

# SHANNON MEAT GAZETTE



Volume 5 No. 2 February/March 1980

Telephone : Rathkeale 49/50 & (061) 40700.

## OPINION —

### CROAGH - REEN'S PIKE TRIANGLE

Somewhat like its famous Bermuda counterpart, local cars are disappearing from the above portion of the Limerick-Killarney road. The knowing ones are travelling via the four roads of Askeaton, or taking diversions on the Ballingarry Rathkeale, or Croom Rathkeale roads.

Travelling this 5 mile stretch takes 20 to 25 minutes at most times. We are informed that Limerick County Council road developments are going to end at Reen's Pike until such time as some new super highway will commence along the old Limerick Tralee railway line. What a hope! Maybe in the year DOT? Is this another way to avoid grasping the nettle of doing something about the Reens-Croagh road.

This is the same road, no change at all that the old post coach travelled, and from which, in Rathkeale, Aubrey de Vere and his brother collected their post, or on which Daniel O'Connell travelled from Kerry to Dublin and back. At least Dan could switch his route to the Weir Road across the Deel and hence by the Kerry line to his home in Caherdaniel so avoiding any slugging and jeering of the very much in favour of the Young Ireland movement population of Rathkeale.

We do not desire speed tracks, but just a road where fences are lowered so that we can see approaching traffic at a reasonable distance and with bends which do not have a camber that almost pushes your car against the fence.

## SHANNON IN THE EIGHTIES

By: Maurice F. Cowhey,  
Managing Director.

The past decade has seen a major change in the trading pattern of Ireland as a country as well as in the life style of its people. Commentators will credit, to various degrees, the reasons for such change - entry into the E.E.C., joining the E.M.S. and breaking the sterling link, the increased pace of industrialization, particularly, the advent of various multinationals to our shores. My brief from the Editorial Committee is to fit Shannon Meat into this scenario and give some views as to how the company might perform in the nineteen eighties.

There are a number of ways of approaching such a request. One could do a statistical projection, set up a mathematical model, pretend one has the gift of prophesy, or just plain honest to God guesswork. I shall base my predictions on a combination of some of these plus what I would wish for the company. To quote President John Kennedy "I dream dreams and say why not."

The total national kill of cattle in the Irish Meat Plants for 1969 was 588,000 and 1979, 1,170,000. The kill in Shannon Meat, 1979 has gone up in proportion, or to twice the 1969 figures. Allowing for inflation and the increased value of beef cattle, the value of sales has gone up two and a half times the 1969 figures in real terms. In the last issue of the Gazette, Donie Donovan showed how this inflation had worked in cattle prices from a figure of £7.00 per cwt. live weight, in 1970 to £37.50, in 1979. It may be assumed that in proportion, inflation is similar in our purchase and sales figures.

In my opinion, we will not have any similar huge increase in livestock numbers in this decade and a 15% to 25% increase is the very best we will see bringing a national kill of 1,250,000 to 1,400,000. This increase, I predict, will mostly come from an attrition, or diminution, in numbers exported alive and only a small percentage from an increase in the national herd.

In November, 1969, the company employed 166 (one hundred and sixty six) people in the various activities in the Rathkeale plant. The figure for November, 1979 was 309 (three hundred and nine). This figure was beyond the expectations of the original promoters and considering we do not work shifts is quite remarkable. As an aside, Shift working is not allowed in the Beef Industry.

The writer's opinion is that the greatest development in our country since the state was established, has been the stemming of emigration and the recent quite substantial growth in our population with the near certainty of this continuing because of the huge majority of a young age group. Shannon Meat has a young intelligent educated work force at all levels. Tremendous expertise has been built up in the past decade in all facets of the beef business.

In the decade ahead there must be a continuance of progressive policies and a commonsense understanding that large investment in updating plant, equipment, and buildings is vital. A continuation of progressive policies towards employees, producers, suppliers and the community. These policies as well as being fair must be seen to be fair.

It is likely that the company will widen its present product base; i.e. from purely beef. It may be necessary to add some other links to its present chain of operations, whether in the distribution side, or even nearer to the consumer. Because of its international trading operations, particularly, on the European scene, some type of operation at this level may be desirable.

Based on the hope that the company will progress on the route indicated by all the above assumptions, I believe that in November, 1989, it will be employing up to 500 people at all levels in its Rathkeale operations and have raised its Sales two to three times in real terms.

## LIVE EXPORTS DOWN

### C.B.F. REVIEW

The C.B.F., Ireland's Livestock and Meat Board, annual review for 1979 was published at the beginning of January. The report considers the outlook for 1980 as well as providing statistics and comment on the past year.

During 1979, beef exports dropped by 2% and live cattle exports fell by 41%. The actual value of these exports showed an 8% reduction on the previous year - at £600 million accounting for 18% of total Irish exports. The main market for beef was the U.K. which took 60% of the total of 267,000 tonnes. Other E.E.C. countries purchased 85,000 tonnes. The intervention level increased by 6% over the 1978 figure, reaching 90,000 tonnes for the year. Live cattle exports were 325,000 head; the lowest since joining the E.E.C. Calf exports were much reduced, actually falling by 60% and accounting for a much smaller percentage of live exports than in 1978. Live exports to other countries reached a record 78,000 head.

