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THE LOCAL news

SOUTH EDITION
4 February 2016

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FIVE-A-SIDE FIRST STEP FOR LONG FORGOTTEN LIBERTIES

SPECIAL TO LOCAL NEWS
by Paul Kelly

IT'S JUST a few square yards of artificial grass in the corner of a schoolyard – and even that has taken thirty years of campaigning by CBS James Street Principal Paul MacEntee.

Yet it remains, stubbornly, an election promise, or two, out of reach.

Now, if promises are kept and builders get moving, it may come to serve a threefold purpose: five-a-side pitch, victory marker and memorial to local lad Craig Hanlon.

The last of the three may turn out to be the most poignant and perhaps – if Craig's guardian angel is still on duty – the most beneficial, in the long run, to the children in this poorest part of the south inner city.

As the many who knew and loved him know full well, smiling, carrot-haired Craig is no fit for the “troubled youngster” profile of so many who die before their time.

He was, on the contrary, a lively and happy young man, who enjoyed his job working with the public and was – as floral and other tributes in Basin Lane attest – a lightning-rod of laughter, loyalty and friendship.

However – as those who work with young men have discovered – carving out even a tiny slice of sporting, leisure or extra-curricular support can be



10,000 DUBLINERS ASKED TO 'RISE' UP

To the challenge and join the Team Dublin Clean-Up. An tArdmhéara Críona Ní Dhálaigh and broadcaster Joe Duffy launched Dublin City Council's inaugural Team Dublin Clean-Up initiative at St. Catherine's Church, Thomas Street, Dublin 8. Team Dublin Clean-Up calls on residents, community groups and businesses in Dublin to come out and support a special clean-up effort in their local area ahead of the 1916 Centenary Commemorations. The collaborative clean-up will take place in various locations around the city on Easter Saturday, 26th March, 2016 from 11am to 1pm. Individuals and groups can register on www.teamdublincleanup.ie. Dublin City Council's Waste Management Division will be providing all clean up equipment to those who register and will remove litter collected for disposal on the day. Pictured at the launch of Dublin City Council's inaugural Team Dublin Clean-Up was broadcaster Joe Duffy with Katie Delaney (age 12) from St Brigid's National School The Coombe. Picture Conor McCabe Photography.

a decades-long exercise in frustration.

Though he would never say so himself, fighting for that football pitch must have felt just like that for Principal Paul MacEntee in James Street.

As news of funding came through, the Principal was almost absurdly grateful, and gracious to those who had kept him waiting so long:

“If this works, the funding will come from a capital programme in the Department of Tourism and Sport, and from the efforts of Brendan Kenny, Assistant City Manager in Dublin City Council.”

Disgracefully, Mr MacEntee has had to send his young charges as far afield as Liffey Gaels GAA in Ballyfermot and Brickfield, Drimnagh for them

to see a blade of grass or kick a football.

“Liffey Gaels have always been very good to us. Now, if the money comes through, we will be able to return the favour. And I'm all for them, or other schools and clubs in the area, using the all-weather when we don't need it.”

continued on page 2

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from page 1

Sources in the Coombe sporting and schools sectors told this newspaper that neither the Department money, nor the City interest, would have been forthcoming without active lobbying of local councillors and TDs:

"Don't quote me on this, but that's just the way it works," one resigned campaigner told Local News.

Meanwhile, with funding in place, the actual work installing the AstroTurf should take just a matter of weeks, and could easily be available for the summer. The cost is estimated at somewhere over €100,000.

The terrible fall — from the roof of a covered car park — that caused Craig's untimely death was, on another, luckier day, just a lively young man testing his nerve and his fitness.

Fortunately, a safe version of all that wholesome, self-challenging, utterly vital "growing up" activity



CRAIG: loved

can be found every day in the Liberties. People like Principal MacEntee, and local heroes like Paul McDonald of the Fountain Youth Project, are there to make sure it happens without incident: sport, art, music... sometimes just a raucous sing-along in a packed hall, or a quiet, reassuring chat over a coffee.

The children of Dublin 8 deserve the health, psychological and social benefits of sport and other activities. They don't need marbled halls to make this happen. They're not even asking for the leafy avenues of Gonzaga, or well-rolled fields of Blackrock College. But Craig

Hanlon, and his colleagues in the Fountain Youth Project, and their younger brothers (and, as of late, sisters) in James Street CBS Secondary School, need something more than a single five-a-side pitch that takes thirty years of broken promises before being promised... yet again.

