

# Friendly Flyer

## Issue 5

Summer 2009



### From the editor's desk

**Welcome** to the 5<sup>th</sup> edition of the Friendly Flyer. We want more colleagues and staff throughout the civil and public service to be fully aware of the benefits of membership of the **Public Service Friendly Society**. We are run by our members for the benefit of our members and their dependants. We are not new – we have been doing this since 1927.

The Society provides confidential and independent financial help and personal support to our members in financial difficulty.

**Members** can avail of a range of practical services, including:

- Cash grants
- Educational grants
- Financial advice
- Funeral grants
- Access to low-cost Specified Illness Cover Plan – (recently upgraded)

If you are not yet a member, I invite and encourage you to join now! You never know what is around the corner. Hopefully you will never need assistance, but if you do, we are there for you. If we all contribute a little and the contribution is very small, (0.25% of gross salary), we can help those who do need us.

**Remember** – by becoming a member of **PSFS**, you will have peace of mind for yourself and your dependants, should financial difficulties arise. You are also supporting your colleagues in need, both serving and retired.

For more information, please visit our website [www.psfs.ie](http://www.psfs.ie)

If you have any questions or suggestions, the Society is always glad to hear from you.

**Adeline Meagher,  
Development Officer**



**William Loughnane with Joe Duffy RTE**

## Clare Champion of Special Olympics

### William Loughnane's Story

**William** was born to Rose and Liam Loughnane in Co. Clare, in 1984, the eldest of 3 children. Born with Down's syndrome he competed as a gymnast in the Special Olympics in Dublin 2003 and Shanghai in 2007.

**William** attended St. Clare's Special School near Ennis where his love of sport was recognised from a young age. He was also a good all round student, with a special love for Maths and Science.

**He** worked very hard as a student in St. Clare's and went on to complete eight subjects in the FETAC programme. He was a very happy young man and was always determined to be the best that he could be in every area of his life.

**He** enjoys many sports such as Cycling, Swimming, Table Tennis and going to the gym, but gymnastics is his great love in the sporting world. William began to participate in Gymnastics with Special Olympics when he was just seven years old. His potential was immediately obvious and William

continued to achieve Gold medal at Munster and National Events.

**After** William graduated from St. Clare's School in 2006, he mastered Computer Skills with The Brothers of Charity and was successful with ECDL.

**Since** then he has gone on to become an assistant coach with Ennis Gymnastics Club.

**William's** success in Gymnastics continued and he qualified for the World Games in Dublin in 2003 – where he excelled – sweeping the board with Gold and Silver medals.

**Throughout** these years he also enjoyed taking part in non-competition events in Sweden, Jersey and Scotland.

**He** continued to train very hard for the 2007, Special Olympic World Games in China, qualifying in Belfast and then concentrated on his preparations for the challenge in Shanghai.

**Speaking** of the Opening Ceremony in China, William said, "It was splendid, great, I was so excited and U2 rocks!!"

"**It** would be an honour to win", he said.

**William** returned from China with another incredible seven Olympic medals – this time, six gold and one bronze. He entered five categories, the pommel horse, the rings, horizontal bars, parallel bars and floor.

### President hosts Reception for Athletes

**President** Mary McAleese and her husband, Dr. Martin McAleese hosted a reception at Aras an Uachtarain for TEAM Ireland athletes and coaches on their return

from the Special Olympic World Summer Games.

**On** meeting President Mary McAleese in Aras an Uachtarain, William said, "Meeting the President was almost as exciting as going to China itself."

**Clare** Co. Council also paid tribute to William's fantastic achievement by holding a civic reception in his honour.

**William's** Dad, Liam who works in O.P.W is a member of the Public Service Friendly Society. The Society, as part of its 80<sup>th</sup> Anniversary celebrations provided some financial support to William and his family in 2007, towards their trip to Shanghai.

"The financial support from the Public Service Friendly Society made it so much easier for the family to accompany William to China and see at first hand his incredible achievement", said his Dad, Liam. The Society also presented William with a plaque to honour the occasion.

"William continues to be an inspiration to us all".



**William Loughnane with his 6 Gold and 1 Bronze medal**

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## **LOW COST, TAX-FREE**

### **EXCLUSIVE ILLNESS PLAN**

**There are three levels of benefit available under the Plan.**

**Option 1:** Pays you **€32,000** tax-free lump sum for only **€3.38** per week.

For you and your spouse/partner, it costs only **€6.76** per week.

**Children** (aged 1-21) automatically covered for **€13,000** - FREE

**Option 2:** Pays you **€40,000** tax-free lump sum for only **€4.12** per week.

For you and your spouse/partner, it costs only **€8.24** per week.

**Children** (aged 1-21) automatically covered for **€15,000** - FREE

**Option 3:** Pays you **€50,000** tax-free lump sum for only **€5.15** per week.

For you and your spouse/partner, it costs only **€10.30** per week.

**Children** (aged 1-21) automatically covered for **€20,000** - FREE

The Plan pays out up to €50,000 tax free as a lump sum. To date over €1.5 million has been paid out in claims - 82% being paid to members under 49 years of age.

Membership of this Plan is only available to **new** members joining the **PSFS**.



**Vincent Kennedy DSFA**  
**PSFS Member**

## **Friendship**

You are my friend...

It is not absence.

No; just distance

Between us not being in touch.

I have known, should I need you,

You are there.

And if the light in my world should dim

You would dare,  
And share yours freely  
To illuminate the way.

You embrace, you give hope,  
Accept me without judgement,  
defend.

And I, I am your friend,  
Sometimes I carry you,  
Sometimes you carry me,  
But mostly we walk together,  
In complimentary harmony.  
With peace let us celebrate  
Who we are and what we do.  
To life, to love, to friendship  
Let us sing our Alleluia,  
Alleluia.

**Vincent John Kennedy.**  
**24<sup>th</sup> May 2007**

*(Lyrics from the commissioned choral piece to mark the 80<sup>th</sup> Anniversary of the Society.)*

## **LIFE HAPPENS**

**that's why you should join the  
Public Service Friendly Society now.**

Totally confidential and  
independent, it provides financial  
help and a personal support service.

It is run by the **members** for the  
members... and their dependents.

### **HOW YOU BENEFIT**

- Cash grants (non-repayable or repayable but interest-free).
- Educational grants.
- Financial advice/help in dealing with banks, building societies, credit unions etc.
- Financial help towards essential legal services.
- Support for retired members with nursing needs.
- Funeral Grant (for those in need) when members, spouses and/or dependents die.
- Access to, low-cost Specified Illness insurance cover.

### **WHAT IT COSTS YOU**

Only €1 per week on average

Phone **1800 778787** for details  
or download an Application Form  
from our website [www.psfs.ie](http://www.psfs.ie)

## **JOIN NOW...**

someday you may  
be glad you did