was 'Sean Teach Phat Kelly' and, as Pat Kelly's old house, it really was a barn.

When daddy came to Fintown for the school holidays, it was his initial visit to this area of Donegal. The first morning he rose early and away out with him in search of mushrooms for breakfast. He noticed an old woman hunker-sitting near the stone wall at the bottom of the hill.

He didn't speak to her on his way out, but she was still there and him returning, so he thought perhaps he should practice his Irish. This thought had just entered his mind when the old woman moved very quickly up the hill away from him. Because daddy did not know the lie-of-the-land, and with his eyesight, not being great, he didn't follow her.

Later that first day, Mammy and himself went off to drop in on the neighbours, And Daddy asked them about the sprightly old woman. He recount-



The late Áine Downey.

ed all that had occurred and off they all went to inspect the place. Bean Pat Kelly and her dead a year or more, she was the person who sat at that very spot, ag buaillacht bo' (tending cows). Naturally, Daddy was alarmed by this and sufficiently anxious to consult the priest. There he learned that she left £100 (one hundred pounds - how on earth did this bean gan ainm manage to scrimp and save such an enormous amount of money!).

This money was for a High Mass to be said for the repose of her soul. But with a war being on and the necessity to have three priests to say a High Mass, and the problem of food for a meal, the Mass had not been said. I was told the High Mass was said before the month was out," reads a great story that was very much of its time back then.

'Duty Free' on Lourdes Pilgrimage

This latest memoir has a great story of a trip to Lourdes. On the coach bound for the airport it was all about prayer... and well, perhaps more prayer. This group would have been saints in heaven some day. But then they reached the 'duty free' on the first leg outward bound to France. It was some journey and very aptly recalled in this book.

Prayer, while important on such a pilgrimage has a funny side as well. The 'duty free' episode was to overcome 'jet lag' on the three hour journey to Dublin Airport. On the bus there had been much prayer led by a priest with a microphone and this intense devotion lasted until they reached 'Duty Free'. I could easily imagine a tape of Christy Moore singing the odd medley or three as an outbreak of astonishment erupted at the level of spirits being purchased - possibly for a wee nightcap after a hard morning's praying.

These duty free conversations ran like... "Last year we ran out of... are you sure that's enough... ach, poor so-and-so, she loved her wee glass of Bailey's."

The chatter was akin to the Whooper Swans arriving back in Burt for the winter and conducting a noisy head-count of survivors who'd made it through their particular 'Duty Free'.

Áine Downey was a native Fintown, born in 1942 in the Gaeltacht with a fierce pride in her heritage and she became a renowned campaigner, advocate for children with special needs, a full lecturer, working in four universities all at the same time.

This book is the second in a series: the first was published in December 2019 and the extended edition a year later.

Áine was working on the new book when she died in May 2020. However the new publication compiled by her sons, Cormac and Garbhán is a very fitting tribute to her loving memory.

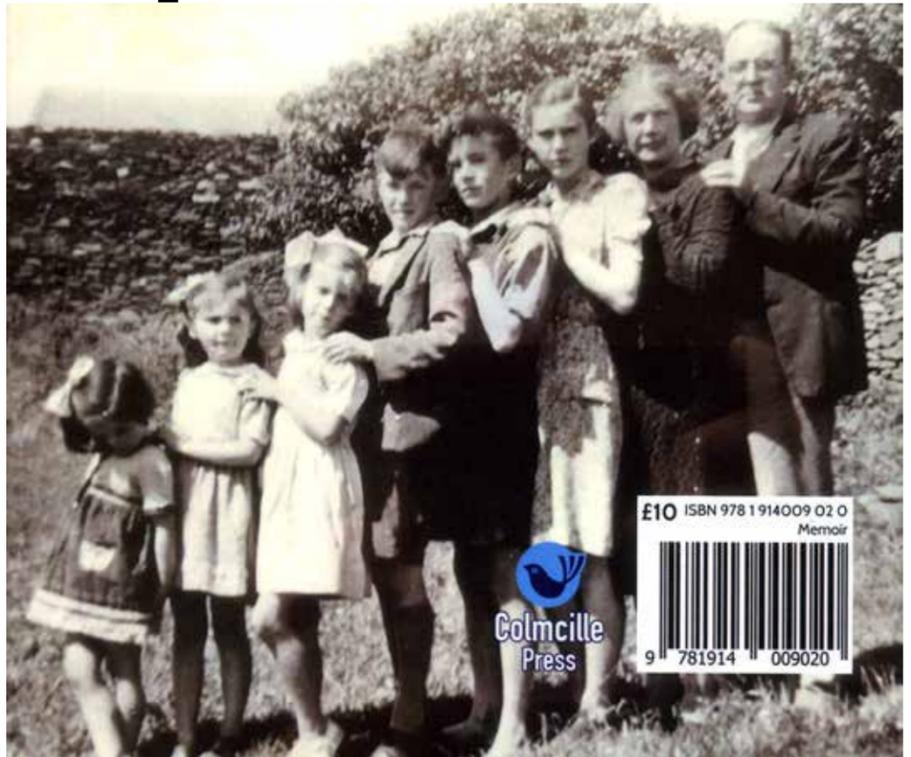
Their paternal grandmother was Kitty Harrison from Ray, Ramelton. This book is a rich tapestry of lovely memories, dreams shared and new friends made every day especially when the family moved to Belfast where Dr Downey's father was a teacher at St Malachy's Christian Brothers' primary school.

An Irish speaker, Richard Morton was also a founding member of Cumann Chluain Ard.

At Christmas 2019, her sons, Cormac and Garbhán used their mother's letters and memories to self-publish a book, recalling her time growing up in east Belfast in the 1940s.

Garbhán Downey, a former Irish News journalist said the name of their book came from the way the Morton family was regarded by their unionist neighbours.

The first edition of this book saw it gifted to Áine as a Christmas present from her sons uncovered



The Downey family.

her fascinating childhood as a native Irish speaker growing up in 1940s unionist East Belfast. During that decade there was scant knowledge of the Irish language among Belfast's Protestant population.

That made the childhood of Dr Áine Downey all the more remarkable as her's was likely to be the only Gaelic speaking family living in the unionist heartland in the east of the city.

"I probably assumed that every home had three bedrooms, one for the girls, a second for the boys and a mammy and The Morton's were fondly known as 'The Mickeys who speak Chinese' - so the book was entitled 'The Mortons who spoke Chinese'.

The family is recognised in the brochure of the Gael Tour of east Belfast and on their Gael Map of east Belfast."

The new book is available at the Letterkenny Shopping Centre in 'Bookmark' and it is published by Colmcille Press at Bligh's Lane in Derry.

In what's described as a gentle and nostalgic memoir, the Morton family experience evacuation to Donegal, confront their father's impending blindness, sweep the boards at the Belfast Feis and they try to keep up with their much holier - and much wealthier Tyrone cousins.

As a slice of Irish life before the troubled years, it is flawless.

As a child, Áine lived at 3 Clara Street in East Belfast where the first language of the house was Gaelic.

In the book - which is dedicated to Dr Downey's third son, Rónán who passed away some years ago - the retired lecturer innocently remembered thinking as a child that everyone spoke Irish and English in east Belfast. I did not, a child doesn't, distinguish between languages - so there was the family way of talking (Irish), spoken between and by us whether in the house or outdoors and normally spoken with the many visitors to 3 Clara Street. I didn't realise that this was 'Irish' and was different from the way of communication at St Anthony's primary school and outside playing in the street or in the park; seemingly that was called 'English', she recalled.

Initially published on a 100-book run for family and friends, the book was so well received that the family plans a second edition once lockdown ends.

Reflections of the First Editor

This is the latest edition and the second part of the family memoir. Cormac and Garbhán Downey reflect on their mother's life and work. In this edition we meet a cat that uses a toilet, a Whippet who believes a Labrador is his pet, a father who mortifies his children by singing on trams and a recently-departed woman who comes back from the dead to get the priests to say a High Mass.

They write that when they produced the first print of the book in 2019, it was a Christmas surprise for Áine. She was modest about her achievements and would not have thanked us for a hagiography. So it wasn't until we were preparing some notes for her funeral celebration for Fr. Paul Farren that we truly started to consider just how much of a trailblazer Áine had been.

As you will read in this memoir, she went to pri-

mary school in Belfast, at St. Anthony's and then on to St. Dominic's College (where she played Camogie for Antrim minors.) But her mother, Brigid, was a great believer in the merits of the Southern education system, and so, aged just eight, Áine upped sticks on her own to attend a Donegal national school for a year, on an Irish language scholarship."

In the following phases of her education and work she took a science degree in Queen's University in Belfast in 1964. She published a paper on 'physiological psychology and she began investigating the difficulties faced by children 'whose disabilities are more obvious than my own'. She then used this research to challenge the powers-that-be - the churches, the education authorities or the health services - to meet their responsibilities rather than closing doors.

As Governor of Belmont Special School (she was on the board there for 50 years) she lobbied, successfully for pupils to be allowed to receive church sacraments, such as Holy Communion and Confirmation.

One of her proudest moments was when a young woman with Down's Syndrome she has previously mentored was awarded a degree.

Áine's own doctorate in NUU in 1973 was centred on resolving specific learning difficulties.

She first moved to Derry in 1964, the year she married, and she secured a teaching job at St. Mary's Secondary School in the Creggan. She began teaching part-time at Magee in 1967, becoming a full-time researcher in 1969 and a lecturer in 1970.

She used to joke that she worked for four universities from the same office - Trinity College, Magee University and College, the New University of Ulster (NUU) and the University of Ulster (UU).

In 1984, Northern Ireland Secretary, Jim Prior MP asked her to join the new Standing Advisory Commission on Human Rights in Northern Ireland.

Then in 1995, and after 30 years of academia, Áine took early retirement from the University of Ulster and so began a new career and another chapter of her life.

Her first big project was to establish 'Lifestart'.

Chapter 1 sets the tone for readers: "Frank Sinatra sang 'When I was seventeen, it was a very good year' and I think of Biddie Pheadar Mháire at seventeen, who had been working in a sweet shop at the corner of Royal Avenue and the Donegall Street since the age of twelve..."

Rural barren Donegal couldn't, and didn't treat its young girls with loving kindness; the immediate choice facing the twelve year old was the hiring fair or some other form of paid employment by moving out and sending money home...

In my imagination Biddie would have seen marrying a handsome, popular teacher as a route to financial security and at the age of twenty-eight in St. Patrick's Chapel on Donegall Street, on the feast of Sts. Peter and Paul, Biddie became Mrs. Morton... so began a legend with a richness in its telling that creates its own space for former times, now almost a memory.

But "The Mortons Who Spoke Chinese' will not only serve as a really great read but it also preserves the legacy of Ireland's own history.



The Mortons Who Spoke Chinese

A Family Memoir

Áine Downey



Hughie McGee welcomes Gerry Adams to the Holiday Inn on Sunday. Also included are Paul McCool, Sean McGee and Frank McEleney.



Gerry Adams with young Fanad supporters at the Holiday Inn on Easter Sunday.

Adams rallies the troops to political action

If Irish Republicans really want a United Ireland then they must ask themselves if they are already doing enough to achieve that goal and they must refocus their energies on bringing it about through political means. That was the clear and unambiguous message from the Sinn Fein President Gerry Adams when he spoke to around one thousand people at the Holiday Inn, Letterkenny during ceremonies to mark the anniversary of the Drumboe executions on Easter Sunday.

The SF leader called on the Irish government to release the Republican prisoners in Castlereagh and he also fired a salvo on the Treaty of Nice referendum. He urged a resounding NO vote if the Republic wants to have political and economic freedom.

The traditional ceremony at Drumboe was changed at the last minute in light of the developing FMD crisis in the Six Counties.

Nevertheless the large crowds present in the Holiday Inn reflected the reverence that Republicans continue to place on Drumboe. Each year since 1916 crowds from across Donegal and West Tyrone come here to pay homage and to pray for the souls of the Republicans who died in the armed struggle. Being in a luxury indoor venue rather than being out on the hillsides was a surreal experience said Gerry Adams: he was merely reflecting on all the meetings in byres, barns over the years when few venues wanted to host a Sinn Fein gathering. And this kind of meeting usually attracted a large Special Branch group who were not obviously too interested in furthering the legitimate cause of a united Ireland.

Then in darker times Section 31 of the Broadcasting Act added its own trauma as Adams and Pat Doherty were banished from the airwaves. We complained that Britain had demonised those promoting the SF agenda but we did not have to leave our native shore for the best example of that demonisation.

Things have changed dramatically for Republicans and it is quite amazing the appeal that Adams generates especially among our disillusioned young people. He signed hundreds of autographs, was photographed with dozens of wains and their

mothers and he conversed freely as Gaelige as Hugh McGee and his team at the Holiday Inn bade him welcome to their humble home. And not for the first time; remember the media and public outcry when SF came to this venue a few brief years ago to deliberate on the way forward and to debate conflict resolution? It was just awful to listen to the crap that bordered on the ridiculous that a gang of renegades should be allowed next or near to Letterkenny. Concerns were expressed that allowing such a congregation would send out all the wrong signals and that the image of the town would be irrevocably damaged.

What utter rubbish. Adams delivered a 25 minute address which was unscripted and while he had a few brief notes he never once referred to them as he set out the way forward for Sinn Fein and the broader Republican family.

His message may not have contained anything really dramatic or new but the sub-text was interesting. Adams is an experienced tactician; otherwise he would not be the longest serving leader of a political party on this island. Adams has a huge impact on the new generation who believe the politics of sleaze and corruption must be confined to the dustbin of Irish life and again and again the SF leader returned to the Constitution and its import for today's generation. Nothing has changed insofar as that document is concerned yet the policies of government have seen the gap between rich and poor widen ever more dramatically in the past decade despite a spin that new conventions were being put in place to rectify that gap.

Sinn Fein said Adams was the only All-Ireland party offering a real future as laid down by the Constitution. "What are we doing wrong... we must be doing something wrong. Other countries and colonies that have taken inspiration from the men of 1916 have long since achieved self-determination but we have not. We are not doing enough and remember we will only get the amount of freedom we want."

Adams first made this kind of speech back in 1979 in Bodenstown which is effectively the Sinn Fein shrine of reverence and regeneration. As he lis-

tened to the Rolls of Honour of Ireland's dead he observed it was 'a very long list' and he wondered why something more was not happening. Significantly he dwelt for some time on the right time for a political breakthrough: "Never since 1916 or the decades since has there been a better opportunity to bring about the Republic that the volunteers died for." He denigrated the historians who have rubbished the ideals of the struggle in 1916 saying that Pearse and the leaders of the Uprising had very advanced plans to bring about their ideals. They were imbued with a spirit to bring

about a democratic country that would cherish all the children of the nation equally. This was not about a blood sacrifice alone. In 1916 the Empire ruled this country and for the Volunteer movement to take them on in armed struggle needed very special and dedicated people. He said the example of the Rising had won freedom for many colonies yet we are unable to achieve our own freedom.

"My own view is that we have not done enough. We have not got our heads together to plan and strategise and get it all in place. I am here in Donegal to persuade people that it is not about commitment alone... but to say that everyone here will have to do more in the future to bring that freedom about."

Turing to the 20th anniversary of the 1981 Hunger Strike in Long Kesh Adams paid tribute to these visionaries of Republicanism and he likened all ten who died to the leaders of 1916. In front of the platform the pictures of the dead were poignantly displayed amid a spray of Easter lilies. The dead included Bobby Sands; Francis Hughes; Raymond McCreech; Patsy O'Hara; Joe McDonnell. Martin Hurson; Kevin Lynch; Kieran Doherty; Thomas McElwee and Mickey Dunne.