This time — for Craig, for his peers and all their younger siblings — MacEntee and McDonald and all the other tireless Liberties leaders must be hoping that their five-a-side pitch is delivered.

Not just because the soccer it sees, and the laughter it brings, will help the hundreds who use it.

But because thousands more — now out of school and making their way, like Craig, in a country that seems to have forgotten them — will take heart when they see that someone, somewhere, in the City or the Dáil, has remembered.

Postmen save post office services

BELEAGUERED Post and Communications Minister Alex White has reversed a long-standing cabinet policy to shut down the nation's smaller Post Offices.

White's plan, which would have forced OAPs and welfare recipients out of the Post Office and into the banks, would have shuttered more than half the smaller POs in the country.

Minister White's written reversal, delivered to Andrew Kelly and other members of the Irish Postmasters Union (IPU), follows a relentless "Your Community, Your Post Office" campaign by Kelly and Co.

The Cabra Postmaster had threatened to run for the Dáil if White's plan to "switch" welfare payments from Post Office to bank wire-transfer was not immediately shelved.

However, following a cabinet decision to bring in "mini-banks" to post office counters, Kelly and his fellow postmaster candidates — five in all, two of them in Dublin — decided to call off their run for the Oireachtas.

"I have mixed feelings about it," said Andrew Kelly of the just-cancelled campaign.



POSTMASTER KELLY: Dáil bid

"The deal [to keep offices open] was the best we could have got, and we got it in writing."

Welfare recipients will continue to receive payments in their local post office, Kelly said, and could also avail of "basic banking" there if they so wished.

A botched attempt to bring in a banking service was made by An Post in 2007. At that time An Post farmed out the job to BNP Paribas. Take-up was so slow that the initiative was quietly shelved in 2010.

"I am not necessarily convinced that anyone in An Post is capable of organising a bank," Mr Kelly told Local News.

"Fortunately, that's not our problem. At least we know now that cash payments will still be with us, and that

gives our members, and your local post offices, a new lease of life."

At no stage did the government offer postmaster candidates a direct "quid pro quo" for quitting the election bid. However, all five IPU candidates withdrew their candidacy shortly after the written promise of a PO

reprieve was delivered to members of Mr Kelly's union.

Post and Communications Minister Alex White is near the top of bookie-broadcaster Ivan Yates' "endangered species list" of Labour TDs likely to lose their seats: see *Bookie betting on Labour pain*, elsewhere in this issue.



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ST. JAMES'S GAA NOTES

All teams are up and running for the 2016 season and all teams are welcoming new players. Our academy has started back and any child aged between 4 - 7 who wants to try out Gaelic Football/ Hurling and Camogie is welcome down at half 10 every Saturday morning in the Iveagh Grounds. All training details for any of our teams is available on our website or message us on our facebook page. The Under 15s had a great win on Sunday away to Brigids as their season threw up yesterday morning. We are hosting the first ever Ladies Football Senior Floodlit Tournament which starts this Thursday. We will need a few volunteers to help run these events smoothly. If you can give a few hours help, please contact our facebook page or Eugene Murphy Jr.

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Alien Species Action Plan by Dublin City Council

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DUBLIN City Council is the first Local Authority in Ireland to produce an Invasive Alien Species Action Plan. Invasive Alien Species are animals and plants, such as Japanese Knotweed, Himalayan Balsam, and American Mink, that are introduced accidentally or deliberately into a natural environment where they are not normally

found, with serious negative consequences for their new environment. The impacts of Invasive Alien Species are wide ranging and destructive from economic, social, health and ecological viewpoints, and it is estimated that they currently cost the Irish economy over €2M each year.

The Draft Invasive Alien Species Action Plan for Dublin City 2016 – 2020 is available at bit.ly/InvasiveAlienPlan and for public viewing at Civic Offices, Wood Quay, from 25th January to 12th February, 2016.

Dublin City Council is asking members of the public to read the draft plan and to make submissions to biodiversity@dublincity.ie or in writing to: Dublin City Council, Biodiversity Unit, Culture Recreation, Amenity and Community Department, Block 4, Ground Floor, Civic Offices, Wood Quay, Dublin 8 by Friday 12th February 2016.

