

## News

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### BUSINESS

## Committee seeks support for greyhound stadium

by Tom McCullough  
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A NEWLY formed committee is seeking support for this year's Irish St Leger and other key events at Limerick Greyhound Stadium.

The 'Friends of Limerick Greyhound Stadium' are looking to raise sponsorship from within the greyhound fraternity and Limerick's business community for the Leger and other events.

More than 36,000 people passed through the turnstiles of Limerick Greyhound Stadium in 2018, making it the fourth best attended greyhound track in the country.

IGB chief executive Gerard Dollard, said the Limerick initiative comes after a similar committee in Cork secured sponsorship of the Irish Laurels for four years.

"We are looking forward to working with the Friends of Limerick Greyhound Stadium group during the rest of 2019 and beyond."

Joint-chairman of the Friends of Limerick Greyhound Stadium group, Dan Flynn, commented: "Greyhound racing is a huge Limerick tradition and this year marks the 76th running of the Irish St Leger. There have been many memorable occasions over the last 75 years and we are again looking forward to exciting racing in this year's competition."

Fellow joint-chairman Ger Garrihy, added: "The greyhound industry has a nationwide economic impact of over €300 million with Limerick stadium and others contributing to countless worthy causes throughout the year. According to economist Jim Power, there are 703 owners and 42 active trainers in Limerick and I hope we can continue to ensure that Limerick remains at the forefront of Irish greyhound racing."

### MEDIA

## Council building public awareness of its services

by Tom McCullough  
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LIMERICK City and County Council wants to increase awareness of the services they provide and how the public benefits from them.

In a recent survey by the National Oversight and Audit Commission (NOAC), half of the respondents said they knew "just a little" about the work of their council.

The new #YourCouncil campaign attempts to address this lack of awareness.

Council chief executive Dr Pat Daly said they provide hundreds of services to the public. Many are well known such as roads, fire and rescue, planning, cemeteries, recycling centres, while others are less well known such as Limerick Archives, Limerick City Gallery of Art, archaeology services and start-up business advice.

"It's important the public knows what these services are, how they can learn more about them, and make full use of all the supports councils provide," he explained.

"The huge array of services we provide may well be the very reason for limited awareness of what we do. The services we provide are intrinsic to the smooth running of Limerick, and so they're not always noticed."

"The campaign will be run through the Council's social media channels over the next two weeks. Research shows that those with the least knowledge about their council are aged 18-25 so by creating a digital campaign, Limerick City and County Council is reaching out in particular to this group through the media they use most often," Dr Daly concluded.

Follow the campaign at [limerick.ie](http://limerick.ie)

### MENTAL HEALTH

## Protesters demand action from council over mental health crisis

by Alan Jacques  
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THE 'Stand Up For Mental Health' campaign, which last month saw protesters enter the council chambers at City Hall to call for action in Limerick, is now planning another protest.

Campaigners say they have no choice but to call another protest to highlight the lack of action being taken by the local authority to address the mental health crisis in Limerick. They are insisting that the local authority needs to provide adequate funding for mental health in their upcoming budget in November.

"Limerick has twice the national average rate of suicide and has the highest rate of adolescent self harm in the country. The lack of political will at national level means the responsibility now rests on our local Council to lead the way," said Seónaidh Ní Shiomóin, one of the campaign activists.

"The Limerick Local Economic and Community Plan 2016-2021," states that it aims to promote conditions in local communities to support positive mental health. It's high time the Council actually fulfilled this commitment and put their money where their mouths are.

"One of the many vacant Council-

owned buildings around the city should be immediately handed over to the suicide patrols, along with funding to set it up. We also need an out of hours on-call crisis counsellor, who could operate out of this same base.

"Councillors have hundreds of thousands of Euro in discretionary spending through the General Municipal Allocation, so the poor mouth won't wash with us. We demand the political will to put their fine words on mental health into action," she declared.

