



Limerick Unemployment Centre,
33 Thomas Street.

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HATCH 33

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INSIDE

Drugs

Music Workshop

Women Writers Reviews

No. 8 July 1988

NEW DOLE OFFICES PUT ON THE LONG FINGER

Starting Date For New Offices "Uncertain"

It was generally understood that the days of the Labour Exchange in Cecil Street were numbered. Work was supposed to be commencing this year on a new building on the old **Mattersons** site in **Dominic Street**. But in a letter to Limerick Corporation read out on Monday 18th, it was revealed that a starting date for the work was still "*uncertain*" and the impression received by the Corporation members was that it could easily be next year before there is a man on the site.

The existing building in Cecil Street is barely adequate for the job, and it has been described as "*positively Dickensian*" by **Alderman Jim Kemmy**. In a strongly worded statement to Hatch 33, Mr Kemmy went on to say that "*a new exchange is long overdue. The existing offices are totally inadequate and have an atmosphere of the Poorhouse about them. The recent complaints by women using those offices highlights the complete lack of privacy, and their total unsuitability for the purpose. I believe that the conditions there are bad not only for the moral of the unemployed, but also for the staff who work there.*"

Apparently, tenders have still to be submitted for the work on the new offices, and no definite date has yet been set for work to start. When we made enquiries a few months ago, we were told, "*a man will be on the site in mid-Summer, and work should be underway before Christmas.*" The numbers of unemployed in Limerick are growing, and the need for this exchange is urgent. Even if the numbers were static, there would be no excuse for delay, given the conditions of the existing building. With the rising problem, the delay is nothing short of scandalous.

Even the new exchange for women in Mungret Street has come in for criticism. Apparently queues there in the past few weeks have been very long, stretching out the doors on some occasions and leaving women with small children standing in

the rain. The problem of crowding at certain times is shared by both exchanges, and parents with small children have had frightening experiences in the crush of the queue. As one parent who signs at Cecil Street said, "*I have to brace myself every week before I come in here. I am always afraid my son will get hurt in the crowd. I leave him at home when I can, but it's not always possible.*"

It looks as though the unemployed have been lost somewhere in the list of government priorities. It could be a long time before we can collect our money in comfort and privacy.

WE WILL LISTEN TO YOU

In distress? Lonely? Despairing? Suicidal?
Just like to talk to someone?

PHONE LIMERICK (061) 42111

(day or night)

Call 9 a.m. to 10 p.m. or write in confidence to:

PAT BROWNE, 25 UPPER CECIL STREET, LIMERICK

THE SAMARITANS

25 UPPER CECIL STREET, LIMERICK

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PAYMENT PROBLEMS

The plight of women on split social welfare payments who have to queue at the men's labour exchange, has been highlighted recently as being particularly distasteful to some women. The fact of having to endure harassment and jeering in order to obtain their payments adds more to the misery of being on the dole.

Mr. Michael Corry of the Limerick Labour exchange when asked by Hatch 33 said he did not think there was any problem. "The labour exchange is quiet at that time and there are not many men on the floor". He said that they did not feel that there was any need for alternative arrangements to be made. When asked about the allegations that women had been harassed and jeered by men, he said "We don't know that this is a result of being at the labour exchange. Because women are claiming separate payments does not necessarily mean that they separated. It may be because of drinking or gambling husbands".

SILICON AT THE CENTRE

The Limerick Centre For the Unemployed has acquired six computers courtesy of the V.E.C., and classes will shortly be commencing. Unfortunately, all the classes for the immediate future are filled, and some places have been booked since 1987. The computers, which are IBM lookalikes, are only the latest acquisitions of the Centre, and will add yet another course to the long list of popular and successful classes organised by our Education Officers.

Identity Card

Do you want to get into soccer and rugby matches at reduced prices? The Limerick Centre For the Unemployed at 33 Thomas Street can supply you with an Identity Card. This will get you reduced rates for swimming pools, gyms, sports facilities, etc., as well as discounts in many local clothes shops, chemists and camera shops. The card is not evidence of age, and will not be accepted as such. If you are unemployed, call into us with a passport photograph and your signing-on card and we'll supply you with an I.D. It will cost 30p initially, and 15p on renewal which is quarterly.