Brendan Kenny, Assistant Chief Executive, welcomed the publication of the Draft plan: "The impacts of Invasive Alien Species in terms of degradation of our environment and damage to economic

interests necessitate that we recognise Invasive Alien Species management as a key issue for the sustainable development of Dublin. The fact that Dublin Bay recently achieved UNESCO Biosphere status makes it all the more imperative that Invasive Alien Species are given high priority as they are a real and increasing threat to our City and biodiversity".

The objectives of the Draft Plan are to control and reduce the spread of existing Invasive Alien Species, and to prevent any new Invasive Alien Species from establishing in the city. The speed and fluidity of their invasion and spread presents major difficulties for traditional forms of environmental management. As such, a coordinated approach between a variety of public bodies and organisations is necessary to achieve the objectives of the Plan.

The preparation of The Draft Invasive Alien Species Action Plan for Dublin City 2016 – 2020 is an action of the Dublin City Biodiversity Action Plan 2015-2020. Images of invasive alien species: bit.ly/AmericanMink • bit.ly/HimalayanBalsam

Mullins must fight Meade for Gold Cup glory

IRISH CHAMPION National Hunt trainer Willie Mullins won't have it all his own way on Saturday (February 6) when the €60,000-plus Gold Cup is run over 3 miles just before 4:00pm.

Fierce rival Noel Meade fields the

favourite, Road to Riches, already well-backed at 6/4. The Mullins hot-pot, Don Poli, is a shade longer at about 13/8.

In any other company Gordon Elliot's Don Cossack would be a big fancy but here he's a mere outsider at 10/1. Southside racegoers are in for a treat as the seven-race card, kicking off at 1:15pm, features no fewer than four Grade One contests. Many will be using this and the other important NH races on the card to provide pointers for the Cheltenham Festival, which gets underway on Tuesday, March 15. Admission to Leopardstown on Saturday is €20. The Red Luas line (alight at St Stephen's Green) stops at Central Park, which is about ten minute's walk from the main entrance.

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Crowe slams Tesco's "zero hours" bid

SEAN CROWE TD (SF, Dublin South West) has condemned a bid by retail giant Tesco to tear up long-standing contracts for their checkout and floor staff, cutting pay and hours in the process.

According to the Sinn Féin deputy, the UK-based supermarket giant proposes not just to bring in so-

called zero-hours contracts, but to cut hourly rate as well:

"Clearly building a recovery on low paid jobs and the hollowing out of workers' rights is not sustainable or fair," Crowe told Local News.

"The notion of decent work for decent pay should be becoming the norm, not the

exception, in a growing economy."

And he blamed Jobs Minister Richard Bruton for pushing a corporate agenda:

"Richard Bruton throws around words like competitiveness, flexibility, and attractiveness, to justify an employment system that allows employers to reduce salaries, ex-

tend zero hour contracts, and refuse to recognise the right of trade unions to negotiate."

He said that we couldn't build a recovery on the basis of a "hollowed-out economy".

Crowe is widely tipped to retain the seat he won South West in 2011, and may top the poll.

The constituency remains one to watch after Sinn Féin hot favourite Cathal King lost out to AAA candidate Paul Murphy in a dramatic 2014 by-election, despite King's topping the poll on the first count.

Former Labour leader Pat Rabbitte, who topped the poll there in 2011, is retiring and will not run.

Indies back a "100-day war" on arthritis



ATTACK ON ARTHRITIS: Finian McGrath TD (Ind) and former councillor Donna Cooney (Greens), candidates in Dublin Bay North, supporting the Why Are We Waiting campaign

HALF-A-DOZEN independent TDs and councillors showed up at Leinster House last week to back a pledge to hire 100 rheumatology specialists during the first 100 days of the next Dáil.

Surprisingly, John Lyons, Labour TD for Dublin North West, joined Labour defector and constituency colleague Róisín Shortall in attacking the government's record.

They supported the "Why Are We Waiting" campaign, launched by the advocacy group Arthritis Ireland (AI).

AI says they need a minimum of six consultant rheumatologists, and over ninety other specialists in related disciplines, including:

- 29 clinical nurse specialists
- 12 advanced nurse practitioners
- 21 physiotherapists
- 32 occupational therapists.