These men were described by Tom Dignam of the Tirconnail Commemoration Committee as 'the ten comrades who died in Long Kesh in order to smash the British government's attempt to criminalise the fight for Irish freedom' and Adams also returned to this theme saying Britain had tried in vain to defeat the Republican ideals.

"However they had failed. The Hunger Strikers were like the men and women of 1916. They were ordinary people and it would be wrong to turn them into icons. Don't iconize them because that suggests we cannot emulate them. WE should see them as very ordinary people

who did extraordinary things in extraordinary times. Then we can match them in our own ideals. They created a moral platform for us. They brought the root of the struggle to a new threshold. The hunger strikes could have been resolved by giving modest reform in the prisons but the British strategy was to criminalise the Irish struggle."

Hammering the role of Maggie Thatcher in the hunger strike Adams said she was a bag carrier for that right wing model of democracy: General Pinochet.

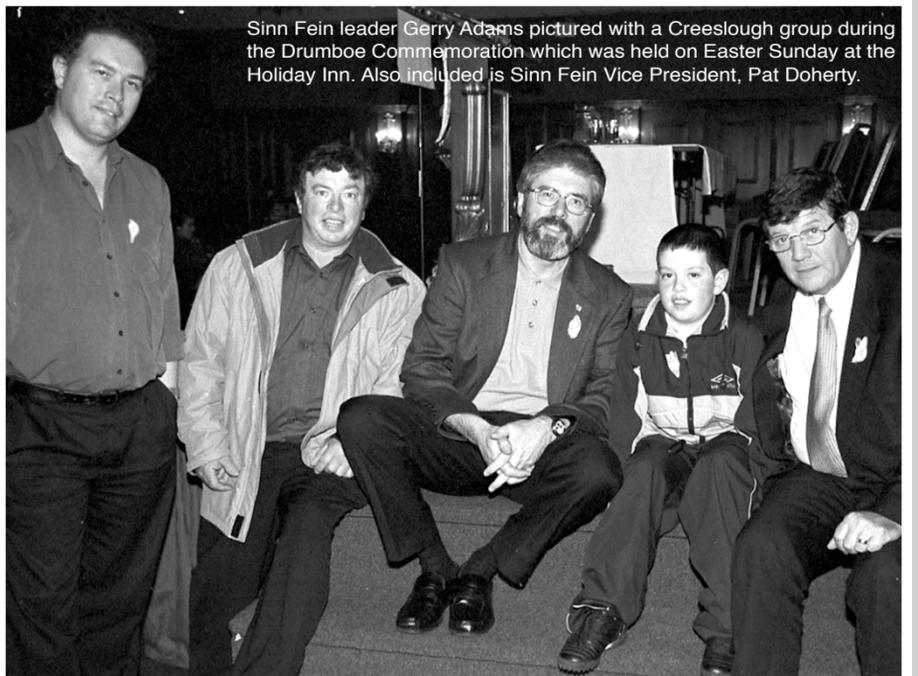
Only Republicans could fully understand what happened in Long Kesh and in failing to do so Thatcher showed her contempt for the human spirit. But Sinn Fein was able to rise above that contempt, he observed.

He then questioned why so many were present for the commemoration and what exactly the sacrifices being observed meant to the wider public. "It's not a time to reflect backwards, rather is it a time to build forward. I urge all of you to do more to further the ideals of unity. The struggle is about what type of Ireland you want. It is not about getting people elected, although that is important. It is not about being beaten by the British; although that is important as well."

He reiterated the importance of equality, justice, and freedom and again called for the prisoners in Castlereagh jail to be released.

"The prisoners should be released by the Irish government and they have a duty to honour their commitment under the terms of the Good Friday Agreement"

We need more and I ask all of you to ask yourselves what more can we do... we need to have confidence that we have the ability to bring this about our goals. Not one death of one RUC man or anyone else justifies us saying we have not been defeated. The people of this island must have the will to win."



Sinn Fein leader Gerry Adams pictured with a Creeslough group during the Drumboe Commemoration which was held on Easter Sunday at the Holiday Inn. Also included is Sinn Fein Vice President, Pat Doherty.

Eithne McFadden's 2nd and 3rd Classes of Scoil Mhuire in Creeslough wearing their Easter Bonnets.



20 years ago :: 20 years ago :: 20 years ago :: 20 years ago :: 20 years ago :: 20 years ago

20 years ago :: 20 years ago :: 20 years ago :: 20 years ago :: 20 years ago :: 20 years ago



Joe Buchanan, Carrs of the Diamond, Ballyare presenting the Churchill and District Darts Cup to Derek Haye, captain of the Anglers Haven A team from Kilmacrennan who defeated The Lagoon Termon in the final last Thursday night. Also included are members Pat Black, Eunan Doherty, Joe Gallagher and Paul Giles while missing is John Black. They were also 2nd in the league.



The Lagoon Lounge Termon team who were beaten in the final of the Churchill and District Darts cup final on Thursday night in Carrs of the Diamond by the Anglers Haven, Kilmacrennan, Brendan McTaggart, Patrick Orr, Neil Gallagher, Kevin McCafferty and Robert Haye. They were also runners up in the league.

Gortahork students - live on Internet

A dozen students have marked the completion of a part-time, ten week Adult Education course on web design at Gortahork Adult Education & Training Centre by going live on the Internet. Much hard work from two-hour weekly sessions has culminated in the launch of a thirty-four page site (www.gortahorkaec.com) - the contents range from a course timetable to items of local interest, accompanied by an impressive selection of photographs. Martin Gormley, Adult Education Organiser of Co Donegal Vocational Education Committee, welcomed the initiative. "It is an excellent piece of work I am delighted it was developed as a result of the class."

Course tutor Dr Mary Attenborough explained "One of purposes of the web site project was to demonstrate that the skills necessary for meeting the challenges of the new electronic age were readily available from within the community, here, in the Gaeltacht. Mary, a web design and e-business consultant at The Webbery in Upper Killult, Falcarragh, went on to comment "In the realms of e-commerce, the all-round accessibility of the Internet creates a level playing field and should encourage local companies to compete on an equal footing with the rest of the world. This applies no less to those businesses that would conduct their affairs mostly through the medium of the Irish language. With that in mind, the Webbery has developed a bi-lingual, Irish and English on-line, shop-building package that will be released in August.

Course tutor Dr Mary Attenborough explained "One of purposes of the web site project was to



Joe Buchanan of Carrs of the Diamond, Ballyare presenting Chuck McTaggart, captain of the Diamond A team who won the Churchill and District Darts League. Also included are team members Patrick Orr and Peter Friel.

Down the holey road to the holy well... in Fanad

On Holy Thursday night people for all parts of the Fanad Peninsula and beyond braved the elements and made their way along a pot holed track (also known as the Council road through Gortnatraw) on their way to St. Davaddog's Well in Doaghmore. By a starless midnight there were over two hundred people gathered at the well. Fr. Liam Logue lead the recitation of the Rosary by candlelight followed by the Litany and a rousing Ave Maria. St. Davaddog is the patron saint of Fanad

and gives his name to the ecclesiastical title of the parish - Clondavaddog. The saint founded the presided over a monastery at Rosnakill around the middle of the sixth century and a carved head of the saint was subsequently installed in one of the gate pillars leading to Rosnakill Church. For generations people have taken water from St. Davaddog's Well in Doaghmore and those who do not wish to make their way through the fields at midnight may do so during Good Friday until noon. But the roads in this part of the hemi-

sphere are really awful and apparently little has changed since the saint came here all those years ago. But the roads could hardly have been quite so bad back then.

Large turnout for Milford walk

The annual Good Friday sponsored walk around Golan took place Friday 13th last with the proceeds in aid of the Ards Friary Re-roofing fund. There was a very large turnout for the walk and with sponsorship cards distributed through out the area, anyone who has not returned their cards are asked to do so as soon as possible. Cards to be returned to Patrick Shields, so the final

figure of the amount raised can be calculated and presented to the Ards Fund committee. Fr. Sylvester from Ards took part in the walk and Brother Kevin help with the teas at Golan Chapel at the half way mark. Thanks to the ladies who prepared the tea, Adeline Shields, Margo Bradley and Betty Toland and also thanks to Fr. Kevan Driver for his co-operation.



Brother Kevin distributing water to participants in the annual Good Friday sponsored walk around the Golan circle in Milford.



Organisers of the sponsored walk on Good Friday, Adeline and Patrick Shields with Fr. Sylvester and Brother Kevin from Ards Friary.



Participants in the annual Good Friday sponsored walk around the Golan circle in Milford in aid of the re-roofing campaign at the Capuchin Friary in Ards with Brother Kevin and Fr. Sylvester.

Dooley native proud to be new AAI President

From Dooley to Doha and next stop Tokyo it's been a remarkable journey for Downings native John Cronin who was elected President of the Athletics Association of Ireland on Saturday. He becomes only the second Donegal man to serve as President following in the footsteps of Kilmacrennan native Fr. John O'Donnell (1980-83). John Cronin is a highly experienced administrator at national level and that opened doors to involvement at European and World competitions.

Declan Kerr talks to John Cronin

One man who knows John Cronin very well is Myles Gallagher, a leading member of the Glenree Sports Club for many years. The club had been formed on October 30th 1973 and just over five months later John Cronin ran his first race on that Easter Sunday of 1974. "John was a very dedicated athlete. He was a good bit away in Dooley from where we trained but he never missed a session. He got there by either thumbing, running or cycling to Carrigart. Even then he had a great memory for facts and figures. If you wanted to know something about a race that had taken place some time earlier. You could go back to John and he would be able to tell you exactly what happened. He had a photographic memory. John had great success with Glenree. He was the anchor man on our 4x100 and 4x400 relay teams that won Ulster senior titles" Myles said.

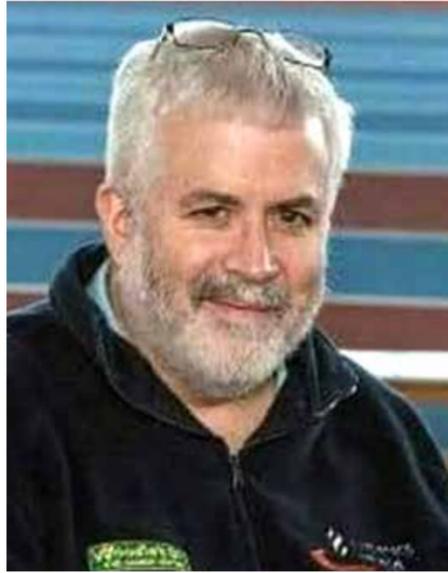
The young Dooley man was there during a golden era along with Tommy McBride, Myles Gallagher and John Friel while the Glenree Sports Club also had 95-year-old Mick McGettigan on the committee. Hugh Gallagher was also there while Tommy McBride's son Noel and John Friel's son John F also carried on the family tradition competing, coaching and serving in administrative roles. Myles Gallagher also instanced John Cronin's early passion for getting others involved in athletics. "At Holy Cross John would have taken charge of athletics because there wouldn't have been a teacher that would have been dedicated to that sport alone. John is a very respectful, modest, unassuming man who never tries to dictate. He has done great work behind the scenes in athletics down the years. It's a great honour for him personally to become President of Athletics Ireland but it's also very special for us all here in Carrigart and Downings to have a native of the area serving in such an important sporting role. John started his athletic career with Glenree, a small rural club and 47 years later he is the top official in national athletics."

John Cronin was a refereeing official at the 2019 World Athletics Championships in Doha, Qatar and is now looking forward to boarding a plane in late July to serve on the Jury of Appeal at the Olympic Games in Tokyo. That he says will be the pinnacle of his lifelong love of athletics. When he was running on the beaches in Downings in the mid-1970s there was the dream of competing at the Olympic Games but little did he think that his role will actually be on a body dealing with athlete appeals against refereeing decisions during the games in Tokyo.

John is also on a Technical Delegate Panel working on plans to mark the 50th anniversary of European athletics which will take place next year in Munich. The 1972 Olympic Games were staged in Munich and that year really coincides with a significant stepping up of John Cronin's interest in athletics. The Cronin family moved from California to his mother's Catherine McFadden home place in Dooley, Downings when John was a small boy. His dad John was a native of Mallow, Co Cork. Life was good on the coastline with a beach pretty much to themselves.

Sport was big in Mevagah parish with GAA, soccer and athletics all very active. However it was when John started secondary school as a boarder at Holy Cross College Falcarragh that his own sporting career took off. "Fr. Michael Sweeney and Fr. Sean Gallagher were two men who were really encouraging sports in the school. I loved soccer and GAA but it was hard to get in the teams when you had players like John McElwaine there. Diarmuid Coll [Gweedore] and Charlie McGeever would have been there too around the same time. They had great teams in those years. I suppose I got into athletics by following my brother Pat who had joined Cranford A.C." John said.

And it was a good choice as the natural ability was there and it led to a string of successes at local, provincial and national level. "Middle distance was by strength but I also did Cross-Country and sprinting. Cranford was the starting point and then Glenree AC was set up. Myles Gallagher,



Tommy McBride and John Friel from the garage were three great men at the club. I got lots of opportunities to compete and travel to places like across to Gateshead in England." Even then there were early signs of interest in administration as John took on the role of Glenree PRO under the guidance of Myles Gallagher.

After completing his Leaving Cert in Holy Cross the next stop was third level education at University College Galway. John's successful career in athletics continued but so also did his move into administration. "I was Chairman and Captain of the athletics club at UCG so I was heading the administration way even at that time. The first few years after graduating I was still competing but then I had a car crash and that's where the running career really ended. An Information Technology Specialist his work took him to Longford and subsequently to Tullamore where he has been domiciled since 1982. He is employed by Pfizer, a company that is very much in the public eye at the moment as one of the main vaccine suppliers rolling out across the globe to try and end the Covid-19 pandemic.

Married to Tuam native Dympna O'Grady, John has a brother Patrick who resides in Carraigaline, Co Cork and his sister Nora lives in the family home in Dooley. The Tullamore Harriers Club has been a big part of John Cronin's life for the best part of 40 years. He has filled most roles in the Co. Offaly club from captain to PRO and Chairperson twice. The second of those terms lasted 21 years. That led to admin posts at regional and national level. 2005 signalled another step in his career when after successfully passing examinations in Cologne, Germany John was appointed to the European Athletics International Technical Officials Panel.

When the new Athletics Ireland was formed John became Chairperson of the Leinster area in 1999. "I've been lucky in the great grounding I have got over the years in athletics from the likes of Myles Gallagher and Paddy Larkin who was a founding member of Tullamore Harriers. I have got to work with some great people and to have refereed at various events like the World Championships in Doha has been an honour. I am on a Technical Delegate Panel who are preparing for the 50th anniversary of the European athletics which is next year in Munich. It's special to be involved as my earliest memories of athletics is watching the 1972 Olympics in Munich" John said.

On Saturday the Downings native was elected unopposed at the virtual Annual Congress. His elevation to the top spot in Irish Athletics came exactly 47 years to the day after his first race in the colours of Glenree AC. on Easter Sunday 1974. It was the same day that Finn Harps won the FAI Senior Cup thanks to a 3-1 win over St. Patrick's Athletic at Dalymount Park. It's a two-year term as President initially but all going well there will be an opportunity to extend that out to 2025. The only other Donegal man to hold the Presidential post was Kilmacrennan native Fr. John O'Donnell who served in the 1980-83 years when the organisation was known as Bord Lúthchleas na hÉireann (BLÉ).

Fr. O'Donnell was tireless worker in the cause of athletics and prominent in the leadership of the Ulster Sports Council which promoted it in Ulster following the formation of BLE in 1967 and having held position of President and treasurer was involved in numerous meetings, discussions and activities in the early years leading up to total athletics unity in 2000. In Leitrim he was prominent in the setting up of the North Leitrim Club

and was first Chairman of Leitrim County Board in 1974. Fr. O'Donnell succeeded Eamon Coughlan's father William (Bill) 1975-1980 as the President of the BLÉ.