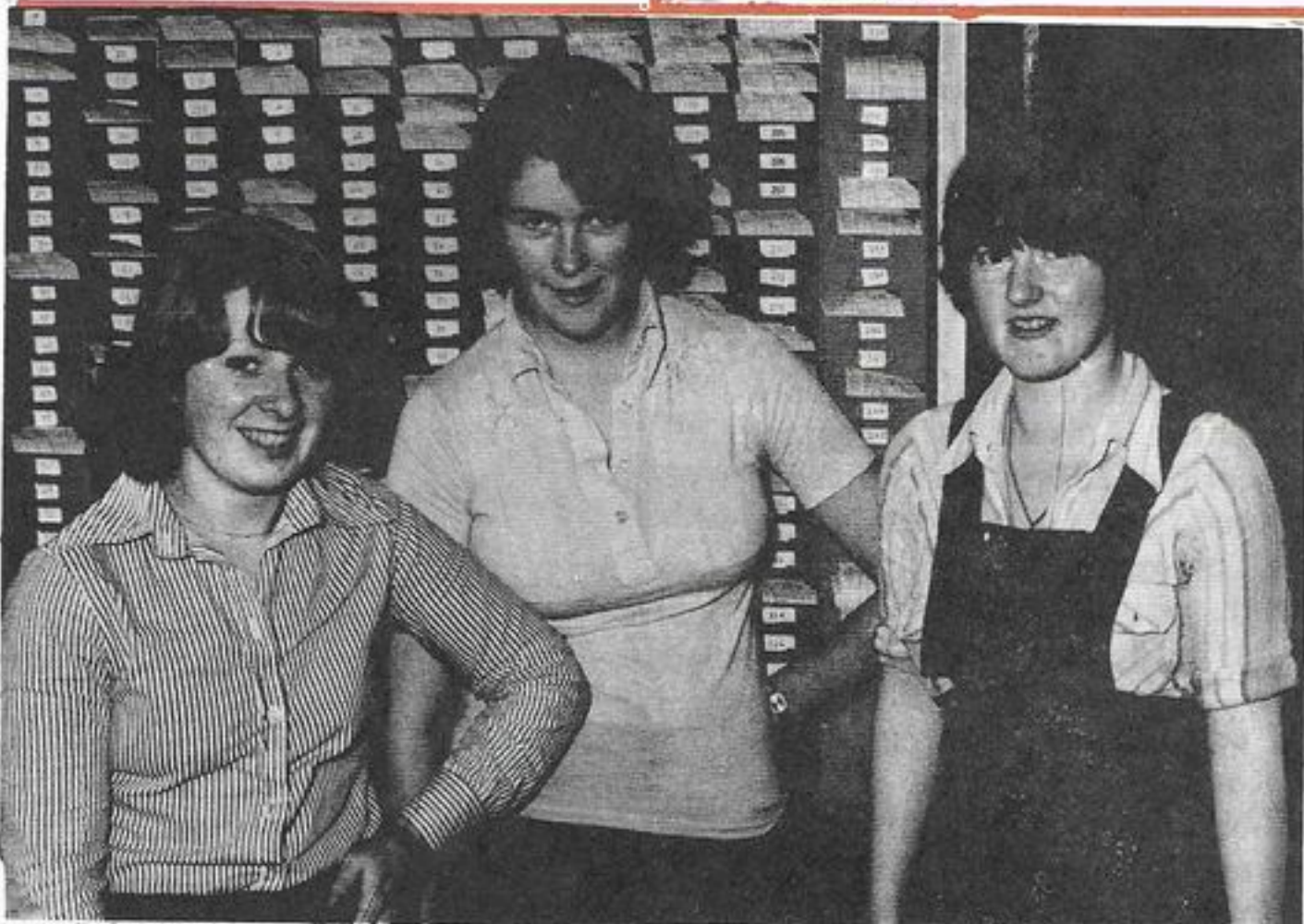
### DIFFICULTIES

Mr. Oliver Murphy, chairman of C.B.F., commented on the severe weather conditions and its effect on the cattle supply. There was, "a very uneven pattern of cattle sales, with 64% of finished cattle coming on the market in the second half of the year compared with 36% in the first half. Moreover, the position was aggravated by severe weather conditions in the Spring which delayed growth and marketings and again by slack demand from our main export markets in the Autumn, coinciding with the period when supplies in this country were at their heaviest".

### OUTLOOK

According to the British Meat and Livestock Board there will be a drop in both consumption and production this year. C.B.F. foresee better prices for Irish producers in Britain in the Spring and early Summer, due to the contraction in British production.

"On the demand side of the E.E.C. beef market, there is evidence of a slowing down in consumption in line with a general slowing down in economic growth, which is likely to be further dampened by the impending oil price rises. This, taken with rising production, clearly points to stiffer competition for Irish beef on Continental E.E.C. markets." However, there is a likelihood, according to the C.B.F., that additional beef sales will be made to markets outside the E.E.C., notably the United States.

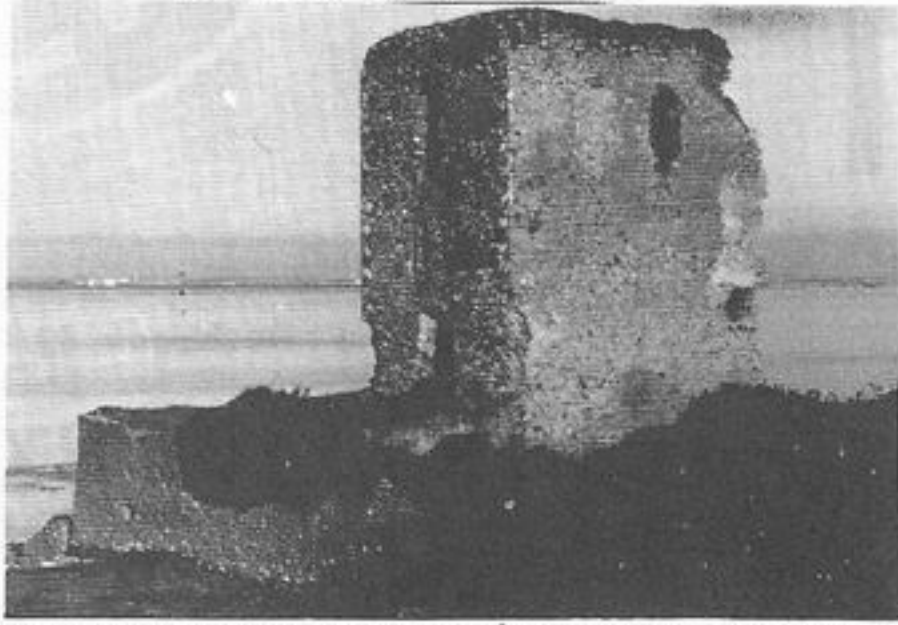


Above are : Mary O'Grady, Karen Condon and Patricia O'Brien. Three Members of the Boning Hall Staff.



# BEAGH AND DUNNAMAN CASTLES

Beagh Castle :



General view from the south west with the Shannon in the background and "battery" to the left of the tower. (all photographs by author)

There was a great wave of ecclesiastical and military building in Co. Limerick in the second half of the 15th. century. Apart from the abbeys which have been noted in earlier articles in this series, many tower houses or peel towers or 'castles' were built in the area. Among these were the castles at Clonshire, Cappagh, Castlematrix, Garraunboy and Askeaton which have been described earlier and Beagh and Dunnaman which are the subject of this article.

## Beagh Castle

Situated on the horizontally layered limestone high over the southern shore of the Shannon estuary at Ballysteen, north of Askeaton, Beagh Castle is typical of many of the 15th century tower houses of Co. Limerick. The territory of Beagh or Iveruss is mentioned as early as 1237 and was held by the Stacpoles in 1295. Beagh was held by the Knight of Glin under the Earls of Desmond in the 16th century. Among the recorded events in this area are the raids of the Adare garrison in 1581, the granting to Wall and Plunkett of the chief ferry from Beagh to Ringannon in Clare in 1619, the granting of Beagh Castle to Richard, Earl of Cork by Edmund Southwell in 1629 and the capture of Castletown by the Confederates from Sir Hardress Waller in 1642.

The Castle consists of three stories; the first or ground storey is vaulted, the floor over the vault being the only extant floor though the vault springings for the first and second floors are still in evidence. The tower measures 23ft. by 17ft. internally and the walls are built with lime and gravel mortar which includes fragments of seashells from the nearby shore. The walls which were thickly covered in ivy when John O'Donovan of the Ordnance Survey visited it in 1840 are about 50ft. high. There is a stone stairs in the south east corner. West of the main tower is an additional building with three openings or gun-ports in the north wall high above the Shannon. This was known as the "battery". The

Dunnaman :



General view from north east, showing positions of windows, doorway and sheela-na-gig.

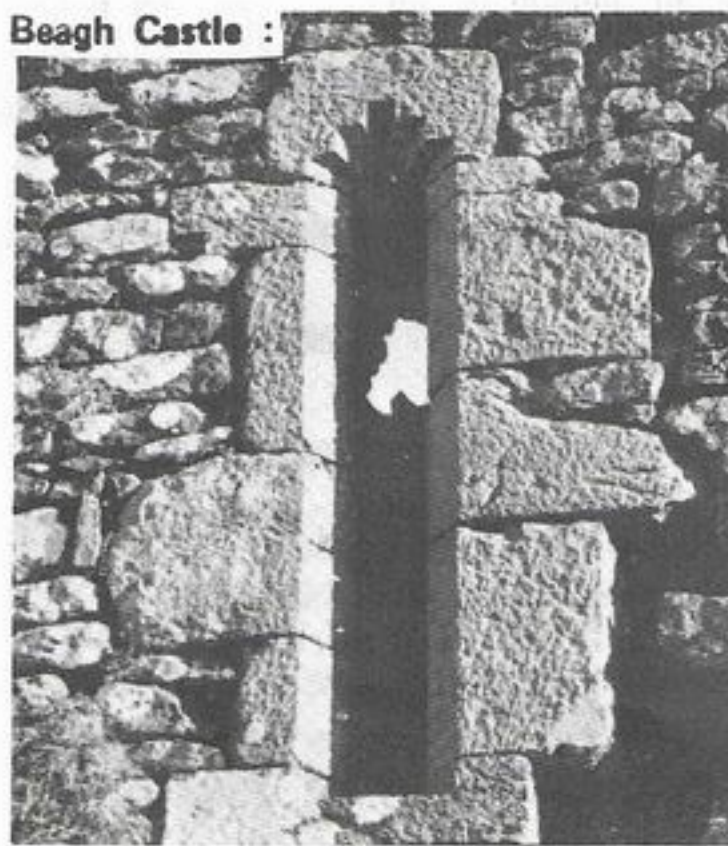
bawn or yard wall was built to the south of the tower, later than the "battery". The east wall of the tower is cracked. A cleft in the natural rock under the castle is vaulted overhead with mortared masonry. There is a squared hole or "murder hole" in the thickness of the first floor over the doorway. Missiles thrown through this could have protected the entrance. There is a latrine seat and an attached stone chute in the north wall. Two fine opposing arches on the east and west walls originally supported the roof. The large quoins or edging stones which were removed about half way up each of the corners of the tower may have been taken in the last century to the nearby lime kiln to the south west in the next field.

