

Sean to sail solo across the Atlantic

LIMERICK oarsman Sean McGowan, plans to become the first Irishman to row across the Atlantic solo, starting from the Canaries, in December.

In doing so, he will raise enough money for Soweto Connection to build a centre for Aids victims in the Khayelitsha township in South Africa.

Sean visited Knockea School last weekend with his boat, Tess, in which he will make the epic voyage, and much to the delight of pupils..

Some asked about the solar panels which power his communications. Others about the food supplies which he will carry with him in dehydrated packs.

"What I don't understand is why didn't you get someone to help you?" asked one third class boy.

Like hundreds of other schools around Ireland, Knockea will be taking part in the Shout Out to Sean initiative to raise money for a new nutrition and education centre in one of the poorest town-

ships in South Africa.

They will complete specially designed curriculum sheets, raise some money, and even record a message of support to Sean.

Messages from all the schools will be sent to him on his long solo journey and the children's voices will be replayed hundreds of miles out in the ocean. Thanks to support from Limerick-based company Carambola who help families to eat right, move more, and think better, all money raised will go directly to South Africa.



Sean McGowan at Knockea school.

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October 5th - 9th, 2009



Limerick City, Limerick County, Clare, Kerry and Tipperary North Enterprise Boards are coming together from October 5th - 9th 2009 with a weeklong schedule of events for small businesses in this region. They invite all businesses to attend any of the huge selection of events happening throughout the week.

Regional Events

Monday 5 October

Official Opening of the First Mid-West Regional Business Week followed by Enterprise Expo at Westpark Business Campus, Shannon.

• 2pm-3pm Official

Tuesday 6 October

Clare Enterprise Board Women's Business Network Guest speaker **Owen Fitzpatrick** Templegate Hotel Ennis No Fee Booking Essential

Wednesday 7 October

Mid-West Regional Network Event with Sean Gallagher of Dragon's Den "Put your money where your mouth is - Making Successful Decisions in Tough Times" Radisson Hotel, Limerick 5.30pm - 8.30pm



Limerick Chamber presents Business Financing & HR tips for success Greenhills Hotel, Limerick 8.30am-11.30am Free to Chamber Members, Non Chamber Members €20

Protecting your business ideas - patents and intellectual property Carlton Castletroy Park Hotel, Limerick 10am-1pm, No Fee

Enterprise Clinic Ballyhoura Development, Croom Enterprise Clinic 11am-1pm, No Fee

Start your own business Kilmurry Lodge Hotel, 7.30pm-10pm, Fee €50