In his acceptance speech on Saturday John Cronin thanked the counties and the four provincial councils for nominating him unopposed to succeed Georgina Drumm. "I am immensely proud and honoured today to be elected President of Athletics Ireland and the opportunity to lead the sport for which I have had a lifelong passion and love, for a short period in its long illustrious history and to pass the baton on to my successor at the end of my term.

I beg your indulgence for a few minutes to say thanks

to a small number of people who can only represent the many who have helped me along the way to get to this wonderful day. I followed my older brother Pat into athletics. In 1961 Eamonn Giles, one of our Life Vice Presidents, formed Cranford AC in North Donegal, from which a huge number of top-class athletes and many administrators can trace their roots back to. My first club was Glenree AC, an offshoot of Cranford and there Myles Gallagher was my coach, with John Friel, chairman and Tommy McBride treasurer most encouraging. I moved to Tullamore in the early eighties and there I was blessed to meet Paddy Larkin, a unique individual and unsung hero of athletics who was my mentor. Over the years I have had much support in Tullamore Harriers right up to present day Chairman Adrian Curley. I am honoured to be a Life President of Offaly Athletics who are led by their Chair Darren Butler here today. On the officiating front and competition management I learned a lot from Barney King and Paddy Marley (another of the aforementioned Cranford gene pool). Liam Hennessy was the catalyst who helped me to become an International Official. I am eternally grateful to all those mentioned and to the many others I cannot acknowledge in the limited time today. Finally, I owe so much to my wife and partner Dympna who has been a constant support to me. Dympna like many more would have loved to be present today to share the moment, hopefully there will be an opportunity soon."

Following Saturday's Annual Congress Donegal is well represented at Athletics Ireland following with Letterkenny A.C.'s Brendan McDaid returning to represent Ulster. Milford native Paddy Marley of Clonliffe Harriers is on the Competitions Committee along with husband and wife Brendan and Teresa McDaid and Bernie O'Callaghan from Killybegs. Tírconall A.C.'s Eamonn Harvey is on the High Performance and Cultural Committees. Finn Valley A.C.'s Mark Connolly was elected to the Juvenile Committee. Finn Valley A.C.'s Neil Martin stepped down as the High Performance Committee Chairperson.

John Cronin has also paid tribute to the role that Cranford has played in athletics over the past 50 years. "Cranford A.C. started in 1961 and men like Eamonn Giles and the late

Hugo Duggan deserve a lot of credit for what they did for the sport. Athletics has done well in Donegal and we have the likes of Mark English and Anne-Marie McGlynn competing at a very high level. I know Ann-Marie well as she is a native of Tullamore and ran with our club. I saw her early progress and then she was away for a while and came back. She came so close to the Olympic time at the weekend."

As the new President of Athletics Ireland John Cronin's primary objective is to get athletic par-



John Cronin with Michael Friel Seamus Friel (both Creeslough) John Conaghan (Arranmore) in a Holy Cross College Falcarragh 1977 relay team. Also included on right is Liam McLaughlin running with Loreto Convent Milford.

icipation and standards back to pre-Covid levels. "It's positive that the juveniles are back in pods from Monday and there is some talk in Government that the older athletes will get back training hopefully shortly. We have launched a strategic plan that is being rolled out to the clubs. The aim is to increase membership and the numbers of coaches to go with that. It is always the aim to achieve a big success and that would be an Olympic medal. Promoting participation is also very important to us."

John Cronin says supporting athletes at all levels is key to the future of the sport and that means continual active engagement with local communities and linking in with schools. "We also want to provide as much competition for athletes. Embracing technology is also important and getting more access into the corporate world is something that we continue to see as beneficial for the sport. We want to ensure that our brand is the best. We are well supported by the Government but there are still a lot of costs that need to be covered."

John who was Deputy President for the past five years has to quickly get used now to being the public figure of the Athletics Association of Ireland and naturally there has been a lot of media attention on him since his election on Saturday. But, he is looking forward to the new challenge and combining it was the Pfizer day job. That's not something that fazes him in the slightest. "It is something that I have been doing in different roles in athletics for a long time so it will be busy but I am used to that."

The flight is booked for Tokyo and John completed some more of the documentation for the Olympic Games earlier this week. He will be part of a new Jury of Appeal setup in Tokyo. It will be the first time for international technical officials to be involved in the process along with world athletics members. It will only be his second time to be at an Olympic Games. The other was London 2012 when he was there as a spectator. "It will be different in Tokyo because of Covid. We'll be in a bubble and probably won't be able to see around the city. But, it's great to be going. I have been very lucky from the early days to have had people around me like Myles Gallagher, Tommy McBride and John Friel that have led to me getting these opportunities," John concluded.



John Cronin with his brother Patrick, Gerry Gallagher Brian McBride who won the Ulster 4x400 and 4x100 Senior titles in 1977.

Fanad

Tamney Health Centre
Covid 19 vaccinations

We will be administering 2nd dose to ages 70-75 the week after next. We are currently awaiting clarification on a delivery date for vaccines that will be administered to Cohort 4. The criteria for this cohort is very specific and includes patients who fall into the following categories:

- 1) Cancer
- 2) Chronic Kidney Disease eGFR <15
- 3) Chronic Neurological Disease eg. MND, SMA
- 4) Chronic Respiratory Disease eg. on home oxygen, pre and post transplantation, hospital ad-

mission within the past year due to condition

5) Severely immunocompromised due to disease or treatment

6) Poorly controlled diabetes eg. HBA1C > 58 mmol/mol in the past 12 months. Please visit the HSE website for further clarification on the above and other conditions specific to Cohort 4.

Lab results

It is the patient's responsibility to contact the surgery between 72 hours and one week after sending blood or other samples to the lab.

The staff at the health centre continue to be appreciative of our patients' support at this time.

Fanad Community Games
Anyone interested in taking part in Community Games in the Fanad area this year. Athletes, football visit the community games website online or contact Danny 087-2902890, Tony 089-6028093 or Damian 087-8653841.

Gaeil Fhánada - Return to Play

The Club are currently putting plans and procedures in place for the safe return to action for our teams.

Managers and coaches will be in contact with their respective players shortly but in the meantime, everyone can ensure their readiness to return by completing the following steps.

1. Club Membership - please access the following link returntoplay.gaa.ie to complete membership for 2021. If you need further assistance don't hesitate

to contact Fiona on 0851555645, Pat on 0872277209 or Margareta on 0868744405.

2. Complete Return to Play Health Questionnaire. The details of this questionnaire must be confirmed prior to every Gaeil Fhánada training session and game.

3. Complete the COVID-19 Club Education eLearning Module which can be accessed at the following link courses.gaa.ie/Covid19ClubEd/#/

Thank you all for your continued cooperation. We look forward to welcoming you all back to Páirc Uí Shíadhaíl over the course of the next couple of weeks.

Vacancy
Little Rascals Community Childcare in Rosnackill has a Child-care Assistant vacancy in our facility through the DLDC Community Employment Child-care Scheme.

Staff Wanted

Part Time and Full Time Chef, Waiting and Bar Staff Wanted

Over 18's only apply to
Box No. 275, Tirconaill Tribune,
Main Street, Milford, Co. Donegal.

Happy 50th Birthday James



Eligible Participants must be in receipt of Unemployment Benefit/ Assistance or One-Parent Family Payment for at least 12 months and applicants must be over 21 year of age. If you are interested in the above position or require any further information, please contact Kate Campbell 086 8535524 or e-mail your CV to kate.campbell@dldc.org

Clothing/Textile recycling

A reminder to the community that there is a Clothing Recycling Bank located inside the grounds of Scoil Mhuire Caiseal. Accepted items include washed clothing, paired shoes (in a separate bag), belts, handbags, bed linen, curtains and towels. Please feel free to deposit any such items in the recycling bank. All money raised goes towards the school. Iarscoile Fhanada Tá clárú ar siúl anois

Chimney Sweep Available

Still operating as an essential service

Tel. 085 7414325

Block Layer Required

For House Extension

Fanad Area

Apply to: Box No. 955, Tirconaill Tribune, Main Street, Milford, Co. Donegal.



Big well done to Martin Kerr, Moros and a member of Milford Athletic Club who ran the Virtual Great Ireland Run 10km on Sunday last. He ran in Fanad on his own on what he described as a 'handy enough course', recording 41minutes 51seconds. It's a remarkable time for the Over70 category and is an unofficial Irish 0/70 men's record by almost a minute. Former Olympian, the late Jim McNamara holds the official record at 42.49. Fantastic running from Martin.

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*** All A La Carte Items (Sirloin Steak, Duck, Salmon etc) are also available as Take Away ***

STARTERS

- *(V) Oven Baked Brie – Salad & Cranberry Sauce €6.00
- *(V) Deep Fried Garlic Mushroom – Salad & Garlic Mayonnaise €5.00
- Duck Spring Rolls €6.50
- *(V) Homemade Vegetable Soup €5.00

MAINS

- *Roast Turkey & Baked Gammon Dinner ~ Buttered Vegetables & Potatoes €14.50
- * (V) Grilled Salmon Dinner ~ Buttered Vegetables & Potatoes €14.50
- * (V) Traditional Fish & Chips €12.50
- Supreme of Chicken Maryland or Kiev ~ Creamed Potato, Chips or Garlic Potatoes €12.50
- Battered Sausages – Chips or Garlic Potatoes €8.50
- Homemade 8 Oz Steak Burger ~ Chip or Garlic Potatoes €12.50 (Toppings €1 Extra ~ Pineapple, Bacon, Cheese, Salad)
- Chicken Burger Topped with Bacon & Cheese – Chips or Garlic Potatoes €12.50
- * Salt & Chilli (Sauce) Chicken ~ Rice or Chips €12.50
- * (V) Vegetarian Tagliatelle (Tomato Based Sauce) ~ Garlic Bread €11.50
- * (V) Homemade Chicken Curry ~ Rice or Chips €12.50
- * Warm Chicken Salad with Garlic Potatoes and Bacon Bits €12.50
- Homemade Chicken Goujons ~ Creamed Potatoes, Chips or Garlic Potatoes €12.50
- * (V) Cajun Chicken Pasta ~ Garlic Bread €12.50
- * 10 Oz Sirloin Steak, Cooked to your liking + 1 Side €20.00
- * Honey Glazed Duck with a Herb Stuffing ~ Side of your choice €15.00

EXTRA SIDES

- Chips €3.50
- Rice €2.50
- Creamed Potato €3.00
- Salad €3.50
- Garlic Potato €3.50
- Sauté Onions €3.00
- Sauté Mushroom €3.50

DESSERTS €4.00

- Carrageen With Fresh Fruit & Cream
- Fresh Fruit Pavlova
- Strawberry Cheesecake with Cream
- Mini Egg Chocolate Brownie

* Dishes are / can be made Gluten FREE (V) is / can be made Vegetarian

Phone in your order and pay over the phone Contactless / Drive Thru Collection Available

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Site Wanted

Local person looking for site in the Kerrykeel/ Milford Area (0.6acres)

Contact 087 1377837



Golf returned to the fairways of golf clubs across the country on Monday and as Portsalon Golf Club welcomed their members back, the club officials Captain Stephen Connolly, Lady Captain Iris Condrón and President Paul Armstrong began proceedings as they held a much subdued 2021 'Drive-In' prior to the golfers taking to the fairways. The Club had a full timesheet on the day as golfers were eager to return to golf after over four months lay off.

Planning Notices

Donegal County Council 2 Carrickcoyle, Brinlack

I, Hugh McGinley am applying to Donegal County Council for permission to erect an extension to my existing dwelling house and also erect a domestic garage with all other associated site development works at 2 Carrickcoyle, Brinlack, County Donegal in the townland of Carrick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council Falcarragh, County Donegal.

We, Emma and Niamh McTrinley are applying to Donegal County Council for permission to erect a dwelling house with wastewater treatment system, and domestic garage including new access road and all other associated site development works at Falcarragh, County Donegal in the townland of Falcarragh. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

MEMORIALS
Mark Daly DALYSTONE
 Headstones, Inscription, Restoration
 Accessories & Chipping
BALLYARE, RAMELTON
 074 - 9116712 / 087 2244882
 Web: dalystone.ie Email: dalystone@live.ie

dml
 Architecture
 & Building Surveying

- Design & Planning Applications
- Site Assessments
- Fire Certificates /Disability Certificates
- Mapping & Land Transfer
- Conditioned/Structural/Boundary Surveys
- Project Management
- Certification & Compliance

Mob: 086 2395825 Mob 083 8243280
 E-Mail: dessiemi@yahoo.com
 (RICS Registered Building Surveyor)
COMPETITIVE RATES ON ALL SERVICES

Planning Notice
 Application to Donegal County Council
 for A Waste Facility Permit.

Notice is hereby given in accordance with Article 7 & 8 of the Waste Management (Facility Permit and Registration) Regulations, 2007 and the Waste Management (Facility Permit and Registration) Regulations, 2008 that Michael Donaghey of Port Road, Letterkenny, County Donegal, intends to apply for a Waste Facility Permit at Drumnahaogh, Letterkenny, County Donegal to provide Reception & Recovery of excavation or dredge spoil, comprising natural materials of clay, silt, sand, gravel, stone to cover and raise site level of 2.60 Hectares of Agricultural Land. Works shall include provision for suitable drainage, site access and all associated works. The site will be finished by placing cover soil and seeding in order to enhance the quality of the landscape and habitat and to continue use as agricultural land. The application for a waste facility permit will be made to Donegal County Council within 10 working days of the date of this notice. The Class(es) of Activity at the site, as specified in the Third & Fourth Schedule of the Waste Management Acts, 1996 to 2007, are as follows; Class 5. Recovery of excavation or dredge spoil, comprising natural materials of clay, silt, sand, gravel, stone and which comes within the meaning of inert waste, through deposition for the purposes of the improvement or development of lands, where the total quantity of waste recovered at the site does not exceed 100,000 tonnes. The Class(es) of Activity at the site, as specified in the fourth Schedule of the Waste Management (Facility Permit and Registration) Regulations, 2007, as amended are as follows; R10. Land treatment resulting in benefit to agriculture or ecological improvement. R13 Storage of waste pending any of the operations numbered R1 to R12 excluding temporary storage (being preliminary storage according to the definition of 'collection' in section 5(1), pending collection, on the site where the waste is produced). Storage of soil and stone prior to placing it in the appropriate area for land improvement. A copy of the application for the waste permit will as soon as is practicable after receipt by the Local Authority, be available for inspection or purchase at the principal office of Donegal County Council at Three Rivers Centre, Lifford, County Donegal. Note: This application is for a waste facility permit to replace a previous Certificate of Registration applicable to this facility.

Signed: Michael Donaghey, Date: 29th day of April 2021
Donegal County Council

I, Oisín Kelly am applying to Donegal County Council for permission to construct new dwelling house, domestic shed and connect to public sewer at Carrigart, Co. Donegal in the townland of Umlagh. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the planning authority, County House, Lifford during its public opening hours. Submissions or observations in relation to the development may be made to the planning authority in writing, on payment of €20, within five weeks beginning on the date of receipt of the application by the authority.