WRITE FOR YOUR FIGHTS

Are you annoyed, angry, want to put the boot into a Government Department? Then write a letter to "Hatch 33", and we will publish it in our letters column. We would like to hear your honest opinions about "Hatch 33", and reactions to our articles. If you feel you can contribute any material (articles, photographs etc.) to "Hatch 33" then drop in and have a chat with us.

TABLE QUIZ THANKS

The Centre For the Unemployed wish to thank those people who sponsored the recent Table Quiz. They include Gerry Kirby Trophies, O'Connell Butchers, Wm. Hogan Butchers, Newsoms & Co, The Christian Bookshop, D.M.K., A-Z Discount, Sammy Benson's Music Centre, C.I.E., Rose Walsh, Royal George Hotel, Costello's Tavern, John K. McKnights, Denis Leonard of the Civic Trust, Nectar, Bewleys and Eamonn Andrews photo studio.

ADVICE FOR SINGLE PARENTS

Gingerbread, the support group for one parent families in Limerick, meets every Tuesday and Thursday nights in the Unemployed Centre, 33 Thomas St., Limerick. An advisor is available to help with queries every second week on Thursday nights. If you are a lone parent looking for advice on your rights, or just want to chat, come along. All are welcome.



Sorry, Sir, you really aren't eligible to claim benefit or assistance - You're past retirement age and you're not a resident,...

Dole Increase Long Overdue – The Annual Scandal of Delayed Payments

The increases in Social Welfare payments promised in the Budget have finally arrived – six months behind the other increases. As usual, even though the politicians tell us how generous they've been, the reality is that the increases are barely adequate. And the fact that they don't take effect until July means that, averaged out over the full financial year, they are positively miserly.

TAKE NOTE

Signed articles in 'Hatch 33' represent the views of the writers and may not represent the views of the Limerick Unemployed Centre.

Words From The Workshop

The Women Writers Workshop run by the education officers from the Centre for the Unemployed in June was a resounding success. It has been decided to make it an annual event in the Education calendar, with plans for a more extended program for next year. Although the weekend in June was only the first, and so was very much an experiment, it has been praised by all who were involved in it. Already, arising from the event, a poetry circle has been set up and hopefully a writer's circle will also be organised shortly. We decided to ask a few of the participants to put their thoughts about the workshop on paper. Here they are.

THE KATE SHANAHAN WORKSHOP

Ever wondered what it's like to write a critical review of a gig for a paper, only to be set upon by the fuming band members?! Just one of the many bizarre situations experienced by **Kate Shanahan**, former "Hot Press" journalist, now writing for the "Irish Press". Kate's workshop on "Pop Journalism" during the writers weekend was the most vibrantly encouraging session I attended, her friendly down-to-earth manner conveying exactly why she's succeeded in working with such diversities as rock-musicians and politicians. We journeyed through the evolution of Pop Journalism during the '60's revolution, and Kate's heartening advice set all a-buzzing for pen and paper! And who knows? – maybe someday one of us will get to interview Bruce Springsteen or Winnie Mandela or Michael Jackson or even..... (GASP!!)..... **ZIG AND ZAG!!**

(I DON'T BELIEVE IT)

BY RUTH ELLEN McCARTHY

Aileen Maguire Writes.....

I opted for **Dorothy Freeman's** session because I have a personal interest in writing biography, and her book "From Copper To Gold", the story of the life of her maternal-grandmother. **Dorothy Baker**, is a fine example of the genre. She talked about the research process, how she divided all the letters, photographs, and other relevant documents into different files for more-or-less each year of Dorothy Baker's life. Rather than deal with the subject in strict chronological order, she chose to begin her book with an incident which she was particularly familiar with, and which was a most influential experience in young Dorothy's life. This, for me, was encouraging advice, as where and how to begin, is a big problem.

Dorothy Freeman also talked about her experiences working in television and her recent work writing television scripts, this, it seems is an area where a good deal of perseverance is necessary to be successful. Overall this session was extremely interesting and very encouraging.

Joan Broderick on Emma Cooke's 'Novel' Workshop:

.....When I first saw Emma Cooke, I like her. She looks very comfortable with herself, and exuded quietness, femininity and strength. I thought, here is a woman I want to meet and listen to. I have not read her books, but now have a great desire to do so. I felt she was writing from her own life experiences and feelings about issues which had great meaning for her. I think she is an inspiration to all aspiring writers of fact or fiction. I was proud she was a Limerick woman.

