

ound this rather ting. I decided I ed to brush up on public speaking took myself off to msters. is a very difficult to stand up out any previous ice or experience. hugely stressful. I it is universally ost dreaded thing und up and speak ublic," said Ms on. er a couple of as in Toastmasters aid she had the lence to give the h. ere was no arison, I really ved and enjoyed eech. It's a very n situation for thers of the bride ill. They can be vious wreck. It



ely hands over Michael Ryan

an's Life ght

ed by all the eople went to. was very iative but I feel I deserved e anybody else. id on the night dy makes a tion, I could of hundreds of hat make a huge tion to different nities, whether 1 Janesboro or reen or various nities. n that end I was assed by it but other hand it ry nice of people e together and it reat community I was pleased at end," said Mr

risers filled the ok with many of his life g his All-Ireland e 40 years ago in

ver, Mr Ryan at they left out ss nice aspects e! said very nice about me but out all the less ects of my life. ne that would er book but it be red, it would erent colour!" Mr Ryan, who to thank his er O'Connell e organising e, neighbours, friends and all ided from near

married to nd they have dren Maria, a Jane, Eamon l. ane, Una and on TG4's Feis d 2012 series eland's most ng family. Jane even d composed a ece of music asion



Kate Shannon, Killaloe/Ballina Toastmasters

makes the day more enjoyable for you and for the guests. What guests want to be sitting there cringing for somebody?" said Kate.

Speaking at a wedding is just one example, she says.

"It could be a parent that has to go to a

parent teacher meeting that isn't one to one. You may have to stand up in front of your peers and ask a question, or you may be on a sports club committee and have to make a presentation. You could be asked to chair a meeting, or it is very common now to say a few words after a funeral.

"In the grief of the situation, to stand up in front of a church full of people is very daunting," Kate adds. She believes public speaking should be taught in schools.

In the current economic climate she says they are an excellent edition to a CV. "To be able to present yourself as best as possible is a huge asset. You could have

an interview in front of a panel of people."

Killaloe/Ballina Toastmasters meet on the second and fourth Wednesday of every month from 8pm to 10pm. Ms Shannon says new members are welcome to come along to the Lakeside Hotel on Wednesday, January 23, or find out more on their Facebook page.

"It is a very supportive atmosphere full of like-minded people. No matter how big a mess you make of it people will find something that you did well. It is lovely to see new members improve.

"They come in nervous and unsure but it is amazing what a few weeks can do. It is a great night out too," she said.

Tom Walsh memorial run and walk

Donal O'Regan

HUNDREDS of runners and walkers will start the New Year by burning off the Christmas excess at the Tom Walsh memorial 10k run and five mile walk in East Limerick this Sunday.

The Caherline/Caherconlish community games committee organised the first race last year after the late Mr Walsh's niece, Maisie, donated two of his cups.

Mr Walsh, from Ballyvourneen, won over 200 races in Ireland, England and Scotland during his racing career spanning three decades.

He died in 2000 at the age of 82. Remarkably he never wore a pair of spiked shoes and he won every type of race from the 100 yards dash to a nine mile All-Ireland cross country race.

Around 400 runners and walkers are expected to traverse

the roads of Caherconlish and Caherline. The event begins this Sunday, January 13 at 2pm.

It costs €15 for the 10k run, €5 for the five mile walk and €10 for the five mile family walk. You can register at <https://eventmaster.ie> or on the day from the Millennium Centre in Caherconlish from noon.

The race starts 50 yards away at Boskill Cross and it will finish back in the village.

Chairman of the organising committee, Tom Kennedy, said they hope to build on the massive success of last year.

"It is open to everyone from athletes to those who just want to come out for a stroll with their family or their dogs. People are welcome to come down and show their support to the competitors as well - the more the merrier.

"There is huge commitment from locals and we are getting

great support from everyone around. We have 40 stewards along the route," said Mr Kennedy. There are a number of different prize money categories including over 60 and 40, as well as the first male and female.

John Robinson, well known local runner and race director, said it is an excellent course.

It heads towards Hospital, go left at Connolly's Cross, right at Proctor's Cross, left at Uncle's Tom's Cross, down to Kilmurry Cross, then it's downhill all the way to Caherconlish. The 5 mile follows a similar path.

They will pass a plaque to celebrate Mr Walsh's life at Caherline Church and his ancestral home in Ballyvourneen.

Most will walk or drive to Caherconlish on Sunday but it was not unusual for Mr Walsh to cycle to an event, run the race, then cycle home!