The west windows are broken out except for a thin stepped trefoil headed slit which is similar but a little cruder to windows in the west wall of Askeaton Castle. A double ogival headed window with missing mullion bar survives in the north wall and there is a thin arrow slit above the doorway in the east wall. There are deep window embrasures and a fireplace on the second floor.

## Dunnaman Castle

This tower house resembles that at Beagh in many respects but has unique beautifully carved window hood mouldings or dripstones. The extent of this carving may place the date of this building slightly after 1500 or later than most of the other tower houses of Co. Limerick. Dunnaman or Drastenagh or Trostary was held with Kilgobbin and Caherass by John Maunsell in 1298. The district and tower was inhabited by the Laceys in 1571 after which it passed to the Thornton family before passing to Ormsby. John O'Donovan thought this was a residence of the Countess of Desmond a conclusion with which the Earl of Dunraven disagreed in his mother's beautifully illustrated book, *Memorials of Adare*, published in 1865. Dunraven felt that strength and security were the main purposes of such an edifice and, such, "would

Beagh Castle :



Stopped trefoil headed window slit in west wall.

have well suited the life and habits of a border chief". The tower measures 46 ft. by 33 ft. internally by 31 ft. high with 8 ft. thick walls, and has a guard room to the right of the doorway, a porch, a "murder hole" above the entrance and a spiral staircase. It was surrounded by a now denuded wall.

The door jambs are ornamented with punched designs, one being a chequer board pattern. The guard room measures 8 ft. by 5½ ft. The main room on the ground floor measures 32 ft. by 17 ft. is lighted by three widely splayed window embrasures and has no fireplace. The corresponding room on the first floor is lighted by three narrow windows and has a fireplace. A narrow passage in the wall led from this room to the latrine. There is another small room at first floor level above the entrance and guard room.

Apart from the plain ogival headed slit windows on the east and north walls, the east wall also has the doorway and a pair of richly carved hood mouldings over narrow window slits. Also inserted in this wall is a carving in false relief of a sheela-na-gig. The mouldings and 'sheela' were drawn by Jewitt for Lady Dunraven's book when the tower was not as overgrown with ivy as it is today. Both hood mouldings are stepped, the lowermost tips of the steps being curved outwards ending in raised ornamental terminals. A rosette and double edged quatrefoil flower flank the hood of the bottom window; floral loops on a stem and a tendril/foliate design are the motifs on the slightly wider higher window moulding. The sub-triangular panels between the hoods overhead and the ogival tops of the slits seem to be adorned with carved triquetra knots and are not as plain as in Jewitt's drawings. The carving of the sheela-na-gig in a framed stone panel is inserted south of the ornamental hooded windows on the same level as the higher example. Typically, it depicts the figure of a giant female with out turned legs and long arms reaching towards a prominently displayed vagina. These curious and rather grotesque sculptures, are often found in castles between the twelfth and sixteenth centuries. Their precise meaning and origin is disputed, though they were probably introduced to Ireland from France and the Romanesque period by the Anglo-Normans. Proving that many of these windows were not fitted with glass but with hinged wooden shutters on the inside there are examples of pivot stones inside some of the windows.

## ON THE MOVE



Mr. Gerard O'Connor (above) was appointed to the position of Assistant Supervisor in the Despatch Department, recently. With a continual increase in throughput, both in Product and Paperwork over the last number of years in particular, this Section has risen from near obscurity to an area of the utmost importance. This is not to say that the Despatch Department was a "white elephant" previously.

Gerard O'Connor joined Shannon Meat Limited on 14th October, 1974. Ironically Gerard started his Career with the Company as a Clerical Officer in the Despatch Department. After a stay of some months, in this Section, Gerard moved to the Boning Hall. Working in a four-some of Larry Kelly, Michael O'Grady and the delightful Kitty Boyce, Gerard helped form an efficient team in this area. In all, Gerard spent three years in the Boning Hall.

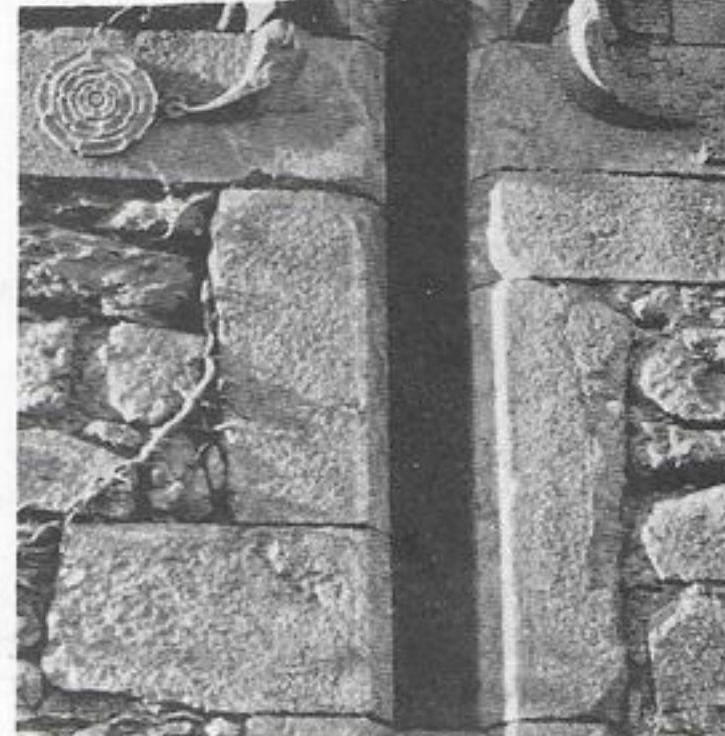
In his new position, Gerard will team up with Supervisor Pa Dunne, Clerical Officers Johnny O'Sullivan and Gerry Geaney.

Twenty-four years old Gerard O'Connor hails from Corrough, Charleville, Co. Cork. He comes from a Farming Community and has three brothers and one sister. He attended the local Primary and afterwards went to St. Coleman's Secondary School, Fermoy. He acquired a Certificate in Agriculture at Rockwell College.

In June, 1978 Gerard married Miss Mary Roche of Ballyhea. (Mary, it took him ages to remember the date!). Mr. & Mrs. O'Connor have a daughter Marie. They hope to move into their newly built house in Thomastown, Kilmallock in the near future.

We wish Gerard every possible success in the future.

Dunnaman :



Bottom carved window.



