

From Despair to Recovery
By Rosemary Rooney

Gambling Real Life: Kate's Story
CONTINUED:

Kate has described her gambling as a way of escaping from the reality of her life.

This was a psychological escape, which she used to shut down for a couple of hours. She found whilst gambling that she was also dreaming of big money and the wonderful things she could buy. Therefore she was experiencing a mood change from gambling and this she felt was positive for her and was exactly what she needed.

So what happened to Kate for her to seek help? This particular night Kate had found it very difficult to sleep and was very restless. It is fair to say that this had been happening for some time. Kate was full of worry and distress and financially she was in a mess. She had maxed her credit cards to the limit and had basically run out of money. Kate got out of bed and went to the kitchen she looked at all of her mail, some of which she couldn't face opening, final demands etc.

She was gripped by fear and her husband was away at work but she knew deep down that this really was going to be the end of their marriage. So many times before she had promised that she would stop and she did for short spells, only temporarily of course. Kate knew she was in deep trouble and she became so overwhelmed with guilt. She thought of her children and became so guilt ridden. She knew that this time it was different. She felt her dignity and her self-respect had gone and she felt so worthless. Kate felt such shame and embarrassment and was overcome with mixed emotions. She had thoughts about ending it all and that her children would be better off without her. She describes coming to her senses and describes how she felt a huge surge of love for her children.

This she says gave her the strength to fight back and get help because up until that point she had felt very detached emotionally from everyone including her children.

This of course is expected when one gets so preoccupied with spending more and more money on it. It certainly responsibilities at is the case with



Newry and Mourne Enterprise Agency Job Opportunities Fair 2011, Charlene Carey (Costume Corner) and pupils from St Mary's High School Newry. R1113708



Newry and Mourne Enterprise Agency Job Opportunities Fair 2011. R1113707

Massive crowds at jobs fair

By Cormac Campbell

Nearly 40 local businesses, representing fields as diverse as engineering, insurance, computing, leisure, hospitality, haulage, science and local government were out in force on Wednesday (March 23) highlighting the vast array of career opportunities that are available in the Newry area.

The companies, who directly and indirectly are responsible for over 10,000 jobs in the district, were taking part in the Newry and Mourne Co-operative and

Enterprise Agency Job Opportunities Fair, which was held at the Work In Newry (WIN) Conference Centre.

Greeting them was an estimated total of 1,300 people made up of school children, third level students and older jobseekers, keen to explore local industries and indeed in search of employment.

According to Peter McEvoy of the Newry and Mourne Co-operative and Enterprise Agency, the event epitomises what the organisation is about.

"It was a very straightforward mission in the 1970s," he said. The three steps were: "To help bring work to Newry, to provide assistance to local businesses which would ultimately create work in Newry and working directly for Newry."

According to Dr Conor Patterson, president of Newry Chamber of Commerce and Trade, the event, which was supported by Newry and Mourne District Council and

the Department of Social Development, was designed to highlight that even in tough times, serious business – and therefore employment opportunities exist in Newry.

"A lot of school age youths and university students are very uneasy about their future," he said. "So we are trying to demonstrate that there are companies in Newry that are doing very well. But it is difficult for young people to get that introduction, where do you go? Who do you talk to? Those people were here today."

"These businesses are locally owned and it is very much about drive, ambition and entrepreneurship. So we hope people can make a connection that leads somewhere by making career choices. The demand out there for this event is obviously incredible so we will find the money somewhere to do it again and might even try to do it before the end of this year," he added.



Newry and Mourne Enterprise Agency Job Opportunities Fair 2011, students from the Southern Regional College. R1113705

Bridge results

BREFFNI BRIDGE CLUB

1. P Lynchehaun and S Ryan.
2. K and B Smyth. 3. E Baxter and P Rafteris.

WARRENPOINT BRIDGE CLUB

President's Prize
1. G Daly and E McElroy. 2. T Blackman and E Devlin. 3. M Gilmore and Y Magennis.

Section A
1. (tie) M Menown and J Morris/ M Hogg and B Lawless.
3. T Blackman and E Devlin.

21 BRIDGE CLUB

N/S. 1. L Loughlin and D

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GreenShoe

By Cadogan Enri
Can't tell the woods from the trees!

A recent survey by the Wildlife Fund discovered that majority of consumers had n that wood sold in the UK and Ireland is often made from il sources or is the product of unsustainable logging practi developing countries.

More than £700 million a spent unwittingly by UK she on products made from illeg sourced wood.

Last year we saw the deva that flooding caused in India and Brazil where deforestati a huge factor. Logging and deforestation destroys the ha of the plants and animals th in its delicate ecosystems an realistically these can never recovered.

Trees really are the planet lungs so without them we w in trouble. Deforestation is responsible for about 15 per cent of the world's greenhouse gas emissions.

In 2012, EU legislation is ban the importation of illega sources. But it won't really enough to end deforestation effectively as it exempts pri products and fails to set min levels of penalties and sanc It's consumer demand that fi this industry and you can he tackle this problem. Make st consumer choices by looki the Forestry Stewardship Co (FSC) symbol when purchas wooden products – if it's not inform the retailer that you e buy products than can be pro come from a sustainable sou This may help educate and e the attitude of retailers.

We must also be protectiv defensive of our own natura resources and be vigilant to sure that we don't lose our indigenous trees.

Defend your trees - don't complacent when it comes t political suggestions to sell off to raise cash for the government's coffers.

Best of all - look for prod made from recycled wood – are often more durable and t character and won't cost the – literally!