"Nearly one million people across Ireland are living with arthritis," Arthritis Ireland boss John Church told

Local News.

"It's a chronic disease so if you've got it, you've got it for the rest of your life and you've got to learn how to live with it."

He added that the cost of coping with the disease later, if it was neglected, as "a hell of a lot more than six consultants".

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Rising rents slowing recovery for workforce

MAYOR of South Dublin, Cllr Sarah Holland, launched the quarterly Dublin Economic Monitor Report. The report highlighted the lack of houses being built and subsequent rising rents as a problem.

Cllr Holland said: "This report shows that rents have risen to almost their peak levels, particularly for apartment dwellers. We have seen evidence of working families



being made homeless due to the lack of corresponding rises in wages or living wage jobs.

This is exacerbated by the total

lack of social or affordable housing being built.

We also need to look behind these figures: rising rents do not correspond with a rise in quality homes.

I have been knocking doors all over this county, and again and again people are complaining of damp, leaking doors and windows and black mould.

One tenant's landlord raised the

rent by €150 and said in response to complaints about black mould that the tenant should either stop complaining or

find somewhere else to live. Tenants are being rolled over a barrel. The report shows increases in public transport use

and a fall in the unemployment rate to 7.8%. However, most of these jobs were in Wholesale & retail and administration,

which are not traditionally well paid. On paper this looks good for Dublin, but a closer examination reveals that more

needs to be done to make sure that there is a fair recovery, which benefits everyone", Cllr Holland concluded.



SHERRY FITZGERALD OPEN IN SUNDRIVE

Ireland's largest estate agents Sherry FitzGerald have opened a new premises at 3 Sundrive Road, Kimmage.

Sherry FitzGerald are no strangers to the area and have been successfully selling property in the neighbourhood from the Terenure branch since 1989. The new branch team includes well know local agent Will Moore, Victoria Bentley and Thomas Fitzpatrick.

Commenting on the opening, Will Moore, director and branch manager with Sherry FitzGerald said "The opening of our new Sundrive office is an acknowledgement of our confidence in the location and the surrounding areas. Our clients will benefit from our high profile office location and the support of our existing local branch in Terenure. This, together with our nationwide network and international reach will all work together to provide the best estate agency service to our clients, as we refer to it, "the Sherry Fitz way".

L-R Philippa Lawlor, Victoria Bentley, Will Moore, Neil E. Harper, GERALYN BYRNE, Thomas Fitzpatrick.

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Youth Council urges young people in Dublin City to register in time for General Election

THE National Youth Council of Ireland (NYCI) is encouraging young people in Dublin City to make sure they are registered to vote, given that a General Election is just weeks

away. If the election is held at the end of February, as widely expected, the deadline for inclusion on the supplementary register could be as early as the 8th of February.

James Doorley, NYCI deputy director explained: "We are especially anxious to ensure that the 4993* young people who have turned 18 in the last 12 months in Dublin City are in-

cluded in the electoral register and can exercise their democratic right."

Any young person who is 18 years of age on or before the date of the election is eligible to vote. If they are not currently registered, they can do so by downloading and filling in the RFA2 form at www.checktheregister.ie. This form must be stamped at a Garda Station and returned to the local authority before close of business on the registration deadline.

Likewise, if a young person wishes to change their registration address, they need to complete an RFA3 form, get it stamped and return it to the local authority by the deadline which will be known once the election date is announced.

"Excellent work was done last year to get young people on the electoral register, especially since we published our study in September 2014 showing that 30% of 18 to 25 year olds were not registered.** However,

with over 59,000 young people nationwide turning 18 in the last 12 months,* we need to work continually to ensure all are registered. For almost

every election we get calls from young people who have missed the registration deadline and are disappointed that they cannot vote, we urge young people to

make sure they are registered and not to leave it to the last minute, so that they can vote in the upcoming General Election" concluded Mr Doorley.



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John laurence Shop for communions is located at 54 Thomas Street or Call them on 01 4542656.