Does anyone have a copy of one of her books I could borrow, either "A Single Sensation" or "Eve's Rib"? Will take good care of them.

ON THE DEBORAH CONWAY WORKSHOP

Cora Peters



I'd thought I'd buried all those octaves and sextets deep in those cranial caverns. However Deborah Conway meant business and saw fit to pay tribute to Petrarch by recalling old ghosts from the musty school-rooms of bygone days. Having chanted the Abba Abba

de de rhyming scheme she invited (instructed?) the members of the poetry workshop to deliver lines of literary merit and collectively construct a sonnet. **Ciana Campbell** speaking on **Video Script** in an adjoining room (and Deborah's rival for ratings) featured as the victim of our malicious back biting and the finished product bore a strong lunatic flavour. This helped crack the strong teacher/pupil atmosphere and soon the room had erupted into a crescendo of literary babble where everyone discussed and divulged with the confidence and ease of those on a common mission. Having shed the "iambic pentameter discipline" Deborah emerged discussing the Metaphysical poets, in particular Doone, and I would have been interested in hearing her read some of her own work. The Women Writers Workshop succeeded in flinging open the closet doors allowing for the liberation of introverted Emily Dickenson types who, coupled with talented women from every walk of life, find their only literary outlet is through meetings such as the O'Connell Avenue venue. It was without a doubt a tremendous success and immense credit is due to all involved with its organisation and execution. May it not end there.

Geraldine Tobin attended Arthur Quinlan's Session.

Arthur Quinlan, a journalist with the Irish Times, addressed the Workshop on the second and final morning of the weekend. He drew on his vast experience and was not only informative, but pleasant to listen to with an amiable, raconteur style of delivery.

Having had thirty years of international experience, he was not daunted by his task, and he was one of the few speakers who allied practicality with fun. Writing is fun, was his main theme, once one has one's system in order.

MAEVE O'BRIEN KELLY SPOKE ON CHALLENGES FACING WRITERS TODAY

One useful piece of advice Maeve gave us was to waste nothing. There is much, she said, that can be taken from one's own experiences and observations, creatively expanded, and worked into a story. To illustrate this point she explained to the group the external factors that inspired two of her own short stories from her published collection "A Life of Her Own".

Another point Maeve emphasised was the importance of finding one's own individual voice. To elucidate this point she read from stories by two American women writers, **Flannery O'Connor** and **Alice Walker**. In both stories the protagonist was a black person but otherwise they were utterly different in content and style. In the contrast one fully appreciated how authentic and compelling both voices were.

In the course of her talk and again at the end Maeve invited comments from her listeners. There was good participation by the group who appreciated the practical and very helpful content of her talk.

Marie Wallace

DRUGS *in Limerick*

THE PRESCRIPTION PROBLEM

A Limerick doctor has added his voice to the growing demand for a review of current medical practice in the area of prescribing drugs for patients. **Dr. John Connellan** has been working in the last few years to alter the situation in his own practise where, he says, despite his own best intentions he found a large number of patients had been regularly receiving drugs for which there was no real need and a danger of dependence. As a result of his personal involvement in the effort to help patients withdraw from these drugs, he feels the time has come for the G.M.S. to review the whole philosophy behind drugs prescription.

As many as 40 people in every thousand are currently on a regular prescription for some problem. At least eight of those are in need of help to withdraw from their prescriptions, and they may be suffering a number of other side-effects. That's up to 24,000 people in the country who require help at this moment. A few years ago I looked at my own practice, and I found that it represented a fairly average picture of practice nationwide. That is to say that, even though I personally had been expounding on the dangers of prescribing drugs too easily, my own practise was as guilty as any other. Given the way the Medical Service is currently administered, the situation is almost inevitable.

According to Dr. John, the public were aware of the problem before the medical profession acknowledged that there was a problem. Once he became conscious of it, he tried a few approaches to changing his patient's attitudes. First he had a go at direct confrontation with those patients he felt were at risk from regular prescriptions. This was "very frustrating and achieved very little." After a few weeks, he gave up on that, and tried distributing an information leaflet. This was much more successful and drew responses from a lot of his patients. This eventually led to the Doctor and interested patients establishing a self help group, which was to prove fairly successful.

Now, based on these experiences, he feels that the Health Service should establish a committee including psychiatrists, psychologists, general practitioners, nurses, and social workers to review the current distribution of prescription drugs.