Special magazine to mark 75 years of local golfing history

Collection of pictures and stories to mark Newcastle West Golf Club's anniversary

Gerard Fitzgibbon

A COMMEMORATIVE magazine full of pictures, yarns and tidbits from Newcastle West Golf Club's 75 year history is almost complete, the committee tasked with piecing it together have confirmed.

2013 marks the golf club's 75th anniversary, and over the last year past and present members have been contributing snippets of information for a special anthology, which will reflect on the people and places that have become synonymous with a club drenched in history.

Pat McLoughlin, chairman of the committee tasked with putting together the magazine, said that trawling through the club's archives has been a tough but rewarding task.

"We're about 50% of the way there. A lot of the heavy lifting has been done at this stage. We've been going through 75 years of club records, which is a bit of a daunting task! But we've extracted a lot of information, and most of it will be going into the magazine."

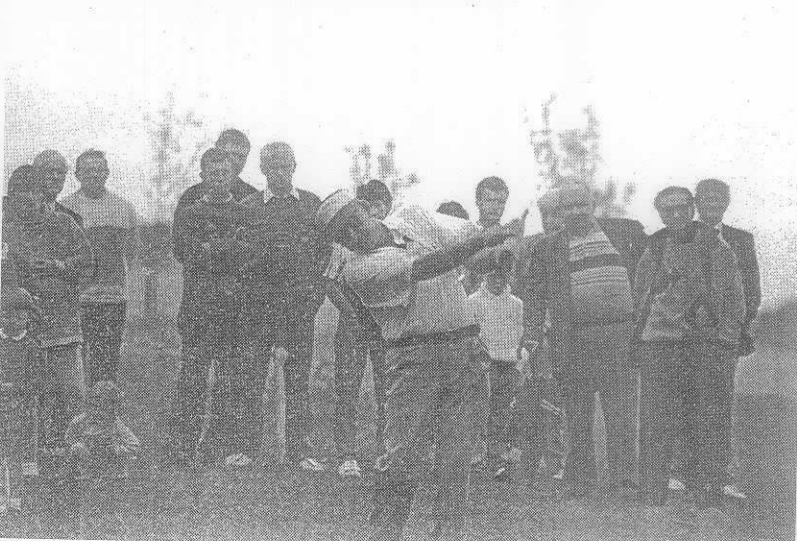
Among the litany of historical landmarks that will be featured in the magazine include the official opening of its clubhouse at Rathgonan House, Ardagh by then-Tanaiste Dick Spring in August 1994.

On the day, hundreds of locals watched a special exhibition by another guest of honour, Christy O'Connor Snr. Pictures from the event were captured by the Limerick Leader and will be included in the magazine.

Newcastle West Golf Club traces its roots back to April 14, 1938, when eight men held a meeting at the



These pictures, taken from the Limerick Leader archives, show the formal opening of Newcastle West Golf Club's new home at Rathgonan House in August 1994. (Clockwise from top) Tanaiste Dick Spring cutting the ribbon with club captain Pat Hartnett; Special guest Christy O'Connor Snr playing in an exhibition match; and a large crowd of locals watching the action on the fairway



old central hotel and decided to set up a local club for a sport which had been played in the Castle Demesne informally since 1920.

The club's ancestral home was a 40-acre plot at Killeline, on the Dromcollogher road, which was originally leased for £77 a year.

The first shot was hit on the old nine-hole

course by the parish priest, Canon Hannan, on September 14 1938.

Through the decades that followed the club became synonymous with Killeline, purchasing the property outright for £1,100 in 1943.

The annual golf club dance, first held in 1940, became a the highlight of the local

social calendar for over 25 years.

By the time of its golden jubilee in 1988, the club had outgrown its roots at Killeline and a new home was sought.

The following year Rathgonan House and its surrounding lands, which had once formed part of the 2,775 acre Cahermoyle estate owned by the family of

patriot William Smith O'Brien, came back on the market.

The estate was bought by the club and Rathgonan House was re-developed as a clubhouse.

Since then it has benefited from €1.2 million in investment, and the club stands today as one of the finest in Limerick.

Mr McLoughlin said that one of the main features of the commemorative magazine will be a picture of every club captain from 1938 to 2013, coupled with bits of history and developments in the club in each year.

However he added that they are missing a picture of one captain -

Jim Phelan, who was captain in the early 1940s who used to own a hardware store in the town.

To contribute pictures or other information to the anniversary magazine, please contact Newcastle West Golf Club on 069 76500, or else e-mail them at info@newcastlewestgolf.com.

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