

**FREE**

# THE LOCAL news

**WEST EDITION**  
5 February 2016

Phone: 087 252 4064 • Email: frank@localnews.ie • www.localnews.ie

Delivering to: Ballyfermot • Lucan • Leixlip • Celbridge • Clondalkin • Palmerstown • Kilcock • Maynooth

## 20,000 WEST DUBLIN TVs TO BE BLOCKED

- 60–80,000 Virgin viewers in April 18 blackout
- Local News uncovers legal blunders behind ComReg ban
- Eir and Sky ready to pounce, charging €360+ per year
- Free TV to the rescue... and we don't mean Saorview!

A SERIES of blunders by state regulator ComReg could see thousands of households in Leixlip, Lucan, and the Liffey Valley lose their TV picture in less than six weeks.

As we go to press hundreds of households in the more remote, "uncabled" parts of west Dublin and Kildare are relying on a technology called MMDS, or "multi-channel, multi-point distribution service".

MMDS or "wireless cable", has been supplied in cable-poor areas by Virgin Media Ireland (now part of Liberty Media). It uses the 2500–2690 MHz wavelength range, better known as the "2.6 GHz band".

Virgin recently entered the Irish marketplace, buying up Dublin cable-TV operators and inheriting their licence to use 2.6 GHz.

That licence was due to expire on April 18, 2014, but the cable companies managed to negotiate a 2-year reprieve.

This runs out in April 2016.

Virgin expected ComReg to re-auction the 2.6 GHz wavelength — and hoped to bid, thus retaining the "uncabled" customers they serve up and down the Liffey Valley.

But industry insiders have

told Local News that, after waiting for months to hear from ComReg about an auction for the new 2.6 GHz licence, Virgin has heard nothing. This means that this precious public resource, the 2.6 GHz band, will go unused for weeks or even months —

and Virgin's MMDS subscribers could be left without a television picture.

This effective "dumping" of a precious wavelength, at first denied by ComReg, was later confirmed by the regulator in an email sent to

*continued on page 2*



### 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](http://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.

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from page 1

Local News last Friday (January 29).

No one in the cable or satellite sectors can explain this.

Local News has put it to ComReg that, if an auction of the 2.6 GHz bandwidth is planned, it should have occurred long before the April 18 expiry of the existing licence.

In our own email to ComReg chairman Jeremy Godfrey, we noted the imminent disruption of service:

“...To avoid the absurd consumer burden of ‘switching and re-switching’, the auction for 2.6 GHz should occur *before* the April 2016 expiration — and preferably *some time before*, so that, if Virgin lost, they could

at least advise their stranded customers to make other arrangements long before their MMDS/2.6 Ghz-based service was disabled.

“However, *not* only was the 2.6 GHz auction *not* scheduled in this timely manner, *it was not scheduled at all.*” (The ComReg reply would confirm this:



see below.)

Furthermore, it now seems likely that 2.6 GHz, even when auctioned, will *not* go to Virgin Media. ComReg, formally and informally, have pushed the notion that 2.6 GHz should be used for smartphones, not for TV, as hinted at in this excerpt from their email to Local News:

“Globally, the 2.6 GHz band is standardised for 4G mobile services and, elsewhere across Europe, this band is being used for that purpose. For example, a number of existing smartphones on the market have the capability to use the 2.6 GHz band for mobile and broadband services.”

They also cite “EU legislation”, supposedly favouring smartphones, specifically “European Commission Decision 2008/477/EC”.

However, Local News has ploughed through the legislation in question, and has found that

ComReg has made three clear errors:

- It has misread the EU Decision it cites. The Decision says the 2500–2690 MHz range should

be “designated” for “terrestrial systems capable of providing electronic communications services”. This clumsy definition might originally have fit smartphones and excluded TV. But it is now out of date, and clearly includes both — and other devices as well, particularly now that TV (with its internet and WiFi connections) has become a two-way device.

- It has kept all players, including Liffey Valley viewers and a key provider, Virgin, literally in the dark, saying only that “information” on the 2.6 GHz issue would “*likely to be provided from the second half of 2016 onward*”. There is no mention of any actual date for re-assignment of 2.6 GHz, and thus a tacit admission that (ComReg’s initial denials to Local News notwithstanding) 2.6 GHz would, for no good reason, become a “banned bandwidth” from April onwards.