Among ideas that have been put forward to date, he feels that a voluntary register of prescription patients is worth establishing. This would make available to doctors the names of patients on prescription with other practices, and help them to avoid prescribing for people who are supposed to be withdrawing from treatments. He also feels that self-help groups for these patients with input from both doctors and the psychiatric profession are very helpful and worthwhile. Finally, the medical card system and the "payment per visit" practice should be revised and perhaps modelled more on the English system.

An aspect of the drugs problem that doesn't receive as much attention as it deserves is the sale of prescription drugs on the streets. This is a substantial business in its own right, and some bootleg rings are making a small fortune from it. The dealers acquire the drugs from patients who are getting them but not using them, or by obtaining scrips, or by themselves visiting a number of doctors and giving false symptoms. The drugs are then sold on the streets to addicts and users.

NOTICE FOR PATIENTS ALREADY TAKING TRANQUILLIZERS OR SLEEPING PILLS

- We now know that people who remain on tranquillizers and sleeping pills for a period of time may become dependent on them.
- At the present time it is thought that this period can be anything from 6 weeks onwards.
- The longer the period of time on tranquillizers the more likely the development of dependence.
- About one quarter of people on tranquillizers or sleeping pills for periods longer than six weeks can expect to experience withdrawal effects.
- These withdrawal effects may consist of:— A recurrence of the anxiety or sleeplessness that you started out with or headaches, being oversensitive to pain, light, noise and touch.
- You may well say "Why go through all this when I can remain on medication?"
- The reasons are that we know the drugs beneficial action is quite short-lived. Prolonged use affect the way you cope.
- Your mechanism of coping now becomes a tablet and this is where dependency begins. Furthermore it has been proven that these tablets cause memory impairment.
- If you consider withdrawing from your pills it should not be done in a rush. It has been found that the way to do it is gradually over weeks possibly reducing by a quarter of the dose every week.
- Remember three out of four people will feel no symptoms on withdrawing.
- However it may take time to get dependence sorted out and reassurance support and advice will be needed.
- It is important to let family members know that you are coming off tablets.
- During withdrawal you may have to cope with the anxiety which started you off on tablets and you may need to talk about this.
- If you run into problems make contact.

Information leaflet supplied by Dr. John Connellan to his patients.

DRUGS KILL. That is the short message of a new campaign against drug abuse being organised by the advisors in the Unemployed Centre in conjunction with concerned people all over the Limerick region. The campaign is a response to the growing tragedy of drug abuse among young people, and is a new attempt to educate those most in danger from the problem. Previous campaigns have had moderate success, but the basic problems remain and the abuse of illegal substances increases year by year, with a corresponding rise in the annual body count of teenagers and pre-teens who have lost their lives or ruined their futures.

The new campaign is directed at those children most at risk and their parents. It aims to present the basic facts about drugs in language as clear and simple as possible. Through posters, leaflets and classes, it is hoped to at least reach a large proportion of the target population. While the situation will not be solved overnight, or even in the near future, it is hoped to at least start making a gradual impact on the children.

Long term, the campaigners want to get into schools, and more importantly, to get the schools to take up the job of educating their pupils in a realistic way about the realities of drugs, particularly glue sniffing which is the main threat to children. Also, they hope to see a proper drugs treatment centre set up in Limerick to fill a very real need.

NEWSFLASH

The Place: A Regional Hospital Somewhere in Ireland

The People: A Medical Card Patient and A Brain Surgeon.

The Situation: The patient who has been waiting eight years for brain surgery has finally made it to the operating table. As we join them the surgeon has just lifted out the brain and is prodding it distastefully with his middle finger. Suddenly his beeper goes. He drops the brain and rushes out of theatre shrieking "The Boss! The Boss! He needs me."

Silence, except for the steady "Beep, beep, beep" of the heart monitor. Then it skips a beep, the wavy line disappears from the screen, and the face of Vere-Wynne-Jones appears. "*The Taoiseach, Mr Haughey has been hospitalised again. A spokesman told us that doctors assure him the problem is not too serious, and he should soon be able to return to his Mediterranean holiday. Meanwhile, brain specialists from all over the country have been summoned to his private clinic in Galway to examine the toe which is causing the problem. Apparently he stubbed it while boarding a yacht for a champagne reception during his recent tour of Australia. There may be a slight concussion, but no serious damage is suspected.*"

Messages of sympathy have been pouring in from Mr. Bob Hawke, President Reagan, Mrs. Thatcher....."