RATHMINES VERSION OF \$100 MILLION PAINTING

STREET ART SPOTTED: This colourful tribute to the comics — and to New York pop artist Roy Lichtenstein (1923–1997) — was seen near the Town Hall in Rathmines. It's painted by an artist known as Learning Man, as part of the Dublin Canvas initiative of Dublin City Council. Note the similarity in style to Lichtenstein's Girl at Piano, 1963 (inset). The latter was one of the first pop-art masterpieces ever to be shown in Ireland: it was a highlight of the inaugural Rosc exhibition in the RDS in 1967. Pop art, pioneered by Lichtenstein and Andy Warhol (1928–1987), remains an influential movement to this day. Nurse, painted by the American artist in 1964, sold for \$95 million (€88 million) in Christies, New York last November.

- To paint your own traffic light box, apply via DublinCanvas.com
- For more on the artist Learning Man, see facebook.com/LEARNINGMANart



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Taoiseach's refusal to tackle rent allowance further evidence of FG arrogance – O'Callaghan

FIANNA FÁIL General Election candidate for Dublin Bay South Cllr Jim O'Callaghan has hit out at the Taoiseach's refusal to consider increasing rent allowance for families at risk of homelessness.

"The Taoiseach's response comes at a time when 95% of properties available to rent are priced beyond the reach of people depending on state rent supports for their housing, according to a study by the Simon Community released today.

"This is yet another indicator of the urgent need for reform. Conducted over three consecutive days in November, 'Locked Out of the Market III: The Gap Between Rent Supplement/HAP Limits and Market Rents' highlights the extent of the shrinking private rented market as the ever increasing gap between rising rents and rent supplement/housing assistance payments (HAP) limits. The Simon Communities also undertook this study in May and August 2015. Rents have increased by 32.3% since April 2012 while rent limits have remained unchanged since June 2013.

"This Government has completely failed to take charge of the homeless-

ness issue, and because of a lack of concrete measures, this problem has now turned into a national emergency. The problem spans across a number of sectors – home ownership, rental, social housing and emergency accommodation. The fact of the matter is that there is a serious lack of supply, as a direct result of Fine Gael's lack of investment in the area.

"Fianna Fáil built 14,581 social housing units between 2007 and 2010. In contrast Fine Gael and Labour constructed just 1,252 units over the past five years. The abandonment of the social housing programme has led to a dramatic shortage of supply, which in turn is forcing up rents in the private sector. This Government has spent the past year scrambling to come up with a plan, but their reheated ideas are simply not delivering.

"We have a credible, multi-faceted approach to address this crisis. We will build 45,000 social houses by substantially increasing exchequer funding and ring-fencing it specifically for this use. We will also introduce a help-to-buy scheme for new home owners.

"The Taoiseach's refusal to increase rent supplement makes no sense. In fact, the decision to maintain the existing thresholds is perpetuating the mindless situation whereby families are being placed in emergency hotel accommodation at an enormous cost to the State, rather than allowing them a marginal increase in rent support. Fianna Fáil would increase the rent supplement to help these families stay in their homes.

"This Government's record on housing and homelessness is appalling, and the fact that the Taoiseach is still refusing to implement measures which would ease the crisis speaks volumes about where his priorities are. Fianna Fáil wants to see all sections of society looked after – not just the wealthiest. Our proposals will help the most vulnerable, they'll ensure that families can stay in their homes and are not forced into hotels and they will create a sustainable housing plan that will increase social housing units so that families have affordable options open to them".



Cllr. Catherine Ardagh recently hosted a public meeting, at the basketball hall in Inchicore commemorating 1916 with guest speaker Eamon O Cuiv TD and local Historian Catherine Scuffell MA BBS. Also in the photo is Maria Kane. Photo Dave Kenny.

Bookie bets on Labour pain

BOOKIE-TURNED-broadcaster Ivan Yates has become a prophet of dooms for Labour TDs, including several ministers.

Already Alex White (Dublin South) and Aodhán Ó Riordáin (Dublin Bay North) have made it to the top of Yates's endangered special list.

"Now the brains of the Labour operation are disappearing. You have five big



ATES: poll prophecy

retirees, which will lead to five immediate seat losses. So Labour are down to 32 seats before the

ball's thrown in. On top of this, four people are resigning from the party and have opted to run under a different banner... That leaves just 28..."

He argues that people vote on election day to get rid of people, not to affirm them. And he says that, within the 6 to 9 per cent range forecast for Labour in recent polls (a Sunday poll has them at 10),

he's basing his book on about 8 per cent:

"All things considered from 37 seats we're talking a loss of at least 25 between retirees, resignations and defeats."