Donegal County Council
Procklis, Termon, Letterkenny

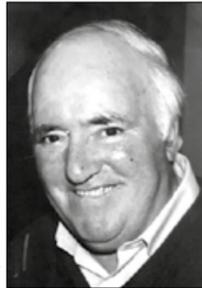
I, Joseph O'Donnell am applying to Donegal County Council for permission to erect an agricultural machinery shed, a slatted shed, a walled silage pit and all other associated site development work at Procklis, Termon, Letterkenny County Donegal in the townland of Procklis. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council
Breaghy, Portnablagh, Dunfanaghy

I, Julie McFall intend to apply to Donegal County Council for planning permission to erect a dwelling house with domestic garage, waste water treatment system and all other associated site developments works at Breaghy, Portnablagh, Dunfanaghy, Co. Donegal in the townland of Breaghy. The planning application may be inspected or purchased at a fee not exceed-

Acknowledgement

McDermott
 Hugh



We the wife and family of the late Hugh (Hude) McDermott would sincerely like to thank those who sympathised with us on the passing of our beloved husband, father and grandfather on the 24th of March.

A sincere thank you to everyone who sent Mass cards, sympathy cards, letters, phone calls, messages on Social Media and R.I.P.ie as well, to all who gave donations to the Daffodil Day. To our neighbours, good friends and family who brought food to our house it was all very much appreciated.

We were very grateful to everyone who took the time to come out on the morning of the funeral to pay their respects on Hugh's final journey en route from his home to the Chapel. Thank you also to all who joined us online for the funeral Mass. A heartfelt appreciation to Fr. Pat McHugh for his countless phone calls and visits to Hugh during the past few years and for celebrating the funeral Mass. Thank you to Dr. Maria Papanikolaou, Letterkenny University Hospital, Dr. Cuffe, Ramelton Health Centre, Sinead McClafferty PHN for all their support and a special word of thanks to Tom Murray and all his staff at Murray Pharmacy who were all so good to Hugh down through the years. To Carmel and Andrea from the Hospice Team thank you for all your help. To our night nurse Olive Gallagher a special thank you for the time you spent with Hugh. To Charlie McCafferty and John McCafferty Funeral Directors, thank you for the dignified manner in which they carried out funeral arrangements. To the gravedigger thank you for preparing the grave. To Jessica and Danielle for providing the music.

As it would be impossible to thank everyone individually we hope this acknowledgment will be accepted as a token of our sincere appreciation and thanks to everybody.

Hugh's Month Mind Mass will be on Saturday 1st May at 7 o'clock in St. Columba's Church, Termon. Mass can be viewed online via the Termon Parish Facebook Page.

Ward

Anne
Carland Lower,
Kerrykeel



The family of the late Anne Ward would like to extend their heartfelt gratitude to all who sympathised with them on the recent sad loss. We would like to take this opportunity to thank everyone who took the time to phone sent Mass and sympathy cards those who made donations to the Donegal Hospice, neighbours who brought food to the house who left messages of support on social media. We would like to thank everyone who lined the route of the funeral cortege and paid their respects to Anne on her final journey from her home to the Chapel.

We would like to thank McAteer Funeral Directors for his professionalism and kindness in dealing with the funeral arrangements. To the gravedigger who prepared Anne's final resting place thank you. A special thank you to Fr Pat Mc Garvey for his kindness and support during the wake for the rosary and the beautiful funeral Mass.

A special word of thanks to the palatine care and the public health nurse Annie for the care Anne received during her short illness. Please accept this acknowledgement as a token of our deep appreciation and gratitude. The Holy sacrifice of the Mass will be offered for your intention.

Month Mind Mass will be held on Saturday 1st May at 11am and can be viewed online at St Columbas Church Massmount.

ing the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

Donegal County Council
Roughpark, Letterkenny

I, Joseph McGowan, am applying to Donegal County Council for permission to erect a dwelling house with wastewater treatment system and all other associated site development work at Rough-park, Letterkenny, County Donegal in the

Memoriam



Aiken
 Ellen
Drumherville,
Ramelton
11th Anniversary

In loving memory of a dear mother, grandmother and great grandmother who died on the 6th May 2010.

*Our lives go on
 without you but
 nothing is the same
 We have to hide our
 heartache when
 someone speaks
 your name
 Sad are the hearts
 that loved, silent the
 tears that fall
 But living our lives
 without you is the
 hardest part of all
 You did so many
 things for us your
 heart was kind and
 true*

*And when we
 needed someone we
 could always count
 on you*

*A true friend we
 could turn to when
 things were good
 or bad*

*One of our greatest
 blessing - was you
 Mum.*

Always remembered and sadly missed all the family.



McFadden
 Agnes
Bridgend,
Ramelton
10th Anniversary

In memory of Agnes who died on 3rd May 2011.

*Memories are
 precious they never
 fade away
 We think of you
 always not just
 today*

Always remembered by Kathleen, Dom and family.

townland of Roughpark. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours.

A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.



Cullen
 Jimmy
Gortnabrade
6th May
3rd Anniversary

Jimmy and Mickey - One of a Kind

*Door always left
 ajar 10 of us
 in the car
 Custard, sweets,
 all things nice
 Flocking kids
 like Paradise.*

*The Turf, The Hay,
 The Spuds, The Barn
 Tell a story
 Spin a Yarn
 Calving Cows
 Mice on walls
 Pups and Ducks,
 bumps and falls.*

*Snuff in nose,
 whiskey hot
 Fresh Eggs in
 boiling pot
 Water of life
 from the well
 Craic, Ceoil and
 Stories to tell.*

*Oh we had such fun
 Tractors, trailers,
 the old shotgun
 Happy times from
 Child to old
 Memories to
 cherish, hold.*

*Another has left
 our Hills
 Yet will never leave
 our minds
 Gortnabrade men
 through and through
 Jimmy and Mickey
 you were one
 of a Kind*

by Danny Doherty

Sadly, missed by all your nieces and nephews.

Anniversary Mass on Facebook page of St John's the Baptist, Carrigart at 6pm on Saturday 8th May.

Donegal County Council
Oldtown, Letterkenny

I, John McGlynn am applying to Donegal County Council for permission to erect an apartment building consisting of 3 no. ground floor apartments & 3 no. first floor apartments (6 no. apartments in total) with connection to public sewer and all other associated site development works at Oldtown, Letterkenny, County Donegal in the townland of Oldtown. The application is accompanied by a Natura Impact Statement. The planning application and the Natura Impact Statement may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.



McBride
 Teresa
Clontallagh,
Downings
18th Anniversary

In loving memory of a dear mother and grandmother who died on the 2nd May 2003.

*A mother loving and
 kind in all her ways
 upright and just to
 the end of her days
 Sincere and true in
 heart and mind
 beautiful memories
 she left behind
 No matter how
 I spend my days
 No matter what
 I do a special place
 within my heart is
 always kept for you.*

Always remembered and sadly missed by your daughter Kathleen.

*Tonight the stars are
 gleaming on a
 lonely silent grave
 where sleeps in
 dreamless slumber
 one we loved but
 could not save.
 No one knows the
 silent heartaches
 only those who have
 lost can tell
 of grief that we bear
 in silence for the one
 we loved so well.*

Always remembered and sadly missed by your daughter Teresa, son-in-law James and granddaughter Aoife xxx.

*What she suffered
 she told but few she
 did not deserve what
 she went through
 tired and weary she
 made no fuss but
 tried so hard to
 stay with us.*

*Two tired eyes are
 sleeping two willing
 hands are still
 the one who worked
 so hard for us is
 resting at
 God's Will.*

*Our lips cannot
 speak how we
 loved her
 our hearts cannot
 tell what to say
 but God only knows
 how we miss her
 in our home that is
 lonely today.*

*Your life was love
 and labor
 your love for your
 family true
 you did your best
 for all of us
 we will always
 remember you.*

Always remembered and sadly missed by your son John, daughter-in-law Linda and grandsons Adam and Daragh. Doohamlet, Castleblayney, Co. Monaghan.

Anniversary Mass on Sunday 2nd May at 10am in St. John the Baptist Church, Carrigart and can be viewed online on Mevagh Parish Facebook page.

such submission or observation will be considered by the planning authority in making a decision on the application.



Anderson
 Richard
Creenesmare,
Creeslough
5th Anniversary

In loving memory of a dear husband, father and grandfather who died on 5th May 2016

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

Always remembered and sadly missed your loving wife Margaret.

*Silent memories
 keep you near, as
 time unfolds
 another year
 Out of lives you
 may have gone
 but in our hearts
 you still live on.*

Your loving daughter Denise and grandson Mark.

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

Always remembered by your family at home and abroad.

Anniversary Mass will be celebrated in St. Michael's Church, Creeslough on Sunday 9th May at 11am. Mass can be viewed online on the Church webcam.



McGettigan
 Sean
Glenree, Carrigart
12th Anniversary

In sad and loving memory of our brother Sean, whose anniversary occurs at this time.

*It broke our hearts
 to lose you but you
 didn't go alone
 For part of us went
 with you the day
 God called you
 home.*

We miss, love and remember you and a special place is always kept in our hearts for you, all our love, Brigid and Vincent, Mary Jo and Michael, Michael and Evelyn, Donal and Maureen and all your nieces and nephews.

Memoriam



Butler

Jack
New Line Road,
Letterkenny
7th Anniversary

In loving memory of a dear husband, father and grandfather and uncle Jack who died on 30th April 2014.

*Those we love don't go away, they walk beside us every day
Unseen, unheard but always near
Still loved still missed and very dear.*

Always loved and remembered by your daughter Jackie, son-in-law Martin, grandchildren Óisín, Caoimhe, Bronagh and Lara and nieces and nephews Thora, Martin, Jackie, Lisa, Edwin, Lucia, Michael, Bobby, Veronique, Dwane, John, Elsie, Edwina and Jim.

Anniversary Mass will be held in St. Peter's Church, Milford on Friday 30th April at 10am and can be viewed on webcam on churchservicestv.ie



McGettigan

Phil
Gortmacall,
Milford
16th Anniversary

In loving memory of a dear father and grandfather who died on 26th April 2005.

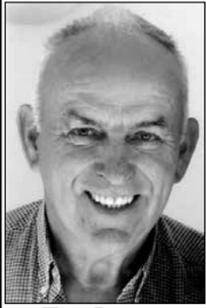
*Memories are something no one can steal
Death is a heartache no one can heal
Some may forget you now that you're gone
But we will remember you no matter how long.*

Always loved and remembered by the family.

Planning Notices

Donegal
County Council
Murroe Dunfanaghy
Further Information
and Revised Plans

A submission of significant Further Information and Revised Plans is being made to Donegal County Council on behalf of Brendan McGonigle and Natasha Doogan for the following planning application on lands at Murroe, Dunfanaghy, Co. Donegal Planning Ref: 20/52045. The development applied for



Dalton

John 'Shauny'
Gleneithearagh,
Glen, Carrigart
2nd Anniversary

In loving memory of John who died on 1st May 2019

*Lonely is the home without you, life to us is not the same
All the world would be like Heaven if we could have you back again.
A light is from our household gone a voice we loved is still
A place is vacant in our home that never can be filled.
The happy hours we once enjoyed
How sweet their memory still
But death has left a vacant place this world can never fill.
How dearly we loved you and prayed you might live
But Jesus just called
And we had to give.
Our family chain is broken, nothing seems the same
But as God calls us one by one the links shall join again.*

Always remembered and sadly missed by your partner Maureen, Daniel and Mairead, and all your family in Wexford.



Gormley

Willie
Letterkenny
Road, Ramelton.
24th Anniversary

In loving memory of our dear father and grandfather who died on 2nd May 1997.

*Although we smile and make no fuss
No one misses you more than us
Gone are the days we used to share
But in our hearts you are always there.*

Loved always by your daughters Mary and Teresa, Ramelton xx.

consisted of the erection of a dwelling house, domestic garage, waste water treatment system with percolation area, entrance gates and piers and all associated site works. Revisions to the development comprises of (i) alteration to roof form of the proposed house (ii)

Hunter

Michael
Fananoughan,
Milford
13th Anniversary

In loving memory of a dear husband, father and grandfather who died on 1st May 2008.

*Nothing on earth can ever replace the sound of your voice
the smile on your face
No verse, no flowers, no tears can say
how much I miss you every day.*

*Memories keep one by one, things you have said, things you have done
They bring a smile and many a tear,
always a wish that you were here.
No words I write will ever say, how much I miss you and love you each day.*

Always remembered and sadly missed by your wife Molly.

*Sore are the hearts that love you
silent the tears that fall
Living our life without you Daddy
is the hardest part of all.
God took your hand, we had to part
it eased your pain, but broke our heart.*

Sadly missed by your son Michael and Natalie.

*It does not take a special day to bring you to my mind, a day without a thought of you is very hard to find.
Time may hide the sadness, like a smile that hides the tears
We miss you and love you Daddy and will throughout the years.*

Sadly missed by your son Sammy and Inga.

We think of you in silence, we always speak your name, all we have are memories and a picture in a frame.

Sadly missed by your son John and daughter-in-law Karen.

*Your painful days are over Dad
your restless nights have passed
God gently closed your eyes
and gave you peace at last.
You gave us years of happiness
and then sorrow came with tears
You left us lovely memories
we will treasure through the years.
We wander to your graveside and place your flowers with care
no one knows how much we miss you as we turn and leave you there.*

*So take his hand sweet Jesus, don't leave him on his own, love him up in Heaven
the way we did at home.
Sweet is the sleep that ends all pain
we would never want you to suffer again.
God took your hand we had to part it ended your pain and broke our heart.*

Loved and sadly missed by daughters Ann-Marie and Susan.

*A whisper on this May day Daddy heard
a gentle call, he took the hand of Jesus
and quietly left us all.*

*As it is your anniversary, you would not want a fuss, just to be remembered and loved by all of us.
Will those who think of Daddy today
a little prayer to Jesus say.*

Always remembered and loved by your daughter Sharon and Willie.

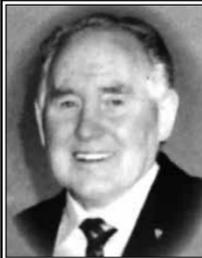
To a special Grandad
*There is a man in Heaven so precious
and so rare, that man is our Grandad
the best beyond compare.
So little angels dressed in white
Kiss our grandad every night
Tell him that we miss him so and wonder why he had to go.*

Sadly missed and loved by all your grandchildren.

Anniversary Mass in St. Mary's Church Ramelton on Monday 3rd May at 10am. Mass can be viewed on the Parish webcam.

alterations to the proposed plans and elevations (iii) alteration to proposed finished floor level (iv) amendments to the site layout plan and associated site works. Significant Further Information / Revised Plans have been furnished to the Planning Authority in respect of this proposed development and are available for inspection or purchase at the offices of the Planning Authority at County House, The Diamond, Lifford, Co. Donegal during its public opening hours at a fee not exceeding the reasonable cost of making a copy.

A submission or observation in relation to the further information / revised plans may be made to the Plan-



Harkin

Seamus
Derryart,
Creeslough
7th Anniversary

In loving memory of a loving husband, father, father-in-law, grandfather who died on the 2nd May 2014.

*Memories have such lovely ways of bringing back our yesterday
A heart of gold a life so true, loved and respected by all you knew
Always willing, helpful and kind these are the memories you left behind.*

Loved always and sadly missed by your wife Tessie, sons, daughter, daughters-in-law, grandchildren, extended family and friends.

Anniversary Mass in St. Michael's Church, Creeslough on Sunday 2nd May at 11.00 a.m.



Friel

Maurice
Drumhalla,
Rathmullan
19th Anniversary

In loving memory of a dear father and grandfather who died on the 24th April 2002.

*Those we love don't go away they walk beside us everyday
Unseen, unheard but always near, still loved, still missed and very dear.*

Always remembered and sadly missed by all the family.



Shields

Mary
Devlinmore
16th Anniversary

*Your presence we miss
Your memory we treasure
Loving you always, forgetting you never.*
Always remembered by niece Ann and John.