**PICTURE PARADE**

**PICTURE PARADE**



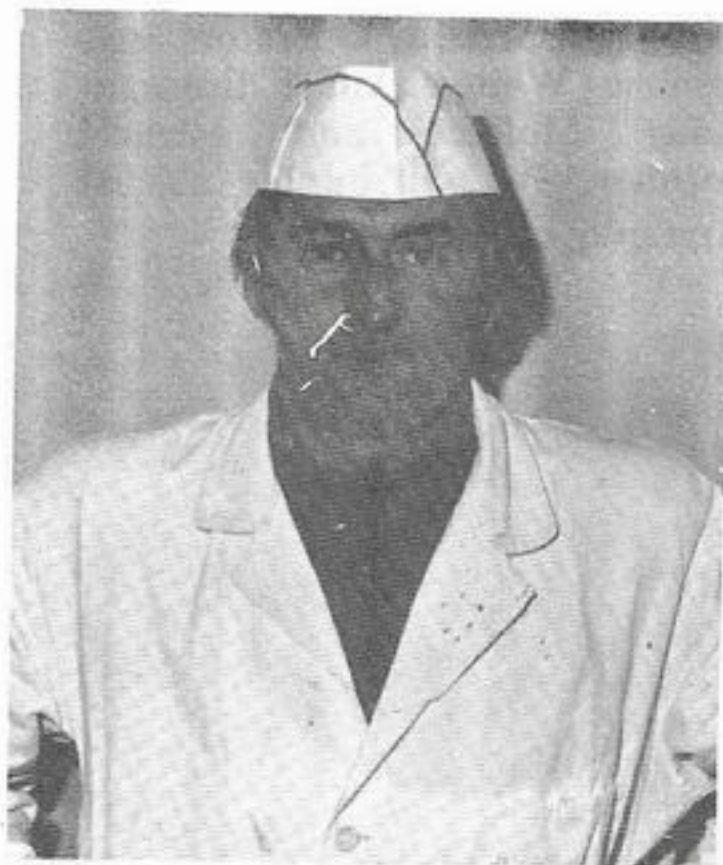
On their first season with Shannon Meat Ltd., are Joan Greaney, Margaret O'Brien and Kathleen O'Grady.



Michael Dunne, Assistant Canning Supervisor with Shannon Meat Ltd.



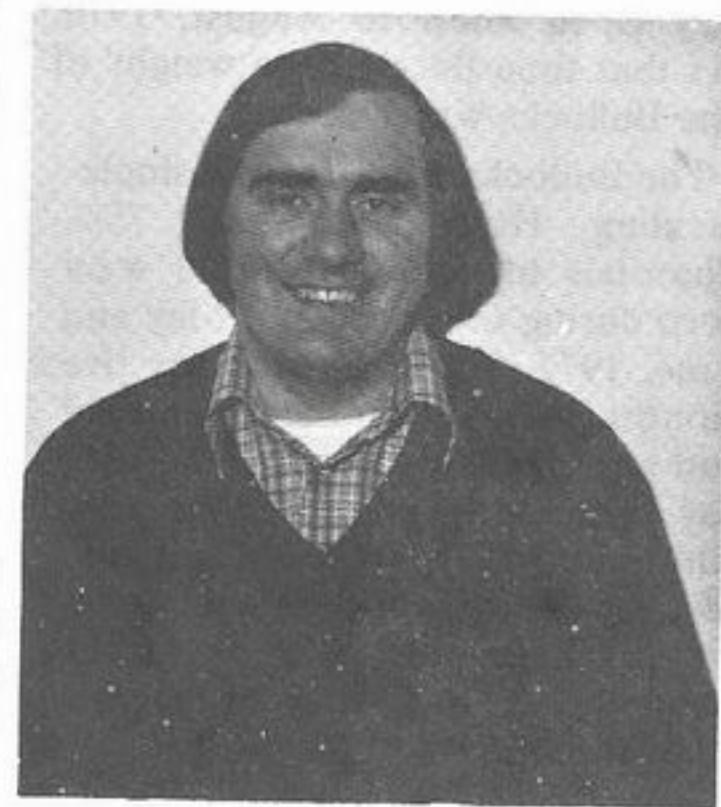
Miss Mary Ahern, is a Clerical Typist with the Company.



John Dundon who hails from Patrickswell is a member of the Stores Department.



Michael Reidy seen here with his trophy for winning a penalty competition organized by St. Mary's Park Rathkeale Residents Association



Patsy Madigan from St. Mary's Park, Rathkeale, has been for several years with Shannon Meat Ltd.,



Miss Catherine Meehan is employed in the Canteen.



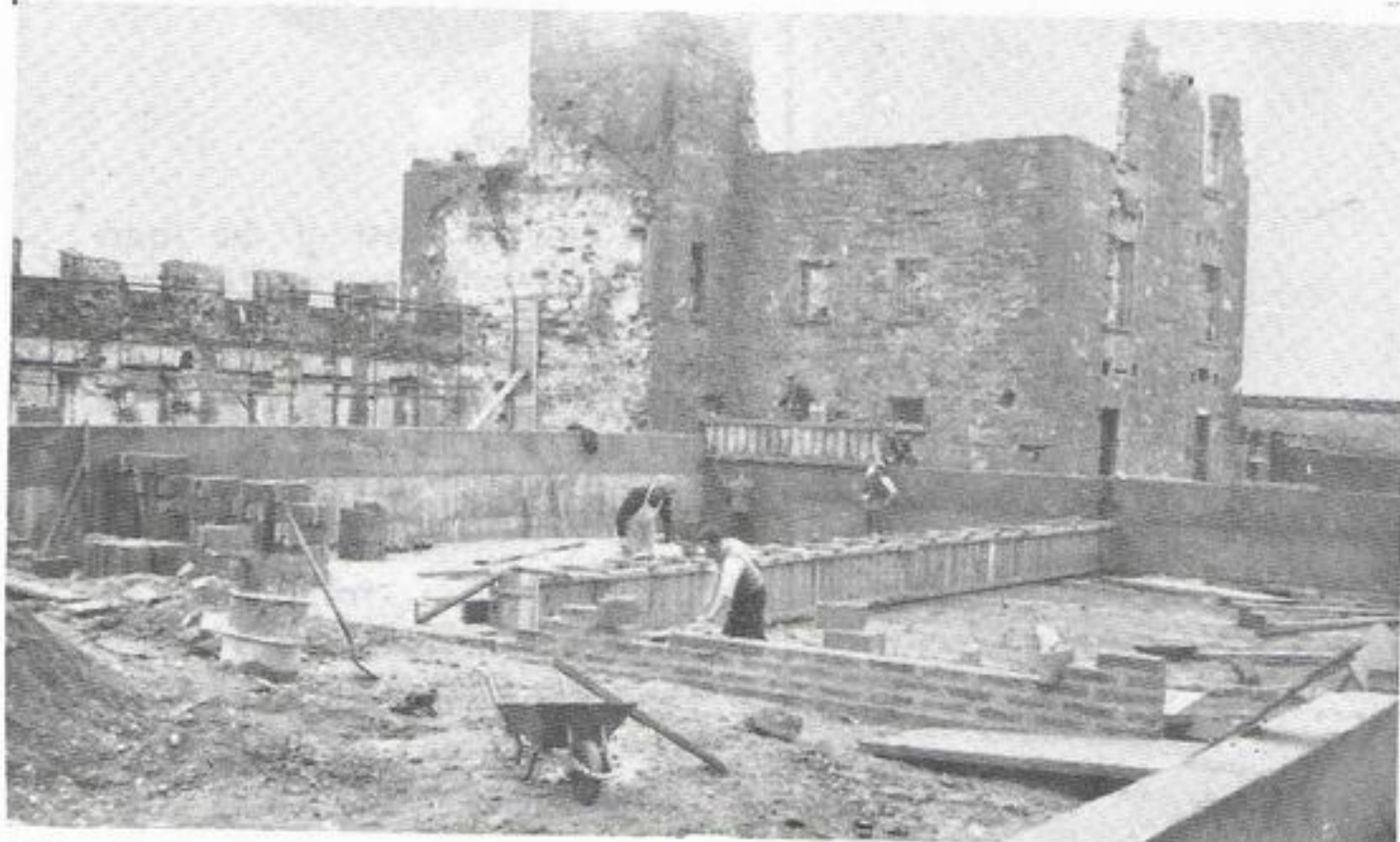
Noreen Linnane, who hails from Athea is enjoying her first season with Shannon Meat Ltd.