The NewsTalk morning man urges punters to wait by the gate before placing a bet: most of the poll-punting winners he paid out in his day, he recalls, had a bet in the dying days. Early-

doors predictions tended to be wrong.

Bookie Paddy Power are already offering an under-over bet, with Labour priced equally likely to fall under ten seats as over it. However, the firm, recently merged with Betfair, say that the vast majority of money has gone onto the "Labour going under" option.

Local lad opens his first restaurant, The Hungry Duck

AIDAN Noctor a head chef with over 20 years experience has returned home to open his first restaurant. Having worked with Kevin Dundon at Dunbrody House, Richard Corrigan and at establishments like the Odessa, The Shelbourne and Gallagher's Bistro D'Olier Street Aidan honed his skills over the past two decades. With a passion for food this one time civil engineer was head chef at Gallagher's Bistro on D'Olier street where one of the most popular introductions to the menu included Aidan's highly sought after Afternoon Tea. Dedicated to local artisan produce with a commitment to using the freshest of ingredients in all of his dishes, each morning the ovens at the



Hungry Duck will be fired up to bake a selection of pastries including brownies, scones and breads. Even the ham in the sourdough Ham & Cheese signature sandwich is baked fresh each morning. Aidan says "I'd love for the bistro to be a place where families, friends and neighbours catch up over breakfast, lunch or weekend brunch. The food, coffee and setting are as impor-

tant to us as the welcome people receive when they come through our doors." Starting this weekend the Hungry Duck Brunch Menu will be available from 10 - 4. With dishes such as Eggs Benedict, French Toast, the Hungry Duck Breakfast, Goat's Cheese Salad and hot dishes cluding Aidan's signature Chicken Linguine. Aidan & Lesley spent time travelling in

New York, Italy and Asia. "Of course I was inspired by the food on my travels but one of the standout things for me was the power of food to bring people together. At the Hungry Duck we will always use the best of produce but the dishes will not be fussy or over complicated."

The Hungry Duck started life as a successful catering company which saw Aidan design menus

and cater for TV shows such as the Imelda May Show on RTE, MediaCon the international TV Summit and the Food Summit at the Web Summit.

Now a Bistro on the corner of Whitehall Road and Kimmage Road West Aidan and his wife Lesley a TV producer, are delighted to open the doors of their new restaurant to share their experience and skills.

With shows such as the Late Late Show, For One Night Only, The Entertainers, New Year's Eve Live, Operation Transformation to her credit as a TV producer Lesley has worked with chefs such as Jamie Oliver, Gordon Ramsay, Heston Blumenthal, Nigella Lawson, Richard Corrigan, Darina Allen and many more on the Late Late show and

various other productions. "We are both passionate about food. The greatest joy in life is when work and a passion come together and at the Hungry Duck I think that is exactly what is happening. I am so proud of Aidan and all that he has achieved and I am one of the luckiest people in the world because I get to eat his food all the time" said Lesley.

Although Aidan and Lesley now live in Saggart County Dublin, Aidan is delighted to open the doors of his first restaurant minutes from where he grew up on Cromwellsfort Road.

The Hungry Duck is open Monday - Friday from 0800 - 1600 for Breakfast and Lunch and on Saturday and Sunday from 1000 - 1600 for Brunch.

SILVER SERVICE RESCUED FROM PILE MARKED "JUNK"



AUCTIONEER David Herman thought he was shock-proof about the Irish mania for chucking priceless antiques into the skip.

"I've seen it so many times: I beg people over and over again not to throw out anything until I've given the house a once-over."

Yet time beyond number he arrives at a house-clearance to find 1916 medals already in the bin, or price-less Chippendale pieces dumped in favour of the latest from IKEA.

Last week, a precious piece of Victoriana featured in his Herman & Wilkinson Thursday auction — after he spotted it, discarded, in a west of Ireland house clearance:

"It was in a box labelled JUNK: DISCARD," he laughed.

The sterling silver claret jug, with an accompanying silver dish, was made by Robert Hennell III in 1878. It bears the giveaway hallmarks and assay marks that should have prompted even the most philistine collector to take a second look.

Herman & Wilkinson hold auction viewings every Wednesday, from 2:00pm to 6:30pm, in Rathmines. Auctions are usually held on Thursday from 10:00am.