The patient staggers to his feet, tucks his brain under his arm, and totters into the street muttering "*Up Fianna Fail, up Fine Gael, good ol' Charlie...."*

Another voter is born.....

LIMITED LEGAL AID

The Legal Aid Board admit openly that they can go nowhere near providing the legal services required by public demand. In their recently issued Annual report, they say that the pressure on the service has been such that several Law Centres have had to close their doors to new work for months on end. They have dealt with emergency cases, as well as existing commitments, but for all others it has meant "*several months of a wait before they can even get to see a solicitor*".

So great is the pressure of work in the legal aid offices that the report from which this information comes is the report for 1986. It has finally been completed and published this year. In their report, they go on to say that the factors contributing to their present predicament include the Public Service staff embargo and "*an increasing tendency for private practitioners to refer family law cases to Law Centres at a point where the provision of further services has become urgent and expensive*". Another aspect of the problem is the complicated nature of most family law cases where the need for ongoing legal services including court appearances can arise again and again.

The greatest problem faced by the service is the lack of financial resources. They say that their position is that of a completely undeveloped service caught up in the general policy of cutbacks. Four new centres which were promised in 1984 for the towns of Dundalk, Letterkenny, Portlaoise, and Castlebar have failed to materialise, and plans for them have been shelved for the foreseeable future despite the urgent need for centres in those towns, all of which are sizeable and at least 50 miles from the nearest Law Centre. This means that the existing centres have the additional caseload from these towns to cope with as well.

Overall, the Legal Aid Service is caught in a financial bottleneck. As they are, they cannot cope with the existing workload, and they are being prevented from expanding and improving their services by the cutbacks that are wreaking havoc with all the other public services.

Some Classy Classes at The Centre

The Unemployed Centre has had another great success with its wide range of courses. A group of 20 people including 4 men have just completed a series of courses titled "*Personal Development*" and "*Women today*". The Personal Development course covered areas such as coping with stress, assertiveness, handling negative emotions, having a positive self image and taking responsibility for yourself.

The Women Today course followed on then with the experiences of being a woman, experience of sexuality, violence against women and advertising images of women.

One of the 4 males on the course, Paul O'Dea said that "*I enjoyed the course thoroughly and it gave me a better understanding of womens issues*"

The other course participants, Maura and Anglea stressed the importance of these courses for the unemployed. They said that the course broadened their horizons and gave them a better understanding of what unemployed people go through and they found the assertiveness module most useful.

All those attending the course complimented the classtutor Ms. Jenny Carroll for her inspiring classes, so much so that she was presented with a bouquet of flowers by them.

A new course will be commencing in September entitled "*Women in the Community*". Anyone who is interested in participating in this course should contact the education officers at the Unemployed Centre.

No Joy For Young Swingers

We see with interest that the swings are now gone from the people's park. Now, children are supposed to have imaginations, but expecting them to play on invisible swings is a bit much. Does this have anything to do with the criticisms voiced in the last few issues of Hatch 33. If so, we were hoping to see the facilities improved not removed. But that's administration, Irish style.

Any Old Fossils?

Have you got any old documents, photographs, personal memories, mementos? The Labour History Research Group would like to hear from you. The group has been set up as a Community Response Project funded by FAS and backed by the Executive Council of the Limerick Trade Unions. They consist of 14 trainees who will be doing the research work and a project leader who will co-ordinate the workers. The project will run for 6 months.

The group will be investigating the history of Trade Unions in Limerick between 1890 and 1945 approx. They hope to unearth some of the hidden social history of the Mid-West. Eventually they plan to publish the result of their research. Who knows? They may write a few lines in the history books.

If you can help in any way, please contact Mr. Dave Lee at 061-312026 or write to the Labour History Research Group, 2nd Floor, 4 Mallow St., Limerick.

LET THE MUSIC COMMENCE

.....or, at least, have a go....