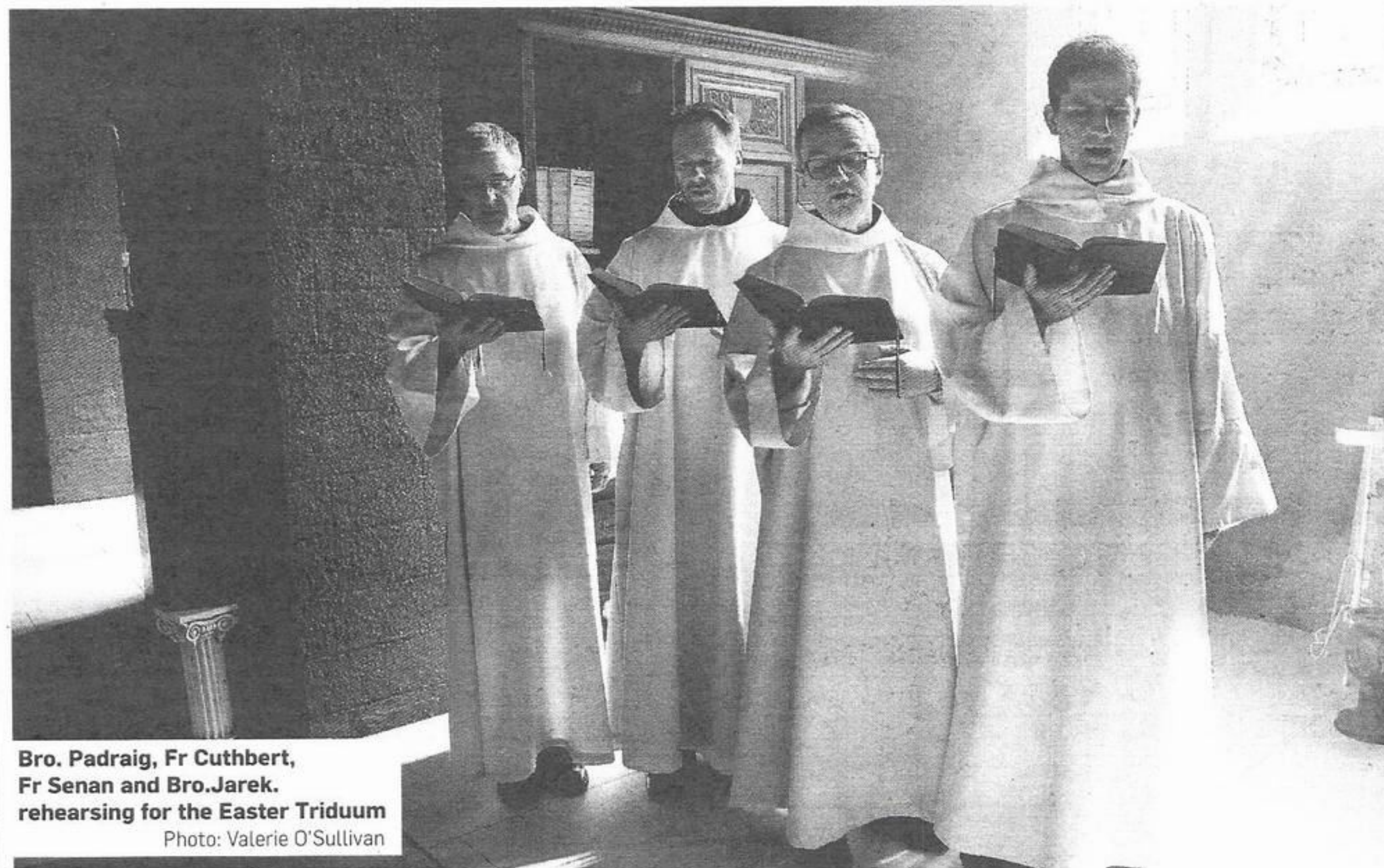
Antoinette Sheppard, who attended last month's protest at City Hall, said that families of suicide victims and activists with the

campaign were given a commitment by the Council chief executive, Dr Pat Daly, to discuss possible interventions which they think would alleviate the current crisis.

"We requested this meeting and have since been met with a wall of silence. This shows a blatant disregard to those families who seek action and leadership from the Council. If they continue to ignore us, we will just shout louder. This crisis isn't going away any time soon, and neither are we," Antoinette commented.

The Stand Up For Mental Health protest will begin at City Hall, Merchants Quay on Saturday, October 26 at 12.30pm.

### MEDIA



Bro. Padraig, Fr Cuthbert, Fr Senan and Bro. Jarek, rehearsing for the Easter Triduum  
Photo: Valerie O'Sullivan

## Rare insight into Glenstal Abbey through the seasons

by Alan Jacques  
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THE life of the Benedictine monastic community of monks at Glenstal Abbey in Murroe is chronicled in a new book.

"Through The Seasons", published by Columba Books, features a collection of images by photographer Valerie O'Sullivan as monks share in words, "the mysticism and rhythm of their lives".

We get a rare insight into the daily life of the community of Benedictine monks who have called Murroe home since 1927. Here the monastic community has pursued its vocation of praise, prayer, work and hospitality in a great place of natural beauty in County Limerick.

From the sacred liturgical celebrations to the buzz at Glenstal Abbey school, to the silence and prayer of the guesthouses and retreats, the beauty of the woods,

gardens and farm, this book captures a unique way of life, striving to live according to the Rule of St Benedict and the precepts of the Gospel.

Project editor of the book is Br Colmán Ó Clabaigh, a renowned scholar and medievalist specialising in the history of monastic and religious orders in late medieval Ireland. Colmán gives beautiful insights into all the rhythms of the seasons as they intertwine with the liturgical and academic calendar of

the monasteries prestigious boarding school.

In his foreword, Abbot Brendan Coffey invites readers "to watch a year unfold in the life of the Glenstal community, to see the beauty of the changing seasons in nature and the unfolding Christian mystery in the annual cycle of the liturgy".

Readers are also given an insight into "the different stages of the monastic journey from the first steps as a novice, through the lifelong