Friel

Eileen
(Nee Dorrian)
Ballymagowan
Upper, Kerrykeel
1st Anniversary

In loving memory of a dear mother, grandmother and mother-in-law who died on the 29th of April 2020.

*Mummy,
You can only have one mother, patient kind and true
No other friend in all the world will be the same to you.*

*When other friends forsake you to mother you will return
For all her loving kindness she asked nothing in return.
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 will never go wrong.*

*She was a mother so very rare content at home and always there
On earth she toiled in Heaven she rests
God bless you Mother, you were one of the best.*

Beautiful memories are treasured forever of happy days when we were together, love Anne-Marie and Darren, Eamon and Martina, and Liam-Anthony and Kathleen.

*Granny
She always leaned to watch for us anxious if we were late
In winter by the window, in summer by the gate.*

*Although we mocked her tenderly we knew she really loved and cared
The long way home would seem more safe because she waited there.*

*Her thoughts and talk were all so full of us she never could forget
And so we think that where she is she must be watching yet.*

*Waiting 'til we come home to her anxious if we are late
Watching from Heaven's window leaning from Heaven's gate.*

Sadly missed and lovingly remembered from Jordan, Caolin, Conor and Odhran.

McFadden

Agnes
Bridgend, Ramelton
10th Anniversary

In memory of our beloved mother and grandmother who died on 3rd May 2011.

*Mum,
Not a day passes by Mum that you don't cross my mind
Not all of you departed when you left our earth behind.*

*In our heart there is a place that only you can hold filled with loving memories more priceless than gold.
I know you still hear me Mum please know that is true, that everything I am today is all because of you.*

Always remembered and sadly missed Hilary, Aisling, Aoife, Eilish and wee John xxxx

*'Our lives go on without you but things are not the same
It's hard to hide the heartache when someone speaks your name.
Your resting place we visit and say a little prayer, but no one knows the heartache when we turn and leave you there.*

Always in our hearts today and always love Eileen, James, Veronica, Sonia, James and Laura, Kilmacrennan.

Mum and Nanny

*God saw you getting tired and a cure was not to be, so he put his arms around you and whispered "Come to me"
With tearful eyes he watched as you slowly slipped away and though we loved you dearly we couldn't make you stay
Your golden heart stopped beating your tired hands put to rest God broke our hearts to prove to us He only takes the best.*

Loved always by your daughter Donna and Paul and family, Ramelton and Norwich xxxx

*I remember your laugh and the things you would say
I treasured the hours that we shared every day
Your resting place I visit and put flowers there with care
But no one knows the heartache as I turn and leave you there.*

Love and miss you everyday your son, Declan

*Each time we look at your picture
You seem to smile and say,
Don't be sad but courage take
And love each other for my sake*

From Dom.

*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 will never go wrong.*

*We miss you from your fireside chair
Your loving smile and gentle air
Your vacant place no one can fill
We miss you mother and always will.*

*She was a Mother so very rare
Content in her home and always there
On earth she toiled, in Heaven she rests
God bless you mother you were one of the best.*

*Each time we look at your picture
You seem to smile and say
Don't be sad but courage take
And love each other for my sake.*

Always loved and sorely missed by daughter Florence, son-in-law Damien and grandchildren Enya, Damien and Megan.

*You left us plenty memories
Your love is still our guide
And though we cannot see you
We know you are by our side.*

Always remembered and sadly missed by Anthony and Margaret.

*Your presence we miss
your memory we treasure,
Loving you always forgetting you never.*

Nicky and kids.

*No matter how life changes
No matter what we do
A special place within our heart
Is always kept for you*

Always remembered and sadly missed by Mark.

5weeks in the case of an application accompanied by an E.I.S) by the Planning Authority.

Harps host champions Hoops

Shamrock Rovers are the visitors to Ballybofey this Friday evening as Finn Harps try to halt the poor run over the last three games (kick-off 7.45). After a terrific start to the season Ollie Horgan has seen his side pick up just a single point against Drogheda and lose to both Sligo Rovers and St. Pat's. Trying to get something from the Shamrock Rovers game will be extremely difficult and realistically a draw would be a very good result for the hosts.

The reigning champions are not even in top gear

yet they are unbeaten in the campaign to date with six wins and a draw that puts them top of the table alongside St. Pat's on 17 points. Sligo are third on 14 and Harps are fourth with 11 points. But, as the first series of matches come to a conclusion at the beginning of the week there are signs of things tightening up in the bottom half of the table and were Horgan's men to lose to both the Hoops and Derry whom they visit on Monday evening then very quickly the relegation zone is on the radar.

The Harps boss has injury worries for Friday evening with first choice defenders Ethan Boyle, Shane McEleney and Kosovar Sadiki all on the treatment table. He also has to factor in the Derry game on Monday evening in terms of squad rotation.

Under new manager Ruadhiri Higgins the Candy-stripes are away to Bohemians on Friday evening and even a draw there would set them up nicely for the Harps visit to the Brandywell (kick-off 7.45).



Stephen Doherty on the ball for Harps against Pat's on Friday evening at Finn Park

No Harps points as Pat's win

Finn Harps 0-2 St. Pat's

Ollie Horgan had warned that certain elements hyping up expectations of a Finn Harps Premier Division title challenge was fanta-

sy stuff and those comments have appeared to be spot on as his side's form has dipped in the last three games. Harps had been joint leaders going into the Sligo Rovers

game and now the Donegal outfit is six points behind the top two St. Patrick's Athletic and Shamrock Rovers. And it was Pat's who deservedly defeated Harps at Finn Park on Friday evening.

**Reports by Declan Kerr
Photos Joe Boland North
West Newspix**

A goal in each half courtesy of Billy King and Matty Smith did the business for Stephen O'Donnell's team. After picking up nine out of a possible ten points in the first four games of the season Harps in the last three games have lost two and drawn the other. So that's just one point to show and Horgan is now seeing the strength and depth of his squad tested. The manager made five changes from the draw against Longford Town on the previous Tuesday night as new signing Johnny Dunleavy made his debut, Karl O'Sullivan and Mark Russell were recalled after being subs in Longford while Stephen Folan and Ryan Shanley started for the first time this season.

Shane McEleney and Ethan Boyle who both picked up injuries in Longford were ruled out of the squad while Tony McNamee, Sean Boyd and Adam Foley dropped to the bench. For the first time since the season opener Mark Timlin returned to the squad and was an unused sub for the visit of the joint leaders. Friday night's three points

made it five wins in their first seven outings for Pat's.

Horgan's side are fourth on 11 points but worryingly haven't scored a goal in their last three matches. Sam Bone's early header didn't trouble Mark Anthony McGinley while at the other end Karl O'Sullivan blazed an effort over the bar. The visitors were threatening a bit through their wing-backs with former Dundalk player John Mountney firing inches wide following an Ian Birmingham cross just before the half-hour. The deadlock was broken in the 36th minute King fired past McGinley from the edge of the penalty area. The visitors were the better side in the latter stages of the first half while Harps didn't mount any attacks of note. It got no better for the hosts after the interval and on 61 minutes it got worse as Pat's doubled their advantage. Chris Forrester and King were involved as Harps were too easily exposed allowing Ronan Coughlan to cross from the right at the town end for Matty Smith to head past McGinley. That was effectively game over as the hosts 'huffed and puffed' but never tested the visiting keeper.

Horgan made five changes including giving former Bonagee Utd player Ryan Rainey his debut. However, no chances were created of any note and no goals now in three games is something that will have been exercising the minds of Horgan and his assistant Paul Hegarty ahead of the weekend games.

Finn Harps: Mark McGinley; Kosovar Sadiki (Tony McNamee 74), David Webster, Stephan Folan, Mark Russell (- Stephen Doherty 57); Johnny Dun-

leavy (Ryan Rainey 67), Mark Coyle, Barry McNamee, Will Seymore; Ryan Shanley (Adam Foley 57), Karl O'Sullivan (Sean Boyd 57). Subs not used: Luke McNicholas, Mark Timlin, Niall McGinley, Tunde Owolabi.

St Patrick's Athletic: Vitezslav Jaros; Lee Desmond, Sam Bone, Paddy Barrett; Chris Forrester, Ian Birmingham (Shane Griffin 84), Jamie Lennon, John Mountney; Ronan Coughlan (Alfie Lewis 69), Billy King (Ben McCormack 84), Matty Smith.

Referee: Robert Harvey.

500 Club winners

The April Draw 500 Club winners were €300 Maurice Murray, Manorcunningham; €100 Mark Dorrian, Letterkenny and €100 Aidan & Linsey McNelis, Galway.

Lotto jackpot not won

There were no jackpot winners in the Finn Harps Super 4 Lotto draw last Thursday. The numbers drawn were 4, 5, 8 and 19. The next draw takes place on this Thursday with the jackpot at €1,500. There were no 3 winners last week. This week's match 3's win or share will be €400.



Johnny Dunleavy who made his Finn Harps debut on Friday evening against St. Pat's

Connolly's Volkswagen to sponsor Harps Man of the Match



Connolly's Volkswagen Letterkenny will sponsor the Finn Harps 'Man of the Match' award for the remaining home matches of the 2021 season. The award will be presented to players announced at the end of fixtures at Finn Park beginning with Friday's home match v St. Patrick's Athletic.

Connolly's Volkswagen are the main Volkswagen Dealer and Audi Aftersales in North Donegal, based on the Canal Road, Letterkenny. Jessica Higgins, Group Marketing Manager of Connolly Motor Group says everyone at the company is looking forward to teaming up with Donegal's Senior club; "We are incredibly pleased to be supporting Finn Harps for the 2021 league campaign. Ollie Horgan and the squad have given the Donegal sporting public a real boost by securing some very impressive results already this season. The recent announcements about

the new stadium points to a bright future so we are looking forward to being part of the journey." Aidan Campbell, Finn Harps Marketing Officer said "We would like to thank them for getting behind Finn Harps in what is a challenging but exciting time for the club.

It is important in these times supporters feel they are engaged with the action on the pitch and the Man of the Match award has always inspired lively discussion! We are looking forward to developing a mutually beneficial partnership with everyone at Connolly's during what could be a memorable 2021 season."

Pictured at Kevin Connolly Car Sales, Letterkenny are (l-r) Reinus Engelbrecht (General Manager), Justin McGlinchey (Service Manager), Philip Burt (Brand Manager) and Ethan Boyle of Finn Harps. Photo: Clare McCahill

Kernans' to display Road Safety Art

A unique and exciting partnership between sport, business and the Local Authority demonstrating all their commitment to the youth of the county has been warmly welcomed by the Chairman of Finn Harps Underage and Schools Mr James Rodgers. Working in partnership are Finn Harps Underage and Schools, Kernans Eurospar and the Donegal Road Safety Working Group. For the first time ever the winning display will feature in multiple locations across the County including Malin, the Academy Grounds

in Killygordon and Kernans Eurospar shops throughout Donegal.

Mr Rodgers has thanked Aisling Dignam who coordinated the Road Safety Art competition and John Campbell of the Schools Programme for making sure the project was a success in this strange year. Patrick McBride on behalf of Kernans Eurospar said that the company was delighted to be involved with the Road Safety initiative run by Finn Harps through their stores in Donegal.



James Rodgers Chairperson of Finn Harps Underage and Schools presenting the Road Safety signage Mr Patrick McBride on behalf of Kernans Eurospar

GAA Club News

CLG An Tearmann

€10,000 winner
CLG An Tearmann's big €10,000 lot-to-jackpot was finally won on Friday night by Gavin Buchanan, Killylastin, Letterkenny. Gavin bought his ticket at the Cill an Óir Costcutter shop in Killylastin. Congratulations to Gavin whose lucky numbers were 17, 20, 22 and 23. This week's Jackpot is €3,200. Thank you for supporting our weekly Lotto.

Bingo raises €19,365

The bingo, in conjunction with the Kernan group of shops and the Irish Cancer Society/Relay for Life was a fantastic success on Friday, with record numbers joining in on the zoom. Special guest on the evening was Highland Radio's David James who kept the bingo players entertained during games. The total amount raised for relay for life was €19,365.

Fantastic work by Brian, Maureen and Orlaith for a successful event. Thanks to the staff at the Kernans Stores, Kevin McCafferty and staff at Gracies Stores in Termon and Patrick McBride and Cathal Curran for all their help and support in organising this event, to everyone who bought a book and donated to the fundraiser.

The club hosted two online workshops for coaches during the week in conjunction with Jigsaw, the 'one good coach' workshop was well attended on both nights and thank you to all the coaches who attended. With the return to play now up and running, the academy groups on a Saturday morning are welcoming new members to come along and join in the fun and games. 10am on

a Saturday morning is the time and for U6's it's the community astro in Kilmacrennan is the place. Meanwhile the U8's are in the Burn Road at 10am also. Please contact Johnny on (086) 604 4486 Pauric on 087 052 7890 for further details or private message the minor boys and girls Facebook page, where training times will be posted regularly.

Gaeil Fhanada

Lotto Results 25/04/2021

Numbers: 8, 11, 13, 22, 24. No jackpot winner. €100 Winner: Lawrence Blaney. Next Week's Jackpot: €4300. Get your tickets now: Online*: <https://bit.ly/2vPgMv1>; Ballylar PO; Shanagh Shop; Blaney's, Kerrykeel; 'Your Stop' shop, Portsalon; Clinton's Shop, Tamney. *Online sales close midnight Saturday each week.

April 'Grab a Grand' Winner Congratulations to Olivia Owens who collected the €1000 for our April 'Grab a Grand' competition.

Return to Play

The club are currently putting plans and procedures in place for the safe return to action for our teams.

Managers and coaches will be in contact with their respective players shortly.

Welcome Ella

Congratulations to Paul and Catherine Coyle on the recent birth of their daughter Ella. Comhghairdeas libh uainn uilig sa chlub.

Club Shop

Visit our Club Shop today to see the new additions that have been recently added. www.oneills.com/shop-by-team/gaa/ireland/gaeil-fhanada.html

Letterkenny Golf Club

Joan Murphy wins Free Membership Draw

Congratulations to Joan Murphy who was the lucky winner of 'Free Membership 2022' for Letterkenny Golf Club following the club draw on Friday last. The draw was held on the front lawn of the Club in front of the The Captain Bobby Mullally, Lady Captain Eugenia Moran and Subscription Secretary Liam Wiseman. The Lady Captain drew the name from the box and the winner is Mrs. Joan Murphy.

There was a welcome return to Golf

in Letterkenny on Monday 26th with the time sheet was full for the day. The sun shone brightly Monday morning and indeed everyone was in high spirits delighted to be returning to the fairways and greens in Barnhill. Some wondered if they still remembered how to play golf, others made vocal expressions of joy on returning. Indeed, there was a sense of a good summer's day about the Club. It has been a long lockdown since December and now hopefully

with everybody being more aware of Covid-19 and the coming on stream of Vaccines we will return to some kind of normality and consequently playing competition golf in the very near future. A review will be carried out of the numbers of members playing during this week and based on expected numbers for the following week and safety considerations it will be decided on when to return to 18 holes which should be very shortly.



Lady Captain Eugenia Moran making the draw for the 'Free Membership 2022' at Letterkenny Golf Club on Friday which was won by Mrs Joan Murphy pictured on the front lawn at Letterkenny Golf Club with Captain Bobby Mullally and Subscription Secretary Liam Wiseman.

Cloughaneely

Club Lotto Results

Uimhreacha na seachtaine 3,7,10,11,14,16. Níor bhain aon duine an pota óir. Bhí 13 ann le ce-

thre uimhir. Comhghairdeas le Mary T Curran, Killybegs, a bhaineann €100. Tá €6,000 sa phota óir. Is féidir imirt ar líne chomh maith agus tacaíocht a thabhairt dó do chlub ag an nasc: <https://clubforce.com/clubs/gaa-clg-chloich-cheann-fhaola-donegal/>.