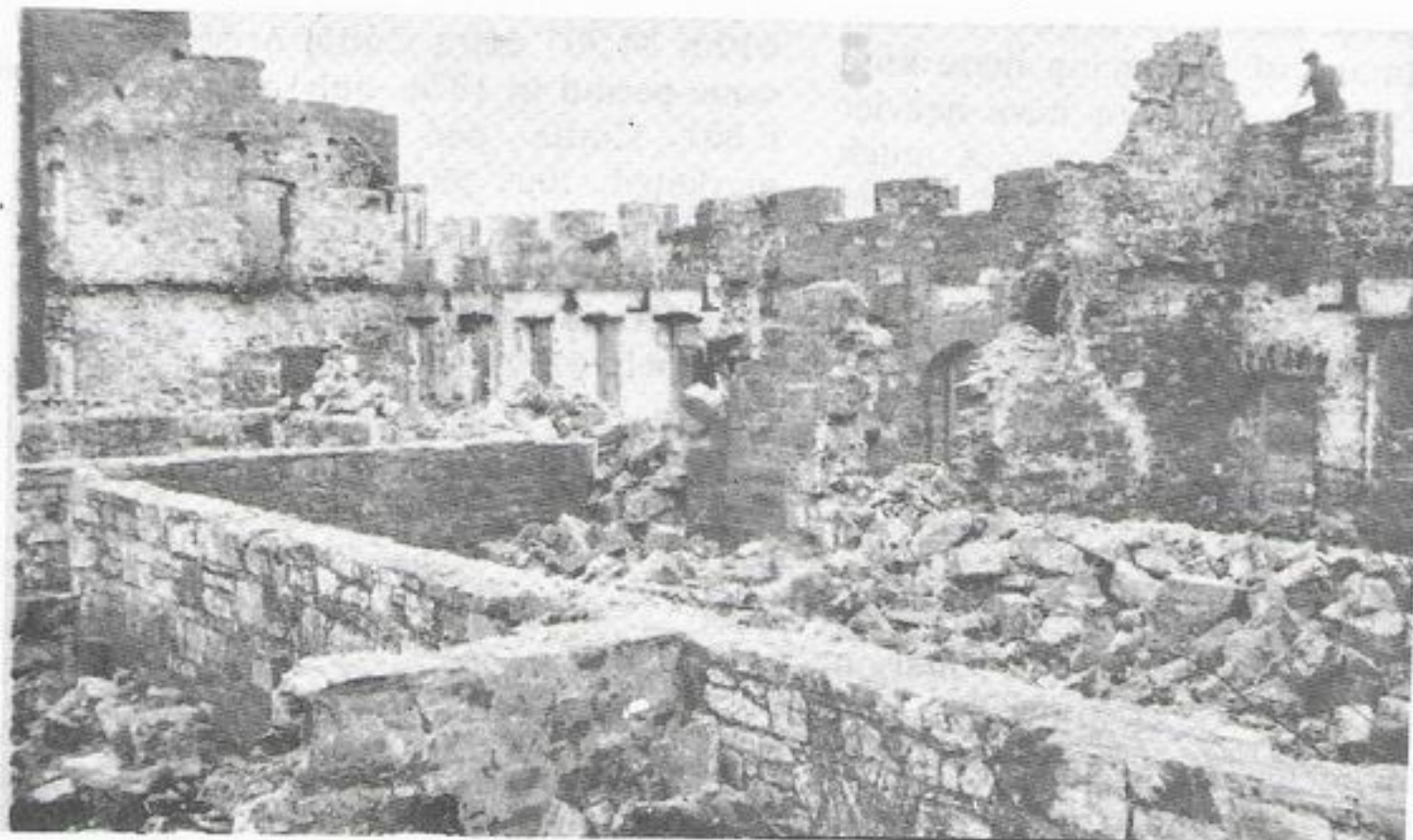
Pat McNamara who hails from Castleroberts Adare is employed in the Dispatch area.



Seamus Kennedy (above) has recently joined Shannon Meat Ltd., as an Industrial Engineer.



The above photograph shows the building of the two original Deep Freezes in the early fifties.



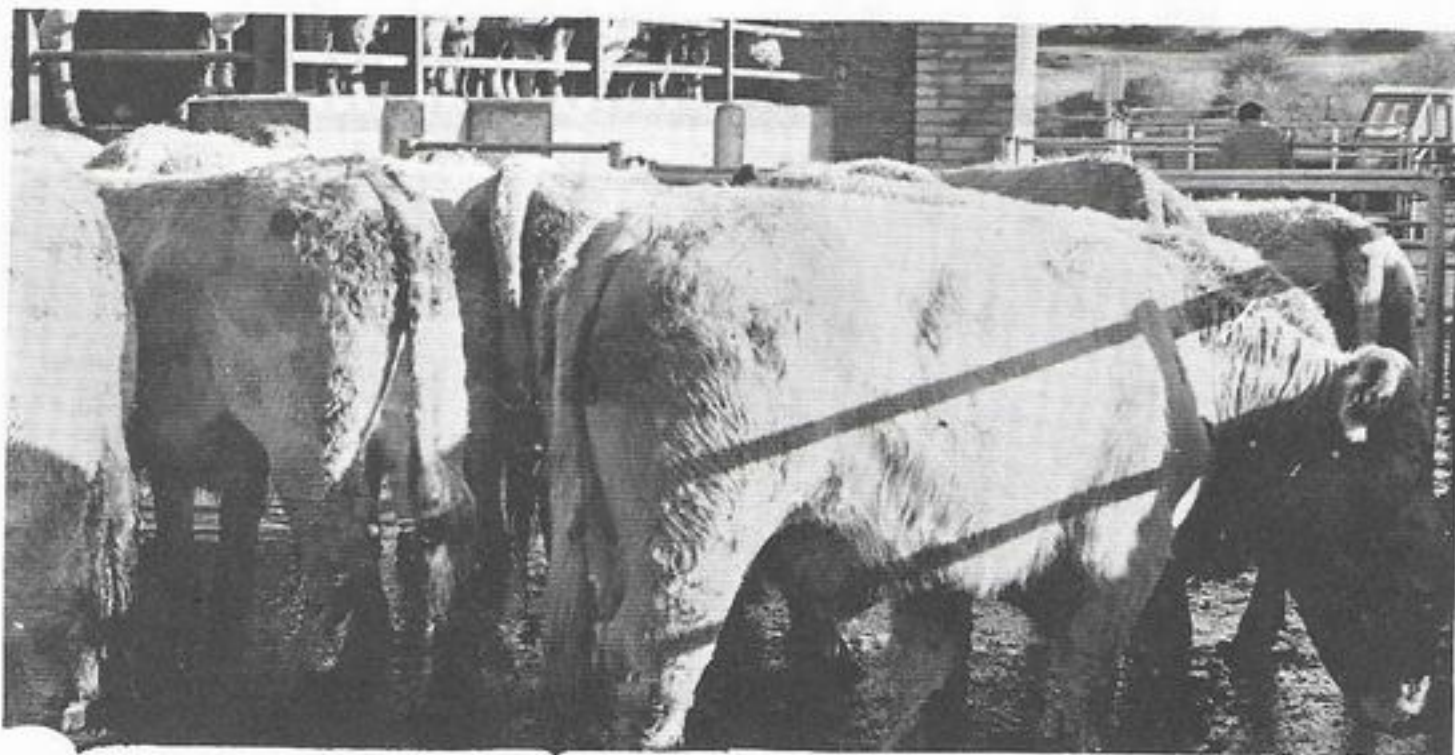
Site of Present Cannery and Home Sales Chiller in 1952



# LIVESTOCK TOPICS

## CHAROLAIS BEEF PRODUCTION

By: L. Ahern  
Livestock Field Manager



The above photograph show's some of a lot of thirteen Charolais Bullocks Slaughtered at the age of two years six months with two permanent teeth. These Bullocks were on Show in our Livestock Yard during the period of our three day Open Show in August, 1978. At that time the average weight of the Bullocks was 7½ cwt.

