

Striking up the band on Garryowen Road

New bandroom - new members welcome

by Marie Hobbins

RELOCATED to a new purpose-built home under the spire of St John's Cathedral, members of the historical Limerick St John's Brass and Reed Band, recently held their first annual general meeting in their new bandroom on Garryowen Road, not too far from their former premises in St

John's Pavilion, which they had to vacate two years ago to facilitate major roadworks.

The outgoing honorary secretary of the band, Anthony Doyle, described the occasion of the first AGM in the new bandroom as "a great historic day".

Established in Limerick in 1865, the band, which has won many prestigious national and

international awards down through the past century and a half, continues to welcome new faces.

"Learn to play a musical instrument, make new friends, travel and see new places," encourages musical director, John Doyle, who also points out the importance to established band members, as well as those just starting off, that practise and

rehearsal are the essential ingredients to becoming an excellent musician.

"You will always find a friendly welcome at Thursday night rehearsal sessions," he says.

The new PRO, Tony O'Grady, who already has many plans in the pipeline for the their 150th anniversary, is also extending an invitation to anyone interested, to go along and join them.



Child safety car seats fitted free at Crescent SC

MANY loving parents who think they are doing the right thing by providing child and baby seats in their cars have no idea that they are actually putting their child at risk by not securing the seat properly.

Experts on Road Safety Authority roadshow, who check child and baby seats for free, found that three out of every four seats they checked were not fitted properly.

And a shocking recent report into child fatalities from the RSA has revealed that 246 children aged 14 years or less, were killed on Irish roads between 1997 and 2009.

Of these fatalities, two in five were passengers in a car or other vehicle and almost one-third of those were not using a seatbelt or child restraint. A further 122 children who were seriously injured in a collision during this period were not properly restrained in the car.

To help parents learn how to keep their children safe in cars, the RSA is taking its 'Check it Fits' Roadshow on the road again, from October 8-12.

The Roadshow will visit Crescent Shopping Centre, Dooradoyle, on Monday, October 10 from 10am to 5pm.

Underground adventure racing at the Aillwee caves

by Andrew Carey

WITH the upsurge in adventure racing and the growth in the alternative extreme sports market gripping the country, a new and exciting event is to take place in the world famous Aillwee caves in October, one designed to challenge adventure racers throughout the region.

The popular Aillwee caves will provide runners and cyclists with the unique experience of racing through the famous tourist destination over the weekend of October 15 and 16.

It will entail running and mountain biking through the breathtaking Burren landscape, with the quirky addition of having part of the race hosted inside the famous cave.

There will be two stages.

This novel event is being held to build the public's awareness of Muscular Dystrophy, a collective name for a range of neuromuscular conditions which are characterised by the progressive weakening and wasting of muscles.

Well known Irish mountain bike specialist Niall Davis, fresh from attaining the title of Single Speed Mountain Bike World Champion, spoke of his excitement.

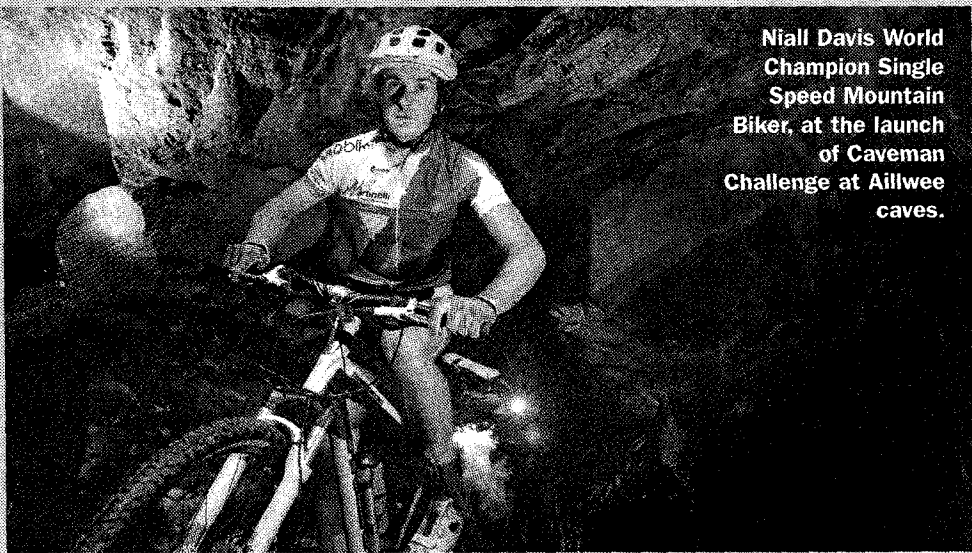
"It's a very novel thing to be riding through the cave. That combined with the stunning scenery around Aillwee, makes it a really enjoyable course. I can't wait".

Amy Bramley of Muscular Dystrophy Ireland, said: "We're thrilled and very appreciative to the organisers of The Caveman for choosing MDI as the charity beneficiary.

"We're trying to raise awareness of Muscular Dystrophy and the unique nature of this occasion will

help us get the word out there.

"Money raised will go towards the crucial respite support services provided to our 590 members nationwide". In a bid to preserve and respect the beauty and uniqueness of the Burren landscape, a limited number of places are available.



Niall Davis World Champion Single Speed Mountain Biker, at the launch of Caveman Challenge at Aillwee caves.