The numbers drawn were 3,7,10,11,14,16. No jackpot winner. we had 13 match 4's: Congratulations Mary T Curran, Killybegs, who was the winner of the €100. Our jackpot will be remaining at €6,000 for the next while due to reduced sales as a result of Covid. Tickets are available in various outlets throughout the parish. You can also purchase online at the following link: <https://clubforce.com/clubs/gaa-clg-chloich-cheann-fhaola-donegal/>. (Note: The Club Force app can also be downloaded to your phone for free). Lotto tickets are available in various outlets in Falcarragh & Gortahork. If you don't see the lotto tickets on display ask for them behind

the counter. Falcarragh: Batch, Centra, Post Office, Dee's, Craig's, McGee's Petrol station, Shane McGee's. Gortahork: An Stór, McClaffertys Eurospar. Your continued support for the club is appreciated! **Ballraíocht/Club membership 2021**

Duine Fásta/Adult - €30
Mac Léinn faoi 18/U-18 - €20
Imreoir/Player - €60

Club membership for 2021 is now due. The preferred method of payment for the time being is online under the following link: <https://clubforce.com/clubs/gaa-clg-chloich-cheann-fhaola-donegal/>. If you do wish to pay in cash an envelope (which is CLEARLY marked with your name, the amount contained in the envelope and what the payment is for) can be dropped into Ciaran in Batch or into Martin in Shane McGees shop. Details for registration of underage players will be issued in due course.

Return to Play

Please note the health questionnaire must also be completed prior to each training session; this is located at: <https://returnto-play.gaa.ie/>. Please note dates for return to training and registration have yet to be finalised. We will notify everyone as soon as possible.

Donegal Down Syndrome says thanks

The Donegal Down Syndrome would like to thank all the awareness campaigns that were held over World Down Syndrome Day here in Donegal. We also wish a big thank you to all those schools

who held a fundraising event. It is gratefully received and the money goes directly to supporting those with Down Syndrome in the County.



Students Alannah Lockhart and Catherine Black (Transition Year) presenting Tony McNamee (Donegal Down Syndrome) with a donation for World Down Syndrome Day. Also in photo are Vice Principal Bella Mullen, teacher Keith Harmon and Vice Principal Noel Scott.



Staff and Pupils of Scoil Mhuire NS, Creeslough making a donation to Donegal Down Syndrome for World Down Syndrome Day.

St. Michael's

Mini Lotto

There was no Jackpot winner in the Mini Lotto on Sunday. The numbers drawn were: 1,5,9,10,11,15 There was 3 Match 5 winners Kathleen McKinley Falcarragh, Michael McColgan Sandhill Dunfanaghy and Geraldine Regan Portnablugh who won €35 each. This week's Jackpot will remain at €10,000.

€1000 To Be won at Bingo

Someone will be the lucky winner of €1000 at the Club's Bank Holiday Online Bingo on this Sunday at 8pm sharp and please get your Books early as €1000 must go in the last house. For more information contact Ann Marie Kelly on 0879454107 or Moses Alcorn on 0868832129. Please note that only books purchased online must be bought before 1pm on Sunday in order to take part in this week's Bingo session.

The €100 on the 5th Game House on Sunday last was won by Ellie Moore, the €30 on the line was shared by Neil Duffy and Margaret Doherty. 9th Game €200 House was won by Charlotte Ferry, €50 Line was shared by Margaret Ferry and Charlotte Ferry.

Dunfanaghy

Bingo

Someone will be the lucky winner of €1000 at the St. Michael's GAA Club Big Bank Holiday Online Bingo on Sunday 2nd May and it's eyes down at 8pm sharp. Pre-Printed Books will be available in Primo Supermarket Creeslough, Moores Shop and Centra in Dunfanaghy from Thursday and the online purchase option is already open so buy early. Books are available online from Clubforce at https://member.clubforce.com/memberships_cart_m.asp?LL_ID=911&inMF_ID=8029#Anchor and must be bought before 1pm this Sunday to be eligible for this week's Online Bingo.

For information contact Ann Marie Kelly on 0879454107 or Moses Alcorn on 0868832129. Only books purchased online must be bought before 1pm on Sunday in order to take part in this week's session.

The €100 on the 5th Game House on Sunday last was won by Ellie Moore, the €30 on the line was shared by Neil Duffy and Margaret Doherty. 9th Game €200 House was won by Charlotte Ferry, €50 Line was shared by Margaret Ferry and Charlotte Ferry.

Mini Lotto

There was no Jackpot winner in the St Michael's GAA Club Mini Lotto on Sunday. The numbers drawn were: 1,5,9,10,11,15. There were three Match 5 winners Kathleen McKinley, Falcarragh, Michael McColgan, Sandhill, Dunfanaghy and Geraldine Regan, Portnablugh who won €35 each. This week's Jackpot will remain

at €10,000.

Membership

St Michael's GAA Club memberships are now due and it's very important to pay your membership now so that when return to play is announced, registration and insurance will be in place for those players. No players will be allowed to train or play until membership is completed. If you have any questions, contact AnnMarie on 087 945 4107 or Suzi on 087 284 9214. Rates are the same as last year and all registrations need to be completed via Clubforce. Membership can be paid online at: https://member.clubforce.com/memberships_cart_m.asp?LL_ID=911&clb=1.

DPM Community Employment

The local Community Employment Programme are currently recruiting workers for their Scheme. A variety of positions will be available throughout the year including environmental, maintenance, office administration, heritage workers and tour guides. These positions are part time and a grant is available to each employee for training and development. For further details contact DPM Community Enterprise at 0879825174.

Independent Food Operators

Space to rent for Independent Food operators at the Boatshed Bar, for more information telephone 086 1893029.

Wild Atlantic Way

The Wild Atlantic Way has been named as one of the World's Most Beautiful Road Trips. Research carried out by Pentagon Motor Group has revealed the Wild Atlantic Way to

be the 8th most beautiful road trip in the world. The research involved analysing over 7 million Instagram hashtags associated with the world's most popular road trip destinations and calculating how many Instagram pictures are shared per mile of the journey. 853 pictures of the Wild Atlantic Way were posted per mile, placing it above Route 66.

Youths 50/50

Congratulations to Allan Stewart who won €680 in last week's 50/50 draw. The hut will be in Creeslough every Friday from 9am-3pm & Dunfanaghy on Saturday 10am-2pm you can also go onto Dunfanaghy

Youths football club Facebook page click on the PayPal link and pay for your tickets online. Thanks to all local businesses for supporting the draw and selling tickets thanks also to those who sell tickets at the huts.

Dunfanaghy Tidy Towns

A litter picking day is planned on Friday 30 April 12:00 - 1:30 pm. The group will meet, as usual, at the DTT shed behind the Market House to collect bags. Social distancing will be maintained and disperse quickly into pairs and small groups to tidy various areas of the village.

Family Resource Centre

Door remain closed at Dunfanaghy Resource Centre with new programs starting online for children and families includes:

Chatter Club: An early language group for Babies & toddlers up to 3 years old. Facilitated by a registered speech and language therapist. Free Breastfeeding Support: Suitable for pregnant, new and established breastfeeding mothers. Takes place on the first Tuesday morning of the month at 10 and the first Thursday evening of the month at 8pm. Facilitated by IBCLC lactation consultant. Yoga: Postpartum & Baby yoga continues on Wednesday mornings. The course, is being delivered via ZOOM by Victoria Toye. Admin Services: As always, administration services continue to be made available to the community. Simply email: dunfre-source@gmail.com to register for the course or to book an appointment for administration services. For further information check out our Facebook page: @dunfanaghyfrc.

Heritage Trail

The Tidy Towns and Workhouse are working with the Belfast based company, Outside Looking In, on developing the Audio Heritage trail. This will hopefully be completed before the summer season be-



Rose Cannon, Ardsbeg, Gortahork pictured receiving her prize of €665 as the lucky winner of the Falcarragh Development 50/50 Draw last week.



Body of Sea Animal washed up on Portnablugh Beach last week



Pictured above is a Sunset over Horn Head last weekend and below is the Moonset on Monday Morning last. Both photographs were captured by Pic Tom Corrigan



gins. The walking trail will lead the user from The Workhouse and around the village. OLI are now requesting supporting images for various points of interest and so we are looking for old photos/ images that you may have depicting life or an event in the village, specifically Herring fishing and whaling in the bay and pictures of The Workhouse. If you have any pictures please contact managerdunfanaghyworkhouse@gmail.com.

Country Markets

The Dunfanaghy Country Market is open for the season and situated in the Market Square in town between 10am to 1pm.

Saint Vincent De Paul Saint Vincent De Paul appreciate your continuous support and are always here to help out in a confidential manner. Should you wish to contact us at any time please feel free to do so on 086 2328791.

Clothes Bank

There is a clothes bank outside the Ballymore



Allan Stewart the winner of the Dunfanaghy Youths 50/50 Draw last week receiving his winnings of €680.

NS - all clothes, placed in the school clothes bank, raises much needed funds used to support numerous initiatives and activities organised for the children.

There is now a Clothes Bank located in the Car Park at the Workhouse and All proceeds go to Workhouse Funds and all support greatly appreciated.

Creeslough

Sympathy

The death has taken place in the Mater Hospital, Dublin of Christopher (Christy) Murray, Dingle Road, Cabra West, Dublin on 23rd April. Christopher was the father of Colm Murray, Kilmacloo and sympathy is extended to Colm, his wife Hazel and grandchildren Luke, Jemma and Adam. Christopher, who was aged 91, was predeceased by his wife Lily. He was a frequent visitor to the area and made a lot of friends here. Sympathy is extended to his family Co-

lette, Maria, Pauline, Kevin and Shay, daughters-in-law, grandchildren, great grandchildren, nieces, nephews and extended family. He was laid to rest on Tuesday last.

Dunfanaghy Youths 50/50

Congratulations to Allan Stewart who won €680 in last week's 50/50 draw. The hut will be in Creeslough every Friday from 9am-3pm & Dunfanaghy on Saturday 10am-2pm you can also go onto Dunfanaghy Youths football club Facebook page click on the PayPal link and pay for your tickets online. Thanks to all local businesses for supporting the draw and selling tickets thanks also to those who sell tickets at the huts.

Faugher NS

Faugher National School is currently accepting enrolments for the 2021/2022 school year. Any parents wishing to enrol their child should contact the school via email at faugherschool@gmail.com.

Online

Mass from St. Michael's Church is available online on <https://mcnmedia.tv/camera/st-michaels-church> Parish Radio Highland Radio 106.2FM.

St. Vincent De Paul

If you find yourself in need of help at this or any time of the year please contact us on 0862328791 or contact any of our members and assured of our confidentiality at all times.

Clothes Bank

There is a clothes bank outside the Ballymore NS - all clothes, placed in the school clothes bank, raises much needed funds used to support numerous initiatives and activities organised for the children.

There is now a Clothes Bank located in the Car Park at the Workhouse and All proceeds go to Workhouse Funds and all support greatly appreciated.

Creeslough Community Alert

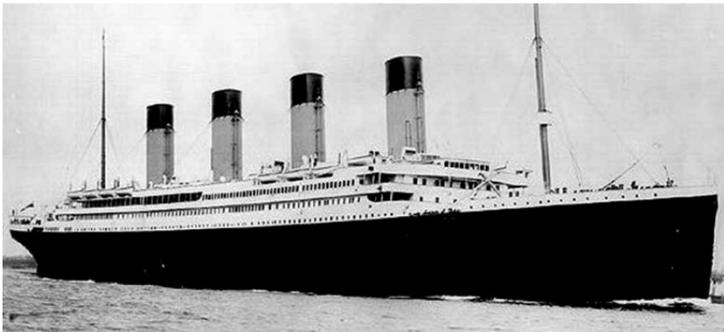
A Text Alert Scheme is operational in the area. This is a means of immediate communication from An Garda Siochana to the public. This is a free service and if you would like to be included in the scheme, please ring Patrick on 086 1083488.



By Moses Alcorn

A View from the Bridge

Donegal people who were on the Titanic



The 14th April last marked the 109th Anniversary of the sinking of the Titanic, a disaster which saw the loss of 1500 of the 2200 passengers and crew of the so-called unsinkable Atlantic Liner.

Among those who were involved in the drama of the night were people from Donegal. Just one of the tragic stories on the night were Neal McNamee and his wife Eileen. The newlyweds had only been married for a couple of months when they decided to sail to a better life in the new world. Neal McNamee, the son of a farm labourer, was born in Ruskey, Convooy on 29th of August 1884. As a young man he acquired a job at Lipton's tea company in Derry. He worked hard, showed great promise and managed to secure a promotion to a new post in Salisbury, in southern England, as branch manager in provisions.

It was here he met and fell in love with the lovely Eileen O'Leary, a young woman from Plymouth, who had

begun work at Lipton's as soon as she left school. Neal and Eileen were wed on 17th of January 1912. The enterprising Donegal man had secured yet another promotion within the company, this time in New York.

Sir Thomas Lipton himself wrote a letter of introduction on his behalf. The couple purchased a ticket as third class passengers on the Titanic. Figures vary but it is estimated that they paid £7, the equivalent of £569 today.

A third-class ticket usually meant incredibly poor conditions for passengers, who often wouldn't even survive the journey. However, third class on the Titanic was a different story. The conditions here were equal to second or even first on many other ships.

The young couple must have been bursting with excitement and anticipation on the new life that lay ahead of them, rich with promise. The passengers on board the maiden voyage of the Titanic included hundreds of emigrants from throughout Europe seeking a

new life and opportunities in America as well as some of the wealthiest and most powerful people in the world.

The newly-weds, Neal aged 27 and Eileen aged 19, sadly never reached New York to begin their promising life together in their final destination as they perished in the icy waters of the Atlantic along with the other 1,500 victims in what is the most famous ship-wreck of all time. Only 333 bodies were ever recovered and Eileen was among them. Neal was unfortunately never recovered. Off the 709 of the Third-class passengers on board. Three-quarters of them perished.

The reason why many more of these passengers died compared to the first and second-class members was that the third-class passengers were confined to their area of the Titanic. Grilled gates had been installed in the lower decks to keep different classes of passengers from interacting with each other. Although stewards had keys to unlock the gates during an emergency, they did not have time to unlock all of them as the Titanic filled up with water after hitting an iceberg.

Those stuck in the lower decks had no idea what was happening and were left trapped and confused. A memorial to Neal and Nancy MacNamee and a planted tree stands in Winston Churchill Gardens, Salisbury.

Another Donegal man William Spence had a narrow escape when he left the Liner in Belfast after being part of the engineering crew on her delivery voyage.

William Spence Hepburn was born close to MacNamee in Raphoe on the 15th June 1883, the son of Samuel Hepburn and Mary Jane Spence. He was the eldest of 10 children and in the 1890's the family moved to Old Kilpatrick in Dunbartonshire where they lived at a number of locations in the Scottish town.

In 1900 William joined the army at the age of 17 and in the following years he was recruited into the Royal Naval Reserve.

Hepburn's ship prior to the Titanic was the Egret.

He got off the ship in Belfast and not much is known about his later life but surely, later in his life, he must have reflected on his lucky escape from disaster in 1912.

Another man from Donegal who played a part in the Titanic disaster was Merville Man David Cosgrove who was part of the crew of the Carpathia which came to the aid of the Titanic Passengers.

He was one of eleven children born to Naval Seaman and Coastguard Patrick Cosgrove and his wife the former Johanna Dwyer both from Cork who were married in the 1870's.

By the time of the 1901 Census the family were living in Cork and David was listed as a scholar.

By 1911 he was still listed as being living in the family home but absent on the night presumably he was at sea at the time.