The Bullocks came from a single-suckling Herd and had 75% Charolais blood. The Cattle were born during the months of May and June, 1977. Single suckled for five months, then put into an open yard and were fed with Silage and a little hay. The Cattle were put on grass mid-March 1978 and were put into an open Yard in December, 1978, fed on Silage only, with no meals. They were then transferred to grass mid-March, 1979.

The average Live Weight of the Bullocks at the time of Slaughter was 12 cwt. after travelling six miles to Factory and being rested in the Yard for twelve hours before weighing. The average kill out was the remarkable weight of 786 lbs. or 65.5 lbs. per Cwt.

With the classification Scheme introduced in this Country, these cattle graded in very high classes.

The bread-down of the Grading was as follows:-

4	R	2
3	R	3
3	E	3
3	E	4

Looking at that Chart you can see the confirmation of these Bullocks was of a very high category and the fat score was very low. The main advantage of producing these kind of Cattle is that you have heavier carcass weight. You have a much lower fat content and these Cattle have a higher per cent of saleable lean meat in the carcass.

We are told that there is an average difference of 11p per lb. between the prices paid for Irish Beef and the locally produced French Beef, but personally I believe if we can produce Beef similar to those thirteen (13) Charolais Bullocks, the margin would be as low as 2p per lb.

Top picture shows the Bullocks prior to Slaughter and bottom picture shows the Bullocks after Slaughter.

The important point here is that these Charolais had 75% Charolais Blood strain. It's not the colour of the Bullock alive that matters, it's what is under the skin that counts. These Cattle were brought to Beef on a Summer Grazing System with no meal feeding.

## NATIONAL SLAUGHTERING FIGURES

By: D. Donovan,  
Livestock Procurement Manager.

The total National Cow Kill for 1979 only exceeded 1978 Kill by 11,000 equivalent to one week's National Kill. The following increases per month were recorded putting great pressure on the Market place:-

	Cows
September Kill Up	4,552
October " "	8,748
November " "	18,690
December " "	6,950

17 Week's Total 38,940 (2,290 per Week)

Looking at the Bullocks and Heifer Kill over the same period :-

	Steers and Heifers
September Kill Up	4,872
October " "	3,466
November " "	15,617
December " "	9,978

17 Week's Total 33,933 (1,996 per Week)

For the same period total Slaughtering increased by 4,286 Cattle per Week.

To narrow the period down to five weeks (November) we come up with 34,307 extra Cattle over the same period in 1978, only an extra 6,861 Cattle per week to be marketed, thus putting a total of 38,522 Cattle on the Market weekly. Taking all these figures into consideration the Market held up extremely well.

For the record the total National Kill for 1978 and 1979 :-

	1979	1978
Cows	404,179	Cows 392,707
Other Cattle	768,826	Other Cattle 789,745
<b>Total</b>	<b>1,173,005</b>	<b>1,182,452</b>

# FOCUS ON SECURITY



Daniel Brosnan.

An important, often over-looked cog in the Shannon Meat System are our Security Staff, or as we ourselves call them "The Gatemen" This is not to say they are built like iron, but this christening hails from the fact that their Office is positioned at the Entrance to the Factory. This latter is a regular feature with most concerns in modern day Ireland.

In Shannon Meat Limited we employ four Security Operatives, hence operating a three cycle shift.

The three shifts are:-

- 8.00 a.m. - 4.00 p.m.
- 4.00 p.m. - 12.00 p.m.
- 12.00 p.m. - 8.00 a.m.

This process is adhered to the full round of the year, whether it is Holiday time or Christmas. This is one of the demands imposed upon them because of their position.

Our four Security Operators are - Dominic White, Daniel Brosnan, Paddy Mullane and Michael Moroney. We will outline a brief biography of each:-



Dominic White

One thing for sure is that Dom has no commuting difficulties to and from work. Dom resides only a stone's throw away. He spent many years in England. During World War II was in the Ranks of the R.A.F. During his life-time he has had a number of different occupations, varying from selling Insurances to working in a Foundry. Dom joined the Company in February, 1975. In his leisure time this reserved and most helpful Gentleman reads extensively.



Paddy Mullane.

Resides in the main street of Ardagh (can't be missed on your way to Carrickerry or other towns on that route). Paddy, originally hails from Riddlestown, Rathkeale.

He joined the Company on 24th August, 1971. He has remained in his position as Gateman since. This man with the bass voice has shown himself to be very efficient and takes note of every detail that flashes before him.

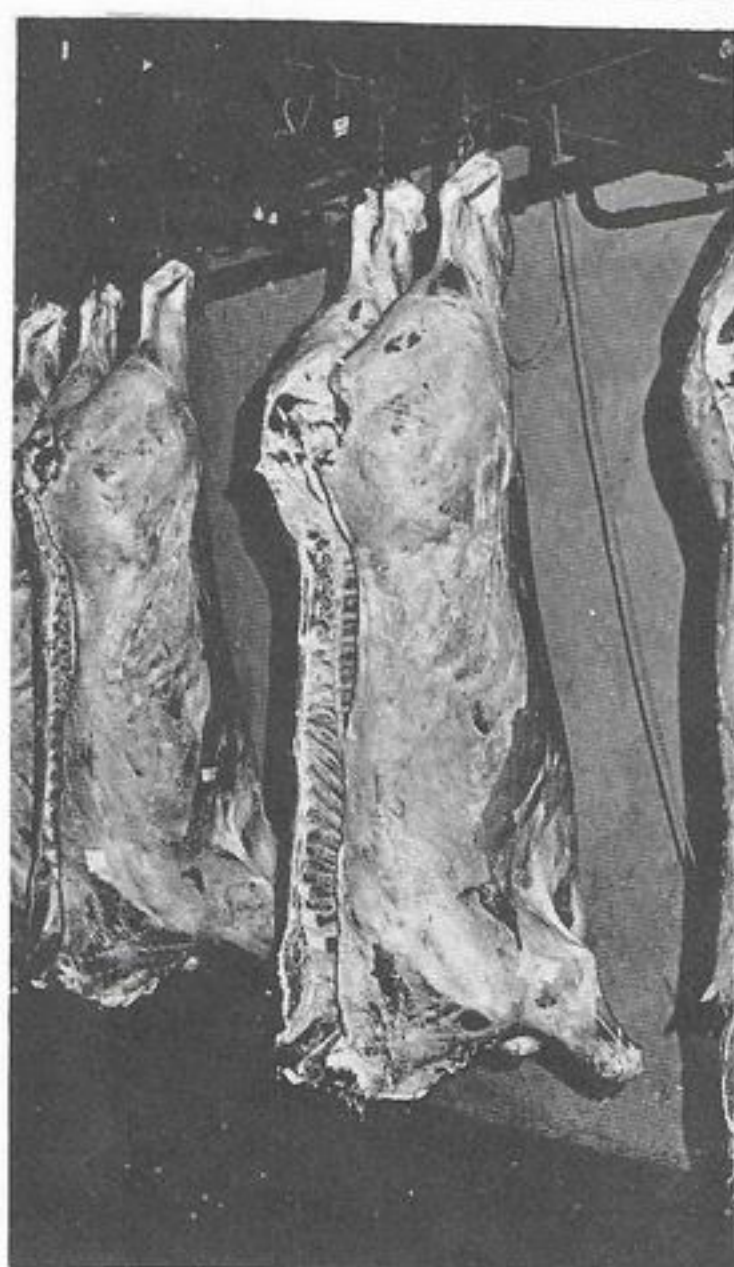
Batchelor, Paddy enjoys the odd pint and a bit of Ceili music in his spare time.



Michael Moroney.

Last but not least of the four-some is Mick Moroney. He could be described as the joker of the pack. Married with one daughter, Miriam (who herself spent a season or two with the Company) resides in Church Street, Rathkeale. In fact, Mick's house is nicely situated across the road from one of Rathkeale's most famous landmarks - The Blessed Shrine.