- By making these two blunders, ComReg has turned itself into commercial “player”, most obviously by stage-managing the availability of a publicly-owned resource — the airwaves — to jeopardise a company using MMDS/2.6 GHz (in this case, Virgin).

Clearly, the banning of 2.6 GHz, even for a day, drives customers away from TV providers, such as Virgin, who rely at least in part on that wavelength. That makes ComReg’s leisurely plans for

providing wavelength auction “information” late this year particularly perverse and inexplicable.

In fact the regulator may have unwittingly transformed the landscape of cable, by “teaching” the public not to expect ComReg to oversee the airways (and companies depending on them) in an orderly manner. Adding insult to injury, ComReg, in a recording on its “help” line, maddeningly refers questions about Virgin and MMDS/2.6 GHz to Virgin, knowing full well that the regulator itself is concealing 2.6 GHz auction information from Virgin — and everyone else.

Meanwhile, smaller satellite operators such as BillFree TV have told this newspaper that they are “out the door” with new queries for those worried about blank screens on April 18.

“My real problem will be hiring enough people!” the BillFree office told us late last week.

And even if companies like Virgin manage to recover from the loss of its Liffey Valley customers, its faces further losses elsewhere, even in cable-served areas:

“The people who have to use wire-free services are going to talk to those who don’t,” an industry source told Local News.

“Word gets round: you might have cable in your neighbourhood, but why pay €30-plus a month when you can go with a ‘cottage operator’?”

The officially-pushed Saorview option also receives short shrift:

“The same box, without the Saorview sticker, costs less and offers ten times the

channels!”

- Our questions to ComReg, and their replies, can be read in full in our

website,

- [localnews.ie](http://localnews.ie) See also: Saorview not so saor, say satellite suppliers

## LEGAL ADVICE FROM JOHNSTON SOLICITORS



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The Criminal Justice (Legal Aid) Act 1962 provides that legal aid may be granted, in certain circumstances, for the defence of persons of insufficient means in criminal proceedings. The grant of legal aid entitles the applicant to the services of a solicitor and, in certain circumstances, up to two barristers, in the preparation and conduct of their defence.

Normally an application for legal aid will be as straightforward, the judge will sometimes ask the Gardai if they have any objections to legal aid being granted. The general rule is that if the offence is a serious one and you can’t afford to pay for your own legal advice, then the court grants a legal aid certificate.

An applicant for legal aid must establish to the satisfaction of the court that their means are insufficient to enable them to pay for legal representation. The grant of legal aid is a discretionary matter for the court. In the case of a minor the court will look at the means of the parents or guardian to see if they can afford to pay for the legal advice.

An applicant for free legal aid may be required by the court to complete a statement of means. It is an offence for an applicant to knowingly make a false statement or conceal a material fact for the purpose of obtaining legal aid.

Under the Garda Station Legal Advice Revised Scheme, free legal advice can be provided to those detained in Garda stations, providing they satisfy a means test.

Johnston Solicitors are on the legal aid panel and provide a legal service, 24 hours a day covering all aspect of the criminal justice system from a prosecution for minor to serious offences and all aspects in between. We attend at Garda stations 24 hours a day to represent you and provide you with the legal assistance to get you through the process.

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# Laugh the stress away with Marion



KATARIA: laughter pioneer

IT'S UTTERLY ridiculous but, as it turns out, strictly scientific. Laughter works.

Boffins in Oxford University, in a large study using a non-laughing control group — some surfaced Brits they must have been! — say that laughter actually makes physical pain go away.

It really is the best medicine.

Now Irish enthusi-

asts headed by yoga expert Marion Reilly are meeting every Wednesday at 7:00pm in the Lucan Sports Centre, to prove that point in a practical way, with a "Laughter Yoga" class.

Though her work may seem novel, Ms Reilly is actually following a fifteen-year-long path laid out by Madan Kataria, the Indian doctor who started what he called

"hasayoga" in 2002.