So there you are. No food, no light, ragged clothes, but still your little heart is bursting with a lust for musical virtuosity. And **why** have you fallen to this decrepit condition? Just because your social welfare pittance is being consumed by the huge fees currently being charged for rehearsal space in Limerick. Well, you can now lift your bedraggled head and maybe raise a faint smile. Your problems are about to be solved. Your musical constipation and social bankruptcy are about to become things of the past. A **Music Workshop** is being set up even as these words are being typed, and, sometime soon, 33, Thomas Street will reverberate to the sounds of tomorrow. (well, the sounds of today, anyway. Ok, ok, there'll be noise in the basement.)

The Limerick Music Workshop will be run in a similar way to workshops already in existence in Galway and Belfast. The Basement in the Unemployed Centre has been cleared out, and the next task is to soundproof it. When everything is set up, the basement will provide a place for musicians to meet, rehearse and perhaps eventually form bands. Several excellent bands have formed in Galway thanks to the workshop there, notably **Itopia** and **Psychedelugia**.

We are currently desperately searching for funds to buy some amps so that musicians will be able to rehearse both electrically and acoustically. We have applied to the Arts Council and other

state bodies for grants, and we are hoping as well to put on some fund raising gigs featuring local bands.

So what can you do to help? Well, keep your eyes peeled for the workshop meetings which are currently being held, and which are open to everyone. By no means do you have to be a Johnny Marr or a Miles Davies if you want to take part, and indeed, you're still welcome even if you're not a musician at all. (You could become the next **Andrew Ridgley**.) We badly need people to help with organising the Workshop and promoting gigs and so on.

So whaddaya want? A written invitation???

Lark In The Park Limerick '88 The Review

The heads in RTE finally gave in. They decided at last that Limerick was due a Lark in the Park. About ***---*** time too.

On Sunday July 3rd, a seething crowd converged on the People's Park despite the dodgy weather. **Toucandance** were first on stage and, despite some problems with sound early in their set, they proved once again that they are still Limerick's finest band. (What begrudger said "That's not sayin' much.") "*A Pair O' Green Eyes*" was the highlight of a great set.

Next on were **The Groove**. They went down well with the crowd, and belted out a rousing half hour's entertainment. '*Blue Blue Monday*' and their forthcoming single '*Eyes of The World*' were the strongest numbers and the band seem to have compensated well for the missing Alan Cheevers.

And so to **Tuesday Blue**. The previous Thursday had seen their



Toucandance

comeback gig in the **Cartwheel** which was a major disappointment. Tedious guitar solos and the like were too much in evidence on that occasion, and even though they had pulled themselves together a little for the Lark, they still did nothing for me. Singer **Mike Ryan** indulged in a couple of 'Bonoisms', and, with all due respect, those don't look good even on Bono. Their new album '*Shibumi*' is due out soon, if you're so inclined.

The O'Malleys rounded the occasion off with an enjoyable romp through the worlds of C&W, Blues and Folk. However, they do have a problem. They have arrived at the stage where they must choose between carrying on as a 'fun' act, or concentrating on making serious music. Their decision is awaited breathlessly.

So there you have it. L in the P '88, and a great time was nearly had by all. See you next year.

Kevin Barry.

THANK YOU FOR THE MUSIC..... the Music Workshop would like to thank P.K. Stores, the Fresh Fruit Centre, Kearneys Fruit Distributors, Clancy and Lewis Fruit Distributors, Fitzgerald Packing and The Mortin Paper Co. Ltd. for materials supplied gratis.

NEW EMPLOYMENT INITIATIVE

The **Cois Sionna Credit Union** has been in existence for twenty one years, serving the needs of the West Limerick population. Now they are attempting in an innovative and imaginative way to cope with the dual problems of unemployment and emigration in the area. They have established **Meitheal Cois Sionna Teo**, a body whose objective is the promotion and organisation of Worker Owned Developments with the long term purpose of creating real employment in the West Limerick area.

If you have a business idea, whether it's in the area of Manufacturing, Service, Retail, Agriculture, Mariculture or whatever, and if you are willing to work with Meitheal on it, then they will assist in any way they can. They will help firstly with evaluation of the business idea, and with preparation of the business plan. Meitheal will carry out all the legal, statutory and tax registration on behalf of the enterprise, and may invest cash in the study. Finally, Meitheal can invest capital in the enterprise. They can help with the location of facilities such as factory space, retail outlets, offices, land, etc. Assistance with normal business discip-

lines such as monthly financial reports, tax returns, accounts etc. will be provided, and Meitheal will also provide a board member to the enterprise to assist it with the management of its business. You do not have to live in the Common Bond of Cois Sionna to be a candidate.