Mick joined the Company on the 27 November, 1969. The good natured Mick has a passing word for all Staff as they pass, or if not a royal salute.





# SOCCER SCENE



Since the last publication of the "Gazette", there hasn't been a great deal happening on the Soccer scene. In fact, the Club has played only three matches. But behind this statistic lies the cold fact that the Club have bowed out of the F.A.I. and Munster Junior Cups. Askeaton and Broadford put paid to our hopes in the respective Cups.

The fact that the Club have played only three games in a two month period rests mainly with our Climate. It is surprising that Clubs in the League haven't suggested introducing a mid-term break.

## FORM

Though we have played only a

number of League Games, our form has been somewhat erratic to say the least. At the time of writing we find ourselves in the lower reaches of the table. This position can be viewed as far from happy, but with a concentrated effort from everybody, the Club can progress to it's rightful position in the top section of the table.

One goal in three games is not a record to behold. In fact in nine games we have only scored twelve goals (average 1.3 goals per game). On the other hand our defence has conceded eleven goals. If the Club is to capture a trophy this term these 'for and against' tallies would surely want to improve.



Pictured here is Mike Speedy Meade with some of last Season's laurels. Mikie will settle for a repeat of these again this term.



John Jones, stalwart of Rathkeale United with some of his trophies won in 1979.

## Watch it Grow :-

Harnett N. (2); O'Grady Jas. (2); O'Doherty Seamus (2); Wilmoth Tom; O'Sullivan Mike; Harnett P.; Jones Johnny; Meade Speedy; One each

In this issue of the "Gazette", I have decided to conduct a 'focus' on the Rathkeale Utd., Panel:-

- Mike Gallagher :-** Mike has given service to a number of Clubs. On his day can be brilliant.
- Denis Harnett :-** Had a brief spell with Newcastle Utd., Small in stature, but a first class keeper.
- Edmond Dollery :-** Skippers the team. Probably the best left-full in the League. A dedicated player.
- Tom Wilmoth :-** In school-boy football, was a very good right-half. Tom returned this Season after a lengthy lay-off.
- Noel Harnett :-** Versatile, can play in any position in defence. Noel has scored many important goals, especially from free-kicks.
- Frank Lynch :-** A model of consistency. Unfortunate to miss last year's Cup Final through injury. Club Footballer of the year 1978/1979.
- Joe Kennedy :-** This is Joe's first year in the side. He overcomes his lack of experience by giving 100% effort.
- Johnny Jones :-** What else can be said about this fellow. Johnny ranks high among the Soccer products of Rathkeale.
- Denis O'Dea :-** Better known in G.A.A Circles. If all of the team played with the same spirit as Denis, the end of the Season laurels would be in abundance.
- Michael Meade :-** Better known as "Speedy". Plays on the right side of mid-field, lacks consistency.
- James O'Grady :-** Centre-forward in the Peter Osgood mould, lazy though capable, unpredictable, yet a knack for goalscoring.
- Mario Zoncada :-** A fine inside-forward, dogged by injuries.
- Seamus O'Doherty :-** Built like a boxer, could become an outstanding Centre-half, if he concentrates on his game.
- P. Harnett :-** The fourth member of this family to play for the Club More skilful than either Noel or Denis but lacks their strength and physique.
- Mike O'Sullivan :-** A player with an amount of potential, however, he doesn't possess the same amount of interest.
- Sean O'Shea :-** Would surely be a regular with any other Club. A fine left-sided defender. Unfortunate for Sean, Edmond Dollery occupies a similar position.
- Pat Neville :-** A clever and resourceful defender, and ideal replacement for any of the back-four positions.
- John Coleman :-** A tall stylish mid-fielder or attacker. A lot of ability but frequently slow to lay off the ball.
- John Lyons :-** Has had a number of seasons away from the Club. However, a great clubman who guarantees 100%.

With such a fine panel of Players, the future of the Club is assured.

# ATHLETICS ROUND-UP

By: Road Runner.

Now that we have got West Limerick Athletic Club established to cater for the Senior Athletics in the Region, the Sport is booming. I will try to give a summary of our activities to date:-

- October, 21st** Winners of County Novice Championship at Rathkeale.
- October, 28th** Winners of County Intermediate at Mungret.
- November, 4th** Winners of Munster Novice at Borrisoleigh, Co. Tipperary.
- November, 11th** Patrick McCarthy Winner of Munster under 17 Championship.
- December, 9th** Patrick McCarthy finished second in the All-Ireland under 17.
- December 26th** Winners of team prize at Farron Fore Road Race.
- December, 30th** Finished second in Munster Intermediate Championships, at Rathkeale.
- January, 13th** West Limerick finished second at Quinlivan Cup Road Races, Tullamore. 640 Athletes from all corners of the Country competed.

## TRAINING

The following training Sessions are organised by the Club :-

Mondays :-

River Room Motel, Newcastle West. (Indoor)  
 Juveniles 7.00 p.m. - 8.00 p.m.  
 Adults 8.00 p.m. - 10.00 p.m.

Tuesday :-

St. Mary's Park, Rathkeale. (Outdoor) Dressing facilities at C.Y.M.S. Hall. Juveniles and Athletes - 8.00 p.m.

Wednesdays :-

C.Y.M.S. Rathkeale. (Indoor)  
 Juveniles 7.30 p.m. - 8.30 p.m.  
 Adults 8.30 p.m. - 10.00 p.m.

Thursdays :-

Tullylease Community Hall. (Indoor) Adults only 8.00 p.m. - 9.30 p.m.

Fridays :-

Abbeyfeale Community Hall. (Indoor) Juveniles and Adults 8.00 p.m. - 10.00 p.m.

Saturdays :-

Ballinruane Forest Kilbreedy. (Outdoor) 11.00 a.m. - 1.00 p.m.

## Events to Come

West Limerick Athletic Club  
 Victory Dinner & Dance  
 River Room Motel  
 Saturday, February, 23rd

Music By : Louisiana Men  
 Tickets Limited: £5.00

(The Crack will be mighty)

JOG FOR IRELAND

Newcastle West

Sunday, February, 10th

CHARITY RUN

PRESENTATION DANCE

will be held in the Community Hall, Rathkeale on March, 14th. Proceeds of the Run (£2,100 approx.) will be handed over to Charleville Mentally Handicapped Association.

## POST SCRIPT

These notes were compiled by Roadrunner only. Or else Mary Ryan writes like Roadrunner, himself, Or come to think of it maybe Mary Ryan is Roadrunner. There is more to Athletics than just running, but whose complaining.

## NEW PLAYERS

There is an abundance of new Players now working in the Factory. Tom Donovan, Wm. Donegan, Maurice Windle (Dept. of Agriculture) and Tom Kennedy, just to mention a few. These plus the old warriors can help to give us a long sought after County Title.

The Limerick Inter-Firm G.A.A. Board is holding a Fund raising Dance in Stacks, Carrickerry, on Saturday, 9th February. The "Dual Sound" will provide the music. They are hoping that all Clubs will support this venture. Tickets are now on sale at 30p each. I trust and know that Shannon Meat Limited will not let the County Board down as we are noted for our very generous contributions to all Fund Raising activities.

The Inter-Firm Season will get underway in March this year. It is hoped to have the Championships finished by the end of June. Again, I appeal to everyone to make an extra effort this year.

Through this Column I would like, on behalf of our own Inter-Firm teams and the Limerick Board, to thank the Rathkeale Club for it's very kind support and unselfish use of their facilities during the past twelve months.

# G.A.A. CLUB NEWS

## INTER-FIRM G.A.A.

By: Michael O'Neill.