Between 1906 and 1912 David Cosgrove was listed as a waiter on the Liner Carmania and he was working as a waiter on the Carpathia on the night that she came to the aid of the Titanic.

He seemed to have remained in the

The late Les McKeown



The death occurred last week of Bay City Rollers lead singer Les McKeown at the age of 65. They were equivalent to One Direction, Take That, Westlife or One Direction.

A statement from his family on Twitter said: "It is with profound sadness that we announce the death of our beloved husband and father Leslie Richard McKeown. Leslie died suddenly at home on Tuesday 20 April 2021. Formed at the end of the 1960s, the Bay City Rollers enjoyed huge success at home and abroad with their distinctive tartan outfits and upbeat pop tunes such as Bye Bye Baby and Shang-a-Lang.

They had a massive teen following and sold more than 100 million records.

In more recent years McKeown had been fronting a new Bay City Rollers Line up that had taken part in successful tours and just recently he had been promoting their upcoming tour which was due to take place over the Summer in the UK.

United States after the sinking of the Titanic gaining his citizenship in 1917 when he described himself as a Captain Waiter.

He lived with his wife Mary in Manhattan for many years before moving to Boonton, New Jersey where he died in 1954.

Cosgrove and Hepburn were 28 years old whilst MacNamee was 27 just three young men from East and North Donegal who were caught up in one of the greatest maritime tragedies of all time.

Will you answer the MayDay Call of the RNLI?

The RNLI has answered MayDay calls for nearly 200 years, from those calls from sinking fishing boats, to families swimming on busy beaches, to dog walkers cut off by the tide. It's the most urgent plea, used by mariners when life is in immediate danger and when the RNLI lifesavers hear those words, they launch courageously into the unknown to help those who rely on their help.

This May, as summer approaches, they're the ones sending out a Mayday call. As we look forward to 2021 and beyond, they know that they'll be facing the busiest summer season for the lifesavers to come. And to keep them safe, ready and knowing they can handle whatever the summer brings, they need our help. Fundraising as we have known it has been nonexistent for the past year and this year, we now need to get behind the crews and Do Our Bit, to Fund Their Kit and much, much more.

Therefore, they're counting on you, me and all of us to answer their call and take on the Mayday Mile. Our support will help the crew stand strong as their busiest summer season approaches.

Now they RNLI are asking you to join their Mayday Team Challenge (North Donegal Lifeboat Sup-

porters) and help us travel virtually the length of the Donegal Coastline on the Wild Atlantic Way 1134 kms = 705 miles, by whatever manner you like, eg walk, run, cycle, dance, jump, skip or whatever, at a time and place of your choosing, anywhere in the world, during the month of May. Upload your distances via Strava / Fitbit / MapMy-Fitness & donate on our Just Giving Page. Post your achievements #My-MaydayMile on social media, and log into their Facebook Group with a photo to mark your achievements.

With summer on the way and Staycations on the cards, the lifeboat services will probably be needed more often this year. Let's raise funds to keep them kitted out and fully trained to deal with all emergencies and put a stop to preventable drownings. Will you answer the Mayday Call and join the RNLI during May.

They have set up a special Facebook Page with GoFundMe / mileage recorder, and this is available online now.

Rocket Man Shot Down

Last year Ronnie O'Sullivan was very critical some said unfairly when he claimed that he would "have to lose an arm and leg" to fall out of the world's top 50, saying many at the lower end of the rankings wouldn't even cope as "half-decent amateurs".

His comments were widely criticised at the time by fellow professionals and after high profile defeats to two of the "Half Decent Amateurs" in the last twelve months namely Aaron Hill at the European Masters and another relative newcomer although he is in the top 16 Anthony McGill in a thriller at the World Snooker Championship on Friday evening last, he must be wondering if it's finally time to let his snooker cue rather than his mouth do the talking.

Cloughaneely

Death of Isobel McGee



The death took place on Sunday 25th April at Aras Gweedore of Isobel Mc Gee (Bella Cassie) of 42 Ballina, Falcarragh and formerly of Inishbofin Island. Her remains rested at her daughter Rosemary McGinley's residence in Magheroarty with funeral Mass held in Christ the King Church, Gortahork on Tuesday morning with burial afterwards in the adjacent cemetery. Mass and burial was celebrated by Fr. Sean O'Gallchoir PP Gortahork with celebrants Fr. Brian O'Fearraigh and Fr. James Gillespie.

Deepest sympathy is extended to daughter Rosemary, son-in-law John, grandchildren Donnachadh, Caitriona, Máire and Eamonn, great-grandchildren, sisters Mary and Rosie and all other relatives and friends.

Ionad Naomh Fionnán.
Congratulations to Rose Cannon, Ardsbeg who won the Falcarragh 50/50 prize this week of €865.

Pobail Le Chéile

An bhfuil tú féidir leis an saol meabhach do Óige? Are you concerned about the emotional life of your teenager? Join us for a short 2-part online session called 'Provoking Thought'. We hope it will both reassure you and inform you of the supports and services out there and close by that can help your teen through these challenging times. Join us call / text 0860841433 or email coord@pobail.org to book a place and we will send you back a ZOOM link. The next sessions is at 7pm on Monday 26th April. Hosted by Óige le Chéile a project of Pobail le Chéile, Donegal Youth Service & it's Our Generation project.

Siopa Pobail

Siopa Pobail will be accepting donations on Mondays and Saturdays 11am-12noon. Drop your bags of clothes, shoes, handbags for recycling into the Siopa Pobail Clothing bank at Maple Falcarragh.

Bealtaine

Bealtaine at the Song House on April 30th 7-9pm - an online manifestation of ancient ways. <https://thesonghouseireland.com/event/bealtaine-at-the-song-house>.

Ballyness Way Walking Guide

With Spring in the air and many people out walking and enjoying what nature has to offer us, the community is blessed to have the wonderful Ballyness Way Walk on our doorstep from Ballyness Pier all the way across to Drumatinney or vice versa. Coiste Glan agus Glas, Falcarragh Tidy Towns Committee is indebted to Tony McNally for sharing his expertise in putting this informative booklet together and for designing the Information Boards at both beaches, it will guide you in getting to know the names of birds, animals and plants along the route. The beautiful booklets are on sale in Circle K, McGee's Service Station and in Euro-saver. Proceeds of sale will go towards other

Environmental Projects in the area. Buíochas don Chomhairle Chondae agus do Chlár Uiscí an Údairis Áitiúil as a gcuid urraíochta.

Mental Health Association
Cloughaneely Mental Health Association was set up to support mental health services, staff and service users in the area. All calls and emails are treated in the strictest of confidence. Contact Sally: 0833489749 or email cloughaneelymha@mentalhealthireland.ie.

Derryveagh Social Prescribing for Health and Wellbeing provides you with opportunities to learn a new skill or participate in a new activity, improve your mental and physical health, meet new people, receive social support from others, increase self-confidence & self-esteem and become more involved in your community. If you feel this is for you, then please feel free to contact 0860766670 and speak to your Social Prescribing Co-ordinator.

Healthy Living with Sinead

Can you be healthy in the middle?

Books, magazines, and, yes, even your trusted nutritional therapist always have some handy, easy-to-follow advice to keep you healthy. "Just 5 minutes face yoga per day prevents wrinkles", "get a flat tummy in just 10 minutes a day" or "a simple 30-minute walk at dawn ensures better sleep at night" ... That's 45 minutes before you have even started looking after the rest of your life or even cooked a meal. If you're not a celebrity and cannot afford a chef, a personal trainer, and a housekeeper, it can be difficult to find the time.

Add to that the restrictiveness of advice - like "avoid all carbs", "don't eat sugar", "don't snack", "avoid alcohol", "count calories"-, which can seem impossible to stick to at all times, and you may feel inclined to not even start. Being healthy can seem like an impossible task.

Does it always have to be all or nothing? Can you, perhaps, be "healthy in the middle"?

First of all, the more effort you invest in your health, the better the result. Of course, some people who live to 100 although they drink, smoke, live on crisps and chips, and the only body part they move is their finger on the remote.

Others seem to be doing everything right - perfect diet, exercise, fresh air, no stress - and still they are struck down by a heart attack at 54. We are not talking about those people. Some people are just lucky or unlucky.

But we know what is and isn't good for us, and having a healthy, real food diet, cooking from scratch, putting in some regular exercise, getting out into fresh air, taking time for meditation or other relaxation, scheduling me-time does increase your chances of living a long and healthy life.

Having said that, you can also benefit from - even small - diet and lifestyle changes if you are not able to stick to all of the above at all times. And here's why:

The Pareto Principle - also known as the 80/20 Rule

The Pareto principle states that for many outcomes, roughly 80% of consequences come from 20% of the causes. It was named after the Italian

economist Vilfredo Pareto who observed in 1896 that 80% of Italy's wealth belonged to only 20% of the population. Surprisingly, it turned out that this principle can be applied in many other areas, too. Most things in life are not distributed evenly. For example:

- 20% of the workers produce 80% of the goods
- 20% of the customers create 80% of the revenue
- 20% of computer bugs cause 80% of the crashes
- 20% of the clothes in people's wardrobes are worn 80% of the time

Applied to health, this could mean: 20% of your lifestyle choices are responsible for 80% of your health outcomes. That would mean that small changes, or even a single one, could have a significant impact. If you are a smoker, just giving up smoking would greatly impact your health, your sense of smell, and your physical stamina, not to mention your finances.

If you drink alcohol most days and too much of it on many of those days, cutting back or - ideally - going sober would make a difference in how well you sleep, how much you weigh, how likely you are to suffer from heart disease, cancer, dementia or liver disease later in life.

If your life revolves around sugar, removing just that one substance from your diet could reduce pain and inflammation, put an end to cravings and binges, improve your mood and protect you from type 2 diabetes, hypertension, heart disease, dementia and depression.

I'm not saying that either of those changes would be easy, but you don't have to turn your whole life around to be healthier in the future than you are now. If you decided today to become a health saint from tomorrow and were actually able to do that, then, yes, you may become 100% healthy. But how realistic is that? According to the Pareto principle, however, chances are (and it is not a law) that you may become a lot healthier with a lot less effort.

So, pick the one thing that bothers you the most, the one thing that you suspect has the strongest impact on your wellbeing and focus on that for now. It's a place to start.

Once you have truly conquered that, you can, if you want, move on and tackle the next thing - one step at a time.

Know yourself

How many times has a friend, or your partner shared a health tip with you that worked for them? Maybe your husband feels like a new man since he took up running. Maybe your friend swears by her early morning swim because it helped her start her days more energised, lose weight and be happier. But is this for you? If you don't like running or the thought of jumping into cold water first thing in the morning fills you with dread, it probably isn't, never mind how much good these things do for other people. If you don't enjoy what you are doing, you are unlikely to stick to it. Simple as that.

If exercise is lacking from your life and you would like to change that, find a type of exercise that YOU will enjoy and do that instead. If you are not sure, try out different things. Think back to when you were a child: What did you love then? Could you revive that love you had for cycling? Would it be worth dusting off your rollerblades? Can you find an adult ballet class near you?

If you don't like running, how about walking? A 2013 study concluded that "moderate (walking) and vigorous (running) exercise produced similar risk reductions for hypertension, hypercholesterolemia, diabetes mellitus, and possibly coronary heart disease." Its recommended to do at least 150 minutes of moderate aerobic exercise per week. That's just over 20 minutes every day or 30 minutes, five days a week. And it doesn't have to be walking; pushing a lawnmower, dancing, or riding a bike all count. Anything that will increase your heart rate will do. If you find walking on your own boring, buddy up with a friend, listen to an audiobook while you do



it, or use your time outdoors to look out for great motifs, if you enjoy photography.

Some people decide to cut out sugar and stop eating it there and then, either because they are the kind of person that will stick to resolutions or ... because they know that having ONE biscuit will open the floodgates and they are not going to stop until they have demolished the entire packet. Others can't face the thought of never having another biscuit - but they CAN stop after having just one every now and then. Which kind of person are you? Once you have established that, you can plan your strategy.

Set Goals

Research has found that people who have goals - particularly high or hard goals - are considerably more likely to succeed than people who do not. Ideally, those goals should be SMART:

Specific - be clear about EXACTLY what you want to achieve. "I will cook from scratch 5 times per week" is specific. "I will eat more home-cooked food" is not.

Measurable - You can easily count the times you have cooked from scratch. You could even track it with a tick list.

Attainable - If you're working 10-hour days and have a two-hour commute, it may not be feasible to cook five times a week. But batch-cooking five meals on a weekend might be.

Relevant - Is this goal relevant for you? Does it match your values? Why is it important to you?

Timely - When do you want to achieve this by?

Now, you could write down a list of goals, every single one of them SMART. But is it feasible to reach them all? After all, the goal is just wishful thinking at this stage. You still have to actually do what it takes to get there. Will you be willing and able to put in the hard work required to reach ALL of your goals? Depending on how much effort your different goals require, consider whether it might not be better to pick one - the one that will have the most impact - and focus on that. Much better to reach one goal than to abandon five because you are overwhelmed.

Another 80/20 Rule

One of the first things I tell my clients about when they start working with me is the 80/20 rule (not the Pareto principle this time): "If you eat healthily 80 per cent of the time, you can afford to go off track 20 per cent of the time." Note that "healthily" means "in the way that we just discussed", which can be different for each client.

When you first make changes to your diet, it can feel like you are "on a diet". You're not. You're learning to eat differently for life in order to benefit from your new way of eating for life.

If, after four weeks or so, you were to go back to the way you were eating before - as most diets prescribe - you will get the same results as before and perhaps feel sluggish, tired, and overweight again, as the case may be. So, you'll want to change your diet forever, but "forever" seems like a very, very long time.

Does that mean that you'll never have another slice of cake? Never another pizza? No more Chinese takeaways? Ever? With that prospect, you may never start.

This is where the other 80/20 rule comes in. A little junk food now and then, a slice of cake or a couple of scoops of ice cream are

not going to kill you. If you are at your friend's dinner party, there are carbs on offer, and you fancy those potatoes/chips/pasta, by all means, have it.

This does NOT mean that you have fallen off the wagon and might as well not bother anymore. It means that you ate away from home and had what was on offer. It's not the end of the world. Move on and eat according to your new way of eating again tomorrow.

There is just one caveat to this, which goes back to what I said above: Know yourself! If you are an all-or-nothing person, if you know that having had chips once, you may never be able to get off them again, then perhaps don't tempt fate.

Once you have followed your new way of eating for some time, once you have seen and felt the benefits, once your tastebuds have adapted, you may find that you no longer resist in the past. Cravings subside and processed, sweet or junk foods become a lot less appealing. When you get there, you may not even need the 80/20 rule anymore.

Create new habits

Allegedly, the average adult makes around 35,000, conscious decisions a day, 221 of which are just about food. It's hard to imagine it could be so many, but we don't need an accurate figure to understand how exhausting it is to make decisions all the time:

What shall I wear?
Do I fancy eggs or porridge today?

If eggs, should they be boiled, poached, scrambled or fried?
In butter, olive oil or coconut oil?

Will I go for a run or not?
If I'm running, how far? How long for? Which route? Alone or in company? In silence or with music?

It is easy to see how all those decisions mount up.

However, we do not (usually) debate with ourselves whether we should brush our teeth today or have a shower. We don't deliberate over whether to put on the seat belt when we get into a car. That's because these things are habits. They run on autopilot. You may not even know which item of clothing you put on your body first in the morning because it just happens. It's a habit. You do not need to think about it.

Habits take away the need to make a decision. We once decided that this is how we will do something and then do it repeatedly until it happens almost by itself. Habits may make life more predictable, perhaps more boring in some respects, but also easier. Habits are efficient. They free up your brain to busy itself with more important questions.