He was curious to see if loud, lung-filling laughter, with all the endorphins it would release, could help his patients endure chronic pain. To his surprise the results seemed almost instantaneous. Later, it was found to have benefits far beyond pain relief:

"It helps people cope with stress, anxiety, overwork, and of course aches and pains," Ms Reilly explains.

And for those with a low threshold of embarrassment, she offers reassurance:

"First, bear in mind that you won't be the only first timer. There will be others, and they'll be embarrassed too, at least when they walk in to the room."

This quickly vanishes, she says, when the laughter gets going. Surprisingly, the techniques she teaches — and they are quite intricate and specific — have an odd way of turning a mild smile into full, volcanic laughter in just minutes.

"We teach some-

thing called 'gradient laughter', which is a bit like catching a fit of the giggles," Reilly told Local News.

"After that, the sky's the limit. When the first minute or two is over, it all seems to happen spontaneously."

And to feel the tremendous benefits already proven — not just by Oxford dons, but also by formerly-stressed mums and dads — the charge is modest: first class free,



and just €7 for an hour-long session thereafter.

Already, Marion Reilly is hosting a satellite group in Cooley, Co. Louth, and has the ringing endorsement of the exam-stressed girls of Loreto Secondary, Foxrock.

Drop in to the Lucan Sports Centre at 6:50pm next Wednesday to find out more. You can contact Marion on 089 410 6060.

## Clondalkin Equine Club planning permission



Sinn Féin Councillor Eoin Ó Broin has welcomed the granting of planning permission for the Clondalkin Equine Club. The 20 stall facility will be built in Ballyowen Park at the Fonthill Rd with funds from South Dublin County Council and the Department of Agriculture.

Cllr Ó Broin said: 'I warmly welcome the decision of South Dublin County Council to pass the planning permission for the 20 stall Clondalkin Equine Club in Ballyowen Park. This facility will be a huge resource to the horse owning community Clondalkin and indeed the community as a whole.

'I want to pay tribute to the members of the Clondalkin Equine Club who have spent several years lobbying Councillors and officials in the Council and Department of Agriculture on this project. Their hard work and determination has been rewarded this week.

'I also want to pay tribute to Cllr Gino Kenny who has championed this project within South Dublin County Council and who built a strong cross party support base for the project.

'There is a proud tradition of horse ownership in Clondalkin with the vast majority of owners properly maintaining their animals. However there have also been too many unfortunate incidents of maltreatment of horses.

'The aim of this project is to provide the community, and particularly young people, with an opportunity to learn how to properly care for and raise horses in a safe environment. The fact that the project is led by the horse owning community is its great strength.

'I wish the Clondalkin Equine Club every success in the endeavours and assure them of my continued support into the future.

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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](http://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](mailto: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](http://bit.ly/AmericanMink) • [bit.ly/HimalayanBalsam](http://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](http://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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## Communions and confirmations 2016

### Tailored Communion suits at Jas Fagans

Jas Fagan Communion store have a wonderful tradition of clothing the young boys from the Liberties

This year their range is right up to date in fashion, and they provide a personal alteration service that ensures the suit or matching coordinates are perfect on the day.

Boys suits and clothes can be tailored and designed in the store. There are over 100 choices and all the accessories to match.

Jas Fagan is at 75 Thomas Street and you can telephone 01 453 5896.

### Little Folk, Holy Communion specialists

The 2016 Communion Season is already underway, and this years styles are already on view in our showrooms.

Call 014535233 or email; [littlefolk.ie](http://littlefolk.ie) or view on Facebook. All the accessories from gloves, tiara, footwear, are available in store.

At Little Folk there is a wide range of boys stylish suits and matching shirts, and ties, and there is also a great selection of casual alternatives. Little Folk are located at the top of Meath Street.

### John Laurence for boys Communions

Some children opt for casual clothes and John Laurence carry the Diesel range of casual clothes, which is popular for Confirmations.

They have a wonderful Communion and Confirmation offer of a 3 piece suit, shirt, tie and rosette for just €180, and they have the shoes and accessories to match.