Activities on the G.A.A. front at this time of the year are always very quiet. Most Clubs and County Boards are generally involved arranging their own Annual General Meetings and Conventions. The Limerick Inter-Firm G.A.A. Convention will be held on Friday, February, 15th. Shannon Meat Limited are very well represented on The County Board. We provide the Board with it's Vice-Chairman and Treasurer. Both have been in Office for three years. As regards our own Annual General Meeting, no date has yet been decided on. I sincerely hope, when the A.G.M. is arranged that we will get a better turnout than we witnessed last year. Please do not leave the running of the Club to the same few all the time. It is about time we had some new faces at the helm. New blood is badly needed to give the Club a new image, and new ideas.



# SHANNON MEAT CHAT

By: The Scribe

- \* Getting married on February 12 are Anthony Frawley and Mary O'Grady, both of the Boning Hall. Another in a long line of Shannon Meat romances coming to a happy ever after ending. Mills and Boon please take note.
- \* A certain member of the Slaughter Line, from St. Mary's Park, earned himself the title of "Fab Vinny" at a recent Xmas show. Clue: Stainless.
- \* Gerry Heaphy will soon be "escorting" Miss Forde, of Templeglantine, down the middle aisle.
- \* A very proud father is Michael O'Neill, whose wife, Margaret presented him with a son, recently. Chances are he gave the newcomer, a sliotar, hurley and a Wexford jersey.
- \* Getting married in March are Mike Wilmoth [Slaughter Line] and Helen Kenneally [Cannery].
- \* Rathkeale's answer to Nelson Eddy and Jeanette McDonald; Pa and Anne Dunne are presently enjoying a holiday "Down Under".
- \* All I am sure will join with me in wishing Jim Kelly [Freezers Dept.] a speedy recovery.
- \* Congratulations to James and Bernie O'Grady on the recent birth of their first child.
- \* Gerry Molyneaux bought a new car, lately, or should I say, car. Nevertheless, the springs are already in need of repair.
- \* Rumour has it that Jim Power [Jim says] is getting married in March,
- \* I hear Francie Markham is a great friend of Johnny Sullivan. A touch of scratch my back. Right Francie.
- \* Ballingarry and Ballysteen win county championships. Hence great celebrations for Dan Cagney and Rebecca. I think I met her in the Bible.
- \* Willie Costelloe of the Boning Hall took a day, or two, off before Christmas to get engaged.
- \* Accents can be most confusing; especially a Rathnasare/Yankee one. By the way, it's not Maureen in the Home Sales, but there is a clue there.
- \* "Baby let me be your loving Teddy Bear", remember the song. These words must have flashed in the mind of Willie Madden when he won a Teddy at an Xmas party. Lucky fellow.
- \* We hear from reliable sources Theresa Cregan is very fond of doughnuts, or is it the Breadman. Maybe it's both.
- \* Brid Collins, paying out wages, normally, is now paying attention to her newly born daughter. Congratulation.
- \* This editions big question is what does Mary Ahern, alias 45, carry about in her two bags, or as my good friend Dr. Watson [Doc as I call him] would say "Elementary". I wonder.
- \* A recent telephone conversation Supervisor: "Where's Jack?" Reply: "Down the floor" [meaning factory] Supervisor "Is he badly hurt?"
- \* A "pioneer" in the field of ingenuity, lately was Jim in the Lab. However, he has since returned to a New[1a] interest.

## THE SAFETY HABIT

A habit is a tendency or disposition to act in a certain way. It is acquired by repetition of such acts.

Safe work habits can save a lot of pain and misery. We are sometimes "off our feet", tired, depressed, preoccupied, thinking about something else, not about work at all. It's at these times that safe work habits really pay off. Like:

putting safety glasses on before entering the shop area.

checking the machine set-up before turning on the power.

looking for obstructions before walking.

fastening the seat belt before moving your car.

looking backwards for obstructions before backing your car.

Building safe habits is like turning on an autopilot in your body. It lets you function with less mental stress, and fosters an increase in thinking capacity.

The method for getting rid of a bad

habit is the same as for acquiring a good one. The technique is this:

make a decision that this is what you want to do.

set a pattern, e.g., walking from office to shop — eye protection on at the doorway; close the car door — fasten seat belt; want a cigarette — think about health, etc.

repeat the pattern everytime the situation arises.

reinforce, review the positive results, e.g. accident avoidance, improved health etc.

Habits are acquired slowly — do, repeat, redo, repeat, the same way all the time.

We've been called "creature of habit" so we have many habits already. The development of safe habits at home, on the highway and on the job can make life a lot longer and sweeter.

## A PERIOD OF TRANSITION

By: Richard Stack.



Richard Stack.

My name is Richard Stack and I am a Student at the National Institute for Higher Education, Limerick, currently on co-operative Education at Shannon Meat Limited. Firstly, a piece of information about the College itself. The Campus is situated about four miles outside Limerick on the Dublin Road. It currently caters for about 1,300 Students and together with the 200 attending the National College of Physical Education which is established nearby it makes up a lot of Students'. The main areas of Study are - Business Studies, European Studies, Electronics, Materials and Production Engineering and Industrial Design. Post Graduate Courses are also held and these conversion Courses are usually in Computer Programming. All areas of Study are divided into Degree and Diploma while Business Studies also caters for Certificate Students. A School year is divided into three Terms and there is an Exam at the end of each

Term so that Students are being continually assessed. All Degree and Diploma Students must go on Co-Operative Education after their Fourth Term in College for Six Months and Degree Students must go on a further period after the Seventh Term.

I myself am currently Studying Business Studies. This is my Second Year at the College and as I am Employed in the Personnel Department of Shannon Meat my area of specialization is (wait for it) Personnel! Anybody who has already made that astute observation will also know that I work in very close collaboration with Seamus (famous) Kennedy who is also a new Employee in the Department. We work so close in fact that some people think that I pay the Bonuses every week and not Seamus (hint! hint!).

John Stack who works with Jim (xxxx) O'Connor in the Lab is my brother. Also I must mention Dan Cagney for two reasons (you can draw your own conclusions from that one) and Seamus Cawley whose budding Athletic career came to a temporary halt a week ago when he was advised by Specialists not to run for a month. Unfortunately or fortunately as the case may be I must call this passage to a permanent halt. Thank you for your interest.

## Sweeping Success

The news in the daily papers, was a glad surprise today  
Set up in banners headlines, 'twas this they had to say:  
Accompanied by a photograph, sure with joy I had like to weep  
'Twas to the effect, that my old friend Frank Wall had won the Sweep.

He lives near the Town of Tarbert, where the lordly Shannon flows;  
From his dwelling place near Tarbert Where, the view is grand and rare,  
The full flowing mighty river, and beyond the coast of Clare.

On behalf of the dairy farmer, many fights he has won and lost.  
He has spent both time and money, and never did count the cost.  
A gentleman to his fingers tips, a man with a heart of gold;  
And I've known him well and truly, since he was twelve years old.

No better man to have luck shower on, there's not in Ireland's ground.  
No better friend, or comrade was ever known or found.  
His heart is true, his handclasp warm whatever may befall;  
Here's long life, health and happiness to you may dear Frank Wall.

With acknowledgements to the author, John Joe Sheehy, Clahane, Banemore, Listowel.



"Jones! I'd like to talk to you about this oil spill."

## DIM WIT

- \* She claims she's just turned thirty - it must have been a U-turn.
- \* Her Youth has changed from the present tense to pretense.
- \* The Guests tried to count the candles on her cake, but the heat drove them back.
- \* He has his Doctor worried - he has too little blood in his alcohol stream.
- \* He's been hiccupping a lot lately - just messages from departed spirits.
- \* Several times he's been held up on his way home; in fact it's the only way he could have gotten home.
- \* A Judge told him - "It's alcohol and alcohol alone, that's responsible for your condition" He answered - "You've made me very happy Judge, everybody else tells me it's all my fault".



"Hello, safety department? Help!"

Printed by

**ORIEL PRESS LTD,  
CHARLEVILLE**