Catherine Ardagh



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Tel: 6183083
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Mobile: 086 854 3276

WEEKLY ADVICE CLINICS

Mondays (ex Bank Holidays)

11 am: Ballyfermot
Community Civic Centre

12.15pm: Dublin City Council Area
Office, St Agnes' Rd, Crumlin Village

5pm: Donore Avenue Community
Centre, off SCRd, The Tenters

7pm: Constituency Office,
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DUBLIN CITY COUNCIL



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Rathgar/Rathmines

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How can we leave our heritage to profiteers?

SINN FÉIN TD and Deputy Leader Mary Lou McDonald has appealed to the Government to honour the "ordinary Irish men and women risked life, limb, death, and incarceration, not only to free Ireland from foreign rule, but to build a nation of equals" during the Easter Rising by halting the demolition of the Battlefield Moore St site.

The Dublin Central TD said: "100 years ago, Dublin quaked and trembled, under the bullets and shells of an empire. As ordinary Irish men and women risked life, limb, death, and incarceration, not only to free Ireland from foreign rule, but to build a nation of equals; an Ireland to be proud of, a country to be defined by the high ideals of the Proclamation.

"And how little this government thinks of these men and women and what they went through. We can look at 1916 through the mists of time, even through

rose tinted glasses, and romanticise their struggle. How easy it is to forget how real it was for them. How real their suffering was, how real the despair was for them, facing into an uncertain future, and then the horror of the drawn out.

"They thought not of themselves. Their actions were unselfish. And today it is the actions of ordinary unselfish people who are fighting to preserve their legacy. It was people power saved Kilmainham Gaol for the nation, it wasn't any government that saved that national edifice, a dedicated group of citizens saved this historical building for the nation.

"And it seems that it rests once again with people power to repeat history and to save for the nation for future generations the 1916 historic revolutionary quarter of the GPO/Moore Street area. "An area that should rightfully be designated a national monument, an area

that should rightfully be preserved and developed under the protection of the state.

It should not be left to the vagaries of developers or speculators, whose only interest is

in their profit margin. "How can we leave our heritage to profiteers?"



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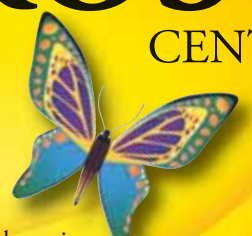
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It is an ill wind and now money raised over recent years through the revaluation of rates in Dublin has enabled some surplus money to be available to the Council. As part of funding for the Drimnagh/ Ballyfermot and Crumlin Kimmage ward areas, money has now become available to fund opening the Crumlin Swimming Pool to the public for longer and on more than one day a week. Cllr Pat Dunne has told the Local News: "It looks almost certain that extra opening hours for the public to use Crumlin Swimming Pool will be agreed and acted upon in the next few weeks, and this is important as it needs to be more public use friendly".

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NEW YEAR'S RESOLUTIONS

IN THE last issue of The Local News I wrote again about New Year's resolutions. Have you already forgotten about yours, or given up already?

I wrote how a new YEAR resolution was exactly that, something that was for the whole year. Now, sometimes a BIG commitment like that can be frightening or seem like a huge thing to take on. Sometimes the thought of a task, or a goal or a job being huge is the biggest demotivation. You lose hope and energy before you even start! You can see it as too high a mountain to climb.

Using weight loss as an example for a moment, if someone sets themselves a large amount of weight to lose as their goal, it can seem like a huge task and a massive commitment.

Breaking a huge task down into smaller tasks is something the Americans call "chunking down". Break it down into smaller more manageable "chunks".

New Year's is a time when a lot of people think about making changes, but by now you may feel that you've missed that boat. The "New Year" is over and you think it's too late. BUT, that is only if you set yourself the big chunk of time that is a whole year! You could chunk down your goals to a month, a week, or even a day! Or, you could start a new year of your own today and decide to have something achieved by this date next year.

If you've got something that you wish to change in your life. The best way to succeed is to set yourself a target. But how about setting a target over a shorter time? How about, for example, setting the target of getting out and walking just half a mile before this day is out? What about getting to the gym three times this week? What about deciding to save €50 by the end of this month?

You can "chunk down" anything that seems to be overwhelming. If you had a wedding coming up in 12 months time, for example, you could make a list of all that needs to be done, smaller chunks of work. Then set a goal of getting some of these done in a day, or a week, or a month. It is a way of tricking ourselves. We can fool ourselves into believing that things will be easier. And then, we actually do find it easier!