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](http://DublinCanvas.com)
- For more on the artist Learning Man, see [facebook.com/LEARNINGMANart](http://facebook.com/LEARNINGMANart)



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Cllr. Maire Devine



# Kildare Branch of BirdWatch

Our branch holds monthly talks in the Town House Hotel in Naas on the 2nd Thursday of each month. Our next talk is scheduled for Thursday 11th February 8pm in The Town-house Hotel, Naas.. All are welcome to attend and we are always keen to meet new members and volunteers.

Pictured, Tom McCormack, erecting a Kestrel Nest Box,



which is one of the projects that the branch has ongoing at the moment.

Full details of our upcoming talks and events and current projects can be found on our website: [www.birdwatchkildare.com](http://www.birdwatchkildare.com)

The Kildare Branch of BirdWatch Ireland was founded in 2010, and since then has been a very active organisation within the county. We hold monthly talks on the second Thursday of every month at 8pm in The Town House

Hotel, Naas. These talks are based not only on birds but also on general conservation topics from Bird-Watch Ireland members of staff and other national experts. On the Saturday following each talk we have outings, which alternate between events within Kildare and surrounding counties. The outings are aimed at a mixture of levels with everyone from beginners to experienced birders catered for.

## 2016 CLONDALKIN PATRICKS DAY PARADE

The 2016 Clondalkin Patricks Day Parade has the potential to be a great family day out, after last year's parade in Corkagh Park. Cllr Francis Timmons said that after a lot of meetings the parade will now go back to Clondalkin village after a long absence but obviously for this to happen we need help. Now the Parade has been strengthened by the Sponsorship of Brian McElroy Funeral Undertakers in Clondalkin and Crumlin Village.

Brian McElroy is donating €200 for each category for the parade as below!

1) Best float 2) Best dance group 3) Best walking group 4) Most creative entry

Cllr Timmons (Ind) said 'We need Volunteers for many different roles, we need groups, clubs and organizations to take part, we need music, we need people to dress up, we need sponsors, we need help if parade 1916 is going to happen in Clondalkin. Please think about what part you can play and let us know asap. We also need volunteers to dress as various characters to make the parade colorful and a great family day out.' Contact Cllr Francis Timmons @ [www.facebook.com/ClondalkinStPatricksDayParade](http://www.facebook.com/ClondalkinStPatricksDayParade) or Phone 0872869315,

So far we have The Brownies, the Round Towers GAA, Funky Steps Dance School, LD Dance school, Karen & Wojtek School of dance, Clondalkin Drama Group, Boom Variety Stage School, Clondalkin Shotokan Academy, Scoil rince nic Liam are confirmed as part of the Parade. The Waterside and The Steering wheel confirmed as part of the Festival. K & G funfair is also confirmed for the Laurels car park on the day. The Order of Malta and Clondalkin Localise are on-board to help us out. Clondalkin Guards and South Dublin County Council on board. We need stewards and people to dress up on day.



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NOW this year there are two prizes, both of which offer a huge range of gifts, vouchers from local businesses and anyone can enter, and be in with a chance of these great prizes. This is the third year of this competition and it gets bigger and better every year

You can enter in any participating store, just enter your name address and contact number in any of the stores listed here and you have a great chance of winning.

pagne supplied by Tim Younge's Lounge and off licence for that memorable champagne moment, and a bouquet of flowers from Jackie's Florists.

- Kiely's Pharmacy have put together a Hamper for her.
- There are hair treatments for him from Lee's Barber Shop and Headmasters for the lady
- You can receive a nail treatment courtesy of Natal-

## HOW TO WIN

Simply fill out the entry form or put your details in on a receipt. All entries have to be in on time for the draw on Tuesday 9th. The winner will receive their prize and full details at the Green Isle Hotel on Thursday 11th. The Local News will be on hand to capture some of the great moments you can enjoy in this great prize. You can enter by going to any of the following Business:

Gala Cabs, Green Isle Hotel, Seoda Jewellers, Tim Younge's Lounge, Jackie's Florists, Kiely's Chemist, Headmasters Hair Salon, Lee's Barber Shop, Nathalie's Nails, Borza Take Away, Full Stop Cafe, Moloney's Haven Pharmacy, Arc Lounge & Nightclub, Ryan's Centra Claddagh Green, Ger's Deli.