Meitheal Cois Sionna said "We are basically looking for anyone with a reasonable business idea who is willing to invest their own time, effort and cash in the business. If they will do that, we'll give all the help we can in the way of advice, specialist knowledge and cash investment. This really is a golden opportunity for the person with the ideas and the drive who is being held back by the lack of information or finance. We can invest up to one third of the share capital and we will do everything we can to see a business get on it's feet and stay there."

Anybody interested in setting up a Worker Owned Development can contact Meitheal Cois Sionna at **West Square, Askeaton, Co. Limerick. Phone (061) 392566** for an appointment.

West Square · Askeaton · Co Limerick · Telephone 061·392566



Who?

Meitheal Cois Sionna Teo is a wholly owned subsidiary of Cois Sionna Credit Union Ltd. The Credit Union has branches in Askeaton, Foynes, Shanagolden, Kildimo, Pallaskenry, Cappagh, Kilcolman and Kilcornan.

What?

Meitheal is a method of setting up and running worker owned developments in the commercial, service, agricultural and manufacturing business sectors.

Why?

To create employment through the establishment of worker owned business enterprises.

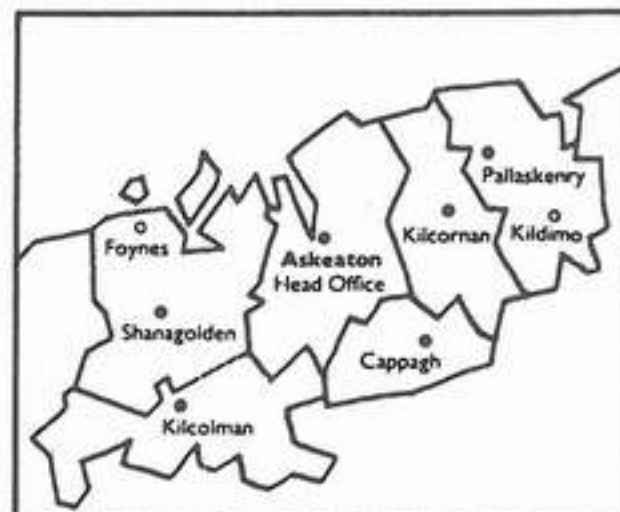
How?

By stimulating and aiding the formation and continuance of worker owned developments through providing managerial assistance, investment, loans, and accommodation.

Where?

In the common bond of Cois Sionna Credit Union Ltd., which embraces the parishes of Kilcolman, Shanagolden, Cappagh, Askeaton, Kilcornan, and Pallaskenry.

The Common Bond Credit Union Branches



I.T.G.W.U. IN THE FRONTLINE OF THE FIGHT FOR JOBS AND FAIR PAY

91, O'CONNELL STREET

NEED ADVICE



YOUR LIMERICK REPRESENTATIVES ARE:

LIMERICK NO. 1 Sean Buckley, PH: 315090
Hotels, Catering, Restaurants, Fast Foods, Cleaning,
Security, etc—

LIMERICK NO. 2 Tony Nolan, PH: 317289
Clerical & Industrial.

LIMERICK NO. 3 Tony Walshe, PH: 317431
Limerick County Branch covering all aspects of
Trade Union organisation.

THE COSY KITCHEN

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- Sleeping mats £3.99; £4.99; £7.99
- Hiking boots from £21.50 also "James Boylan", "ALTO" boots
- Sporthouse rucksacks and Day packs from 10 to 90 litres
- Full range of framed and unframed bags
- Cycle pannier bags
- See the new "Peter Storm 800 series"
- Reduced condensation rain wear clothing
- Rubberised canvas airbeds single and double
- Enamel cups, plates and bowls, cutlery sets
- Rock climbing equipment, ropes, petzl lights & Kerabiners
- Tents on display

Full range of Scouting and Hiking equipment

RADAR STORES
7 FOX'S BOW
LIMERICK
Ph: 061-47262



LIMERICK BLOOD TRANSFUSION SERVICE

The Blood Transfusion Service will be at
The Social Service Centre, Henry St.
on Thursday 4th August
Thursday 11th August
between 7 and 9 p.m.

**ADVERTISE IN OUR
NEXT ISSUE**
PH : 46056