If we get back to the idea of a New Year's resolution. And you've missed the January window. So what? Why not set a "New Week", a "New Month" or just a "New Day" resolution?

Imagine, if you did that today and just do it for each day, week or month at a time. Using the examples above, by summer you could have more than half the work done for that wedding. You could have €300 in your piggy bank, you could have gone to the gym 48 times, or walked 60 miles!!! And you will not just be noticing the difference, but thinking how easy it was!

Think about anything that you have been putting off doing. Break it down into the smaller chunks. Make one chunk your goal. Do one at a time and before you know it, that big task you have been dreading will be done.

Kieran Fitzpatrick ADHP MIAEBP (Member of The International Association of Evidence Based Psychotherapy) is a fully qualified Clinical Hypnotherapist, NLP Practitioner and Personal Coach. His practices are in Dublin 12 and Dublin 2 in Dublin City Centre. For more details call 087-1227361, e-mail: kieran@kieranfitzpatrick.com or see www.kieranfitzpatrick.com



GREAT SUCCESS FOR BARN HOUSE FUNDRAISER

Shortly before Christmas customers at the Barn House organised a head shave and dye sponsored charity event. A big response from local ensured the success of the event. The money raised, almost €2,500 was divided between Our Lady's Hospice, Harold's Cross and the Children's Hospital, Crumlin. DJ Mandy has asked that the many local people be thanked for their donations, sponsorship and participation. Among the many people she needs to thank include: Brown's Butchers, Paul's Barbers Frank's, The Salon, Puppy Groomer, all on Old County Road, Bird Jungle Crumlin Road, Butchers shop Fatima, Sandy Lee in F2 Centre, Tesco, McKeons Upholstery, Rom Massey, Curry n Grill, all on the Dolphin's Barn Street, DJs Mandy K & Peter Lynam, who gave the two nights entertainment free of charge, All the local people in our area, The Rainbow Twirlers, The Barn Mens' Shed, Annie Kavanagh who donated a valued painting she had won in another competition and of course Eamon O'Shea and the staff at the Barn House pub.

Karl keen to deliver the Milk Tray message

JUST BEFORE Christmas reigning Mr Ireland Karl Bowe cruelly snatched away the rope-swinging, cliff-diving, choc-delivering dreams of many a roll-necked Romeo when he was short-listed by Cadbury's to play the new Milk Tray Man.

Bowe confirmed to Local News that he was now down to the "final five" of those due to be considered for the role of the iconic figure of 1970s and 80s advertising.

The hunky heart-throb Karl Bowe got the good news shortly after a casting session with the Cadbury's people in London in December:

"The emailed me afterwards to say I was in the final five for the job," Karl told Local News.

To qualify he had to submit pictures and a short essay on his idea of the role. Later, in London, he had to pass out Milk Tray chocolates to women in the street, and to show that he could be



"polite and professional" in handling the public and representing the brand. He beat out 250 others at the casting stage to become one of the final handful still being considered for the role. Two years ago, Karl was seen by millions on reality show Take Me Out. Astoundingly, he is still with the girl — dance captain Rachel Simmons — he dated on the programme.

Famous movie directors, including Adrian Lyne (Flashdance, Fatal Attraction), have helped to create the iconic Milk Tray Man, who began

lady loves Milk Tray?" It's the stuff of harmless fantasy for many a girl, Karl believes.

"And if you don't like that kind of thing, tough. The Milk Tray Man will find another girl who does!" While some actors in the role have brave the waves and the dangling ladders themselves, many have used stunt-doubles for the tricky bits. Not our Karl: "I'd be well up for it, with the right training and coaching, I'd do the whole lot, ropes and helicopters and all."

News of the final casting should be announced in time to shoot the first of the spots this summer.

to appear on the large and small screen in 1968.

The role was played by several actors — most notably UFO star Gary Myers, Ged Allan and veteran stuntman Alf Joint — before being retired in 2003. Is the idea of a rope-swinging, choc-delivering Lothario now too corny — or too threatening?

"No, I don't think so," Karl says. "It really depends on the girl. But even if she does find it a bit corny, well, how often does a man hire a helicopter, climb down a rope, brave rivers and cliffs — and all because the

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