Farewell tribute to Paddy Quinn.

I would like to take this opportunity to thank all of you for your support on the death of my father, Paddy Quinn, on the 4th of January, 1993. He was 86. My dad was so full of life that it is hard to believe that he is gone. Only in the last three months did he start to go downhill. Up to then he was living life like a teenager, always going dancing at least once a week, always on the lookout for the next party or social occasion. He would greet them with such enthusiasm you would have to laugh. How often I sat listening to him as he told me about the next do he was going to. He would clap his hands and rub them together laughing at the thought of it all.



Every Thursday, rain or shine, he made the trip from his house in Arbour Hill out to visit me in Malahide. You could set your watch by him - always there by twenty to twelve in the morning. One of his great pleasures in life was walking.

What really amazed me about him was his capacity to live in the now – never dwelling in the past. Truthfull, he was one of the few people I ever met who could actually do this. In this way, he would seem to extract the maximum pleasure out of each day. All his life he worked in the tax business, originally with a horse and cab and then changed over to a motor car. There used to be a song out called The jarrey was a lepscendary of the company of the com

accompanying picture.

I wrote an article about him
entitled, Glass into Diamonds.
This resulted from his great
capacity to see the good side of
things rather than bad. When I
was a child he used to find
rings or brooches or go to sales
and pick up such items. Then
he would bring them home to
my mother and say, I
found/bought his today,
Kathheen. Look, I lihus it'a
diamond' or' I think it's
diamond' or' I think it's
diamond' or' I think it's





course, I, as a young boy, believed that they were gold and diamonds. Every now and again I would ask if I could take a peep into this box and I would look at our collection with awe

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and which won't now hold you back. Our therapist will look after you and ease the stress out of your muscles throughout your body - great for those minor aches and pains, and wonderful for your circulation too! We use our own exclusive natural-based hydrodis-resemble. A womentherany wills

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IRISH ASSOCIATION OF HOLISTIC MEDICINE, 66 Eccles Closing dates for enrolment: EVENINGS: Monday 27th Se	eptember WEEKENDS: Monday 11th October