Forming a new habit takes anything between 18 and 254 days, on average 66. Whether it takes someone closer to 18 or closer to 254 depends to some extent on the type of per-

son you are, but what researchers say is most important when trying to form a new habit is consistency. Do that thing you want to get into every day, and you are much more likely to make it a habit.

Baby Steps

If you can't do it every day, perhaps you've bitten off more than you can chew at once. Did you plan on going for a 30-minute run every day, but find it is not happening? Then how about a 10-minute run? Or even a 10-minute walk? Chances are that, once you're out there, you'll walk or run for longer, now that you've put your running gear and your shoes on and got yourself out of the house, you might as well. But if 10 minutes each day seems a lot more feasible than 30, start there.

Do you want to cut back or even eliminate carbs from your diet? Some people can ditch all carbs all at once, but most find it difficult. Depending on where you are in the process, you could start by switching from refined (white) starchy carbohydrates to unrefined (wholegrain) versions: steelcut, rolled oats instead of instant, brown rice instead of white, wholegrain bread instead of white. Next, you could reduce portions sizes. Or, if you are feeling up to it, you could start by just quitting sugar, leaving the other starchy carbs alone for now.

Any step - even baby step - you take will take you in the right direction and closer to where you want to be. But only if you take it.

Get a coach

There are very few people who are able to make a decision to change a habit and then just do it. The vast majority of us needs help with that, ideally with an accountability partner. Often, people who decide to quit smoking, run a marathon or write a book will announce their intention to friends, family or even on Facebook or their blog. That's for accountability. One day, someone will ask: "Hey, how far did you get with that book of yours? Is the first chapter ready yet?" Most people will find it uncomfortable to have nothing to show for in that situation, and that's a feeling they want to avoid. So, they sit down and write.

Others may want to change a habit, but not announce it to the world. They may not want to rope in friends and family - or friends and family don't wish to be roped in. Perhaps they are very private, or perhaps they want to jump out one day and say: "Ta-da! I'm a size 10!"

There are many good reasons to choose a coach to be your accountability partner. A trained coach can help you define your priorities, set your goals, cheer you on, guide you over humps and lulls. To find out more about my programmes, you can reach me on 0874191301 or log onto www.simplebalancenutrition.ie find me on Facebook [Sinead Boyce Simple Balance Nutrition and Sports Therapy](https://www.facebook.com/SineadBoyceSimpleBalanceNutritionandSportsTherapy).

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Planning Notices

Donegal County Council
Breaghy Portnablagh

Further Information/Revised Plans

A submission of significant Further Information and Revised Plans is being made to Donegal County Council on behalf of Richard and Sophie Lynn for the following planning application on lands at Breaghy, Portnablagh, Co. Donegal Planning Ref: 20/50821. The development applied for consists of the demolition of an existing dwelling, the erection of a new dwelling to include new sewage treatment system and percolation area, enhancement of an existing entrance to public road and all ancillary works. Revisions to the development comprises of (i) relocation of the proposed dwelling on the site (ii) relocation of the waste water treatment system and percolation area on the site (iii) a complete redesign of the dwelling in accordance to the recommendations of the planning authority (iv) amendments to the site layout plan and associated site works. Significant Further Information / Revised Plans have been furnished to the Planning Authority in respect of this proposed development and are available for inspection or purchase at the offices of the Planning Authority during its public opening hours at a fee not exceeding the reasonable cost of making a copy. A submission or observation in relation to the further information / revised plans may be made to the Plan-

ning Authority in writing and on payment of the prescribed fee (€20.00) not later than 2 weeks after the receipt of the newspaper notice and site notice (within 5 weeks in the case of an application accompanied by an E.I.S) by the Planning Authority.

Donegal County Council
Creeslough

I, Margaret Anne O'Reilly Chairperson of The Board of Management Scoil Mhuire National School, Creeslough, am applying to Donegal County Council for Planning Permission for the erection of a new single storey extension consisting of 2no Mainstream Classroom's, 1no Special Education Tuition Room and new link corridor at the south boundary of the school and all associated site works at Scoil Mhuire, Creeslough, Co. Donegal in the townland of Creeslough. The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the Planning Office, County House, The Diamond, Lifford, Co Donegal during its public opening hours and that a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee within the period of 5 weeks beginning the date of receipt by the authority of the application.

Donegal County Council
Doon Glebe, Ballymacool,
Letterkenny M.D.

We, Brendan and Sharon Walsh, are applying to Donegal County Council for Planning Permission to Erect New Dwelling House, Domestic Garage and Sewage Treatment Plant at Doon Glebe, Ballymacool, Letterkenny M.D., Co. Donegal. The Planning Application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the Offices of the Planning Authority, County House, Lifford during its Public Opening Hours. A Submission or Observation in relation to the Application may be made in writing to the Planning Authority on payment of the pre-

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scribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt by the Authority of the Application, and such Submissions or Observations will be considered by the Planning Authority in making a decision on the Application. The Planning Authority may Grant Permission subject to or without conditions, or may refuse to Grant Permission.

Donegal County Council
Planning Notice

Please note that John Prunty and Orla Monaghan are applying for planning permission to demolish existing dwelling house and to construct a replacement dwelling house, together with all associated works, at 51 The Maples, Letterkenny, in the townland of Lismonaghan. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours. A submission or observation in relation to the application may be made in writing to the authority on payment of the prescribed fee, €20.00, within a period of 5 weeks, beginning on the date of receipt by the authority of the application.

Donegal County Council
Carnamuggagh
Upper, Letterkenny

We, Mrs. Reshmi Sudheesh & Mr. Sudheesh Satheesan are applying to Donegal County Council for permission to erect two number ancillary extensions to our existing dwelling house and including the demolishing of a lean-to shed structure to the side of our existing dwelling house at House C, Carnamuggagh Upper, Letterkenny, County Donegal

F92E61K in the townland of Carnamuggagh Upper. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority, Donegal County Council, County House, Lifford, County Donegal during

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May Sales

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Sat 8th May - **Weanlings** 11am
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Mon 10th - **Sheep** 7pm
Wed 19th May - **Cattle** 12noon

Mon 24th - **Sheep** 7pm
Level 5 Restrictions
Online Sales only Sale can be viewed
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Cattle need to be booked in
Tue evening prior to sale.

Booking in for Weanling Sale is Thursday evening prior to sale from 8.00 to 8.30pm

its public opening hours. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee, €20.00, within the period of 5 weeks beginning on the date of receipt of the application by the authority, and such submission or observation will be considered by the planning authority in making a decision on the application.

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Humanists Have Heretics Too

"Religion is about turning untested belief into unshakable truth." Those are the words of Richard Dawkins, almost certainly the most prominent opponent of religion of our generation. His communication skills and tireless opposition to religion have long since made him the poster boy for atheists across the English speaking world.

Yet, in the last week, Dawkins has come under ferocious fire from those who have taken exception to his work. Now, I know what you're thinking: "Those Christians are at it again!" But it's not us this time. Rather it is the world of atheistic humanism that has been sticking the boot in to its erstwhile hero.

Back in 1996, the American Humanist Association honoured Dawkins as their "Humanist of the Year". Last week, this same organisation decided to strip him of this title. In the words of their press release, "Richard

Dawkins is no longer deserving of being honoured by the AHA".

They're not the only organisation to stick the boot in. The Vice President of American Atheists accused Dawkins of reinforcing "dangerous and harmful narratives". Given the levels of fandom Dawkins has engendered, these statements represent a spectacular fall from favour.

So, what exactly is Dawkins' crime? That's quite simple. He challenged a belief that is considered unchallengeable. Back in 2015, Rachel Dolezal, a supposedly black activist, was exposed. She was not born as a black woman but as a white girl. The outrage was both intense and immediate and it has barely abated since.

Yet two weeks ago, Dawkins asked as obvious question that will have crossed the mind of many a rational mind. Why should someone

born white not legitimately identify as black if society dictates that someone born male may quite legitimately identify as female?

It's an obvious question with an obvious answer. That's why no-one actually wants to answer it. I have read about half a dozen opinion pieces condemning Dawkins comments and seen literally hundreds of tweets that have called him out, yet not one of them has actually engaged with or challenged the comments he made. Instead they have flung their insults as hard as they can: obtuse, bigoted, transphobic.

Of course, there's a real irony to all of this. Dawkins despises religion, as do those who have been rushing to condemn him in this past week. Yet they have made it clear that humanism has its heretics just as much as religions do. Dawkins has said the unsayable and thought the unthinkable; such blasphemy cannot be tolerated.

Food for thought

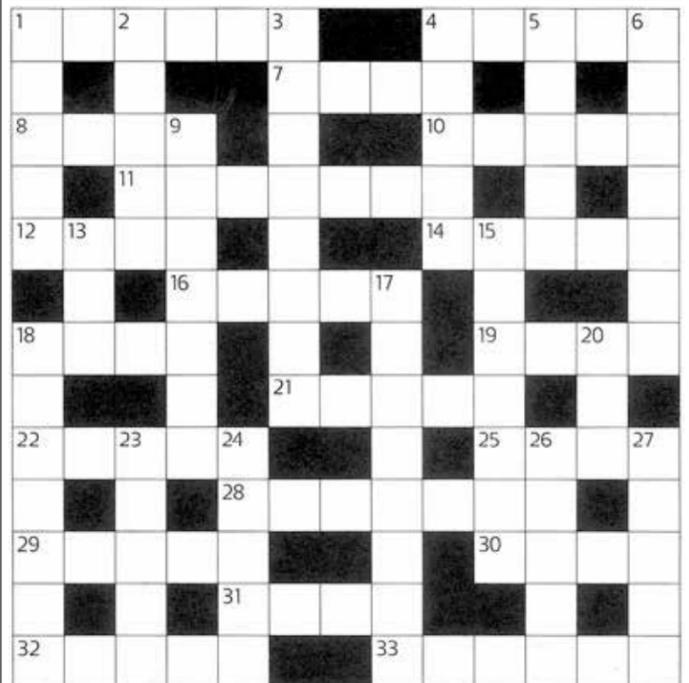


Jonny McCollum

He has broken one of his tribe's ten commandments: "Thou shalt not ask awkward questions". Dawkins has fallen foul of his people because quite simply, he doesn't believe in miracles.

This is the man who once said, "One of the things that is wrong with religion is that it teaches us to be satisfied with answers which are not really answers at all." Of course I don't believe that true religion really does that. But when it comes to woke ideology he couldn't be more right.

Tribune Crossword No. 915



Across

1. Sparse (6)
4. Unearthed (3,2)
7. Mouse-like rodent (4)
8. Watery part of milk (4)
10. Expose to great heat (5)
11. Necklace ornament (7)
12. Facts and figures (4)
14. Of the sun (5)
16. Begin again (5)
18. Arthur ____, US film director (4)
19. Expression (4)
21. Walk in (5)
22. Forest clearing (5)
25. Prayer ending (4)
28. Wound dressing (7)
29. Explosive firework (5)
30. Compass point (4)
31. The sea eagle (4)

32. Use up (5)

33. Twig fence (6)

Down

1. Cut down (5)
2. Proficient (5)
3. Proof (8)
4. Obligations (5)
5. Snarl (5)
6. Religious traveller (7)
9. Pined for (7)
13. Emulate (3)
15. Indignation (7)
17. Retreated (8)
18. Mythical winged horse (7)
20. Meadow grass (3)
23. Entertain (5)
24. Subsided (5)
26. Intended (5)
27. Parisian cathedral, __ Dame (5)

The first correct entry opened on Tuesday 4th May will receive a Ball Point Pen. Send your entry to Crossword No. 915 Tirconail Tribune, Main Street, Milford.

Name _____

Address _____

Solutions to Crossword No. 914

Across 6. Premeditated, 8. Overlap, 9. Linen, 10. Eros, 12. Treble, 14. Cupid, 15. System, 16. Ashe, 19. Overt, 21. Algebra, 22. Disagreeable. Down 1. Generous, 2. Belly, 3. Nippy, 4. Mallard, 5. Seen, 6. Procession, 7. Invertebrate, 11. Hum, 12. Tim, 13. Bush-baby, 14. Central, 17. Fairy, 18. Agnew, 20. Enid.

**Congratulations to Adeline McCrudden,
Manorcunningham who won Crossword No. 914.**

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FREE home delivery & Car Park

Ice Cream Parlour
Opening SOON!!!



ANY 3 FOR €6

Glenmór
IRISH FARM FRESH MEAT

BBQ Chicken Range Irish Wings 720g | Irish Legs 800g | BBQ Skewers 210g | Boneless Thigh Fillets 400g | Piri Piri Boneless Thighs 400g | BBQ Smokey Wings 500g | Chinese Wings 500g | Piri Piri Wings 500g | BBQ Drumsticks 600g | BBQ Thighs 600g | Piri Piri Fillets 220g
See shelf for information

€5

Fresh Strawberries
500g Punnet
€10 per kg



49c
EACH

Fresh Choice Loose Mixed Peppers | Onions Net 750g



€18

Enjoy Alcohol Responsibly
Huzzar 700ml

€20
EACH

Bushmills / Befeater
Blood Orange/Pink 700ml

€20

Miller Beer
24x330ml
€2.53 per lt

€18

Bulmers
20x300ml
€3 per lt

€15

Birra Moretti
12x330ml
€3.79 per lt

€13.50

Heineken
8x500ml
€3.38 per lt

€12

Bulmers
8x500ml
€3 per lt

€11
EACH

Coors 4% / Canadian
8x500ml
€2.75 per lt

€5.50
EACH

West Coast Cooler Original / Rosé
750ml €5.50 per 75cl



Coca-Cola Regular 20 Pack 20x330ml | Diet/Zero 24 Pack 24x330ml | 7UP Free | Pepsi Max Original 24 Pack 24x330ml | Club Orange 18 Pack 18x330ml | €1.51/€1.26/€1.68 per lt

SAUSAGES x1 + RASHER x1 + PUDDING x2 €5



Denny
Gold Medal Sausages 16 Pack 454g | White/Black Pudding 199g | Traditional/Hickory Rashers 6 Pack 200g See shelf for information

PIZZA & WEDGES ONLY €3.99



Green Isle Spicy Wedges 600g + Dr. Oetker Ristorante Pizza Selected Range 320g-365g
See in store for details



Hunky Dorys Selected Range 135g €11.11 per kg

€1
EACH

Keogh's Baby Potatoes 750g €1.33 per kg | Fresh Choice Vine Tomatoes 450g €2.22 per kg | Green Salad Bowl 225g €4.44 per kg



Ben & Jerry's
Ice Cream 465ml Selected Range €6.45 per lt



Diggers
Fried Chicken Gyoza / Oriental Selection 180g | Indian Selection/Onion Bhajis 200g
See in store for details



Dale Farm
Rapture Ice Creams Mint / Honeycomb/Salted Caramel 3 Pack 3x110ml €5.30 per lt

All you need for your Bank Holiday BBQ



Bar-Be-Quck Instant Barbecue / Party Size Instant BBQ | Flammers Charcoal Briquettes 3kg / Charcoal Briquettes 5kg | Zip Instant Charcoal Briquettes 1kg / BBQ Liquid 500ml See in store for details

€8.99 EACH



Mirapiana Vermentino/Maremma | Tino Pai Sauvignon Blanc | Domaine Les Barthes Malbec 750ml

€9.99 EACH



Cuvee M Malbec | Flying Kiwi Sauvignon Blanc | Passori Red | Dark Horse Cabernet Sauvignon / Merlot/Sauvignon Blanc 750ml

FAMOUS FOR GREAT VALUE WINE

Offers available from 29th April to 6th May 2021, unless otherwise stated, in participating stores while stocks last. See in store for details. Images are for illustration purposes only.