The prizes are:

- Travel in style with Gala Cabs to enjoy your Valentine's overnight stay and full Irish breakfast, in the Green Isle Hotel.
- A beautiful Ladies Watch courtesy of Seoda Jewellers.
- Moloney's Haven pharmacy have a lovely Hamper of products for him, A bottle of Cham-

pies Nails.

- Enjoy the value of a gift voucher from The Borza Takeaway at your leisure.

Second prize:

- Enjoy this prize and travel in style with Gala Cabs to enjoy your Dinner for 2, and free entry to the nightclub courtesy of Arc Lounge, Rest

aurant and Nightclub.

- A beautiful Ladies Watch courtesy of Seoda Jewellers.
- A bouquet of flowers from Jackie's Florists
- Ladies Hair styled courtesy of Vinnies Hair Salon and hairstyle for him from Lee's Barber Shops

- Enjoy the value of a gift voucher from The Borza Takeaway at your leisure.
- Whenever you are ready you can tuck into 2 deluxe breakfast rolls from Ger's Deli.
- Ryan's Centra have a lovely bottle of wine and chocolates.

All these stores thank you for your support during the past year and look forward to serving you throughout this year. Spend some time shopping in Ballyfermot, enjoy the value and craic, enter the competition in any or all of the businesses.

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**KIERAN FITZPATRICK**  
advises in his regular column on how to achieve your goals.

### 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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Ph: 623 4590 • Mob: 087 163 2238. Call 623 4590 for a free consultation

Opening hours: Tues-Fri 9.30-6pm • Sat 9am-5.30. Late night Thursdays till 8pm by appointment

Follow us on facebook. Like our page  
"SHEERLOCK COMBS HAIR SALON" and keep up to  
date with special offers and competitions.





# OUT AND ABOUT



Ian, Mags and Ben



Lyn, Amanda, Ger, Daniel and baby Molly.



David Johnston, Jake O'Brien, and Fiona O'Brien



Some of the Reynold's Family (and top right)

The Deadman's Inn recently reopened under new management and is already becoming well known for good food and value not just on a Sunday but throughout the week with new menus. Our photos show some families enjoying Sunday lunch.



Enjoying a great night out at the 79 Inn

# 79 INN

367 Ballyfermot Rd.

PHONE:

01 626 4994

## LIVE MUSIC EVERY WEEKEND

### 79 INN MONDAY CLUB & EVERY FRIDAY

Anthony Bradley & Chrissie Melvin singing songs from the 70s, 80s & 90s to date

Saturday 6th

Sunday 7th

Saturday 13th

Sunday 14th

Saturday 20th

Sunday 21st

SMART MOVES

GARY HANSARD

HARMONY

THE KAYE TWINS

ANN KINSELLA

BRENDAN KEELEY

### EVERY SUNDAY EVENING

6-8pm. Live Music followed by Sammy & Lorraine

## HARMONY

THURSDAY NIGHTS

## PARTY & FUNCTION ROOM



Our function room can cater for up to 220 people

## FRIDAY NIGHT

Special Offer

€300

For 50 people: includes: Room Hire, DJ, & Finger Food. Book anytime in January and February for parties until May 2016. Some T&Cs apply. Book your Party on 01 626 4994



**BEDLINEN**  
quality | value | style

## Flannelette Sheets

2 Sheets &  
2 Pillowcases

Single €15

Double €20

King €25



# NEW BED SETS



## Wood & Roller Blinds

**HALF PRICE**

Limited time only.  
Order now for Christmas

## Winter Duvets 15 tog

Single €11

Double €15

King €18

## Water Speakers

were €20 now €10

## Quilted Cotton Mattress Protectors

Single €8 Double €10 King €13

## Chair Pads 10 colours €8

## Pillows

Supreme Quality Hotel Pillows  
were €15 now only €10

## Dog Beds €5

## Kids Socks 12 pack €6

## Rugs all sizes

4x2 €15 5x3 €25 6x4 €40

## Children's Duvet Cover

Single were €12 now

**only €6**



Open Monday to Saturday 9am-6pm

**THE BEDLINEN WAREHOUSE LTD – 288 Ballyfermot Road, Dublin 10**  
T: 01 6208611 | E: bwarehouse@hotmail.co.uk | [www.myduvet.com](http://www.myduvet.com)