

Edition 31, November 2016

## Death of rugby Giant

There was shock and sadness across Ireland on hearing of the sudden death of Munster rugby head coach, Anthony Foley. The 42-year-old died in his sleep while in Paris on the morning when the Munster team were due to play a European club match.

His body was flown home on a special Ryanair flight, FR 8, called after the number 8 jersey that Foley wore for many years playing with Munster and Ireland.

Clare man Anthony, who was nicknamed Axel, played professional rugby for Munster and was captain when they won the Heineken Cup in 2006. He also played for Ireland and played in two World Cups. He was Irish captain on three occasions and in all played 62 matches in the Irish Jersey.

In 2011, having retired from playing, he took on the job as coach with Munster. His father Brendan was also a Munster and Ireland player and his sister Rosie has played international women's rugby for Ireland.

Thousands of friends, rugby players and fans of all ages turned out to his funeral which took place in his native Killaloe in County Clare.



Picture courtesy Munsterrugby.ie

Two days after his funeral Munster lined out for their first match without Foley. The match was against Glasgow Warriors in Thomond Park Limerick. With a mixture of sadness and determination the players put in a massive performance which saw them winning on a score of 38 points to 17.

After the match, Foley's two sons joined the team on the field when they sang the Munster team anthem "Stand up and Fight".

Following Foley's funeral his young son, Tony, set up a Facebook page as a tribute to his father. In it he asked

people to attend Mass for the 8 Sundays following his Dad's death and to light a candle to remember his Dad and all loved ones who have passed away. He named it **#8masses4no8**, again remembering the number 8 jersey his father wore for many years. May the late Anthony Foley rest in peace.

## Ireland beat the All Blacks

Just weeks following Foley's death the Irish Rugby team beat New Zealand (the All Blacks) for the first time ever.

The All Blacks, who are the World Champions and who had been unbeaten in an unbelievable 18 matches before this, are said to be the greatest All Blacks team ever. Ireland beat them on a score of 40:29. Before the historic match the Irish team lined out in the shape of the number 8, in another tribute to the late Anthony Foley.

## Olympic medal at last for Heffernan

Race walker Rob Heffernan, from Cork, has finally received a bronze Olympic medal four years after he competed in the 50km road race in the 2012 British Olympic games. Heffernan came 4<sup>th</sup> at that time, just short of getting a medal. However, the athlete who came 1<sup>st</sup> has since been found to have taken drugs to improve his performance and he has had his medal taken away. This meant that Heffernan was moved to 3<sup>rd</sup> place, giving him a bronze medal.

Race walking is said to be one of the toughest sports, with judges watching the walkers closely to check that one foot remains on the ground at all times.

38-year-old Heffernan already has a gold medal from the 2013 World Championships and a bronze medal from the 2010 European Championships. He has competed in five Olympic Games but this is his first Olympic medal.

## Rob Heffernan shows off his Olympic medal.



Picture courtesy theIrishexaminer.com

## - nch words

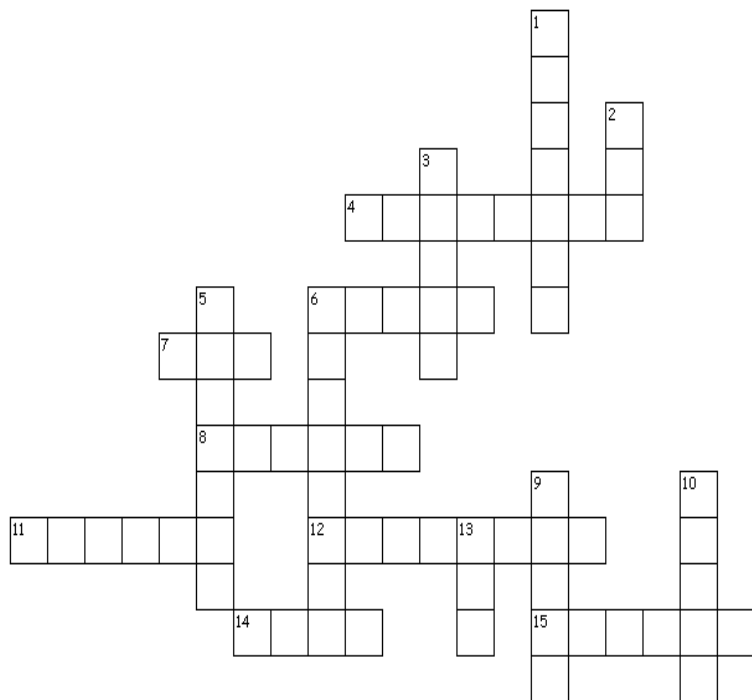
ranch	clench	quench	wrench	flinch	brunch	launch
branch	drench	stench	inch	pinch	crunch	munch
bench	French	trench	finch	bunch	lunch	punch

**Tip:** To learn these words, you need to practise them. Take three words every day and write each in a sentence.

**Example:** quench: If you blow the candle it will quench.

### Crossword

The answers to the clues are all **numbers**



#### Across

4. People believe this number can be unlucky. (8)
6. \_\_\_\_\_ shades of green (5)
7. How many counties in Munster? (3)
8. Number of days in November (6)
11. A dozen (6)
12. You can vote when you reach this age. (8)
14. A cat is said to have this many lives. (4)
15. Number of players on a soccer team (6)

#### Down

1. Sweet \_\_\_\_\_ (7)
2. A decade (3)
3. Number of years in a golden wedding anniversary (5)
5. Number of players on a hurling team (7)
6. Number of days in a fortnight (8)
9. Days in a week (5)
10. Number of goals in a hat trick (5)
13. A pair (3)

Find a word from the list that has the **same meaning** as these

- Large farm \_\_\_\_\_
- Long wooden seat \_\_\_\_\_
- Meal at midday \_\_\_\_\_
- Chew \_\_\_\_\_
- 12 of these in a foot \_\_\_\_\_
- Put out a fire \_\_\_\_\_
- Person from France \_\_\_\_\_
- A bad smell \_\_\_\_\_
- Thump \_\_\_\_\_
- A bird \_\_\_\_\_
- A spanner \_\_\_\_\_
- To wet or soak \_\_\_\_\_
- Long ditch dug in the ground \_\_\_\_\_
- A late breakfast \_\_\_\_\_
- To close fist tightly \_\_\_\_\_
- Grip a person's skin \_\_\_\_\_

Fill in the blanks in these well-known sayings

- Two wrongs don't make a \_\_\_\_\_.
- Too many \_\_\_\_\_ spoil the broth.
- There's no place like \_\_\_\_\_.
- Better late than \_\_\_\_\_.
- Practice makes \_\_\_\_\_.
- You can't judge a \_\_\_\_\_ by its cover.
- Don't count your \_\_\_\_\_ before they hatch.
- Don't put all your \_\_\_\_\_ in one basket.
- Waste not \_\_\_\_\_ not.
- Better safe than \_\_\_\_\_.
- Many \_\_\_\_\_ make light work.
- The best things in life are \_\_\_\_\_.
- There's no smoke without \_\_\_\_\_.

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