



Clonmel



Des launches new book on losing weight

Clonmelman Des Doyle will return from Leoben in Austria next week to launch a new English language version of a medical book on the subject of weight loss, and of which he is the co-author.

The launch of Dr. Bahadori's Leanness Programme, which was co-written with Dr. Babak Bahadori, will take place at the Clonmel Park Hotel at 7.15 next Wednesday evening, 28th.

Des explains his involvement with the book - "About two years ago I was suddenly crippled by arthritis. I suppose my lifestyle as a musician, publican and tour operator did not help. Stress, combined with obesity had taken its toll and I knew that whatever happened from here on in my whole future and health depended on the next move.

It was in this darkest hour that I met Dr. Bahadori and I vividly remember

standing in the hospital hallway on crutches, being miserable and depressed. Dr. Elisabeth Uitz, the Rheumatologist in the hospital where I was admitted, made it clear that I must lose weight or face the consequences of my joints being affected, causing a massive reduction in the quality of my life.

Dr Bahadori asked me if I would consider translating his book Dr. Bahadori's Leanness Program, and I agreed. In a short time I put the crutches aside, and using the seven step programme regained my physical and mental health. I now go for hour-long hikes in the mountains or cycle a hundred miles just for fun. In the meantime I have secured diplomas in nutritional science, fitness and health management and have met and worked with many people, who you can read about in this book. They like me now know it's not your fate to be overweight."

Peaks Mountaineering Club

The Christmas Party takes place in Knocklofty House on Saturday night, 1st December. The day starts with a bus from Eldon's at 10.30 with a pick-up at Knocklofty at 10.45 for the walk. The walk in the Knockmeal-downs will be about 4 hours duration, with facilities for showering and changing clothes before putting on the party glad rags in Knocklofty House after the walk. The buffet is at 6pm and when fed and refreshed Marty Daniels will provide the music from 9 until late.

Contact Martha or Nuala for further details and look at the notice board in Eldon's also.

Paschal is leading a night crossing of the Comeraghs on this Saturday, 24th from Eldon's to Dungarvan. This walk is a full night crossing and all the gear is required, including a spare battery for the head torch. Paschal chose his night well, with a full Moon and also the Moon is

at perigee, which is its nearest point to Earth at a distance of 357,225 kilometres. However all this depends on clear skies, which cannot be guaranteed, so bring all the gear.

The Peaks Mountaineering Club extends its sympathy to the O'Donnell family on the death of John O'Donnell of Newcastle, brother of Kevin. To Kevin, Bernie and John's wife Margaret and their families in Newcastle, Kilkenny and Dublin our deepest sympathy.

All walks for this Sunday, 25th are in the Comeraghs and Ordnance Survey map no. 75 is needed if you wish to mark the walk for your own use. 10.30 leader Kevin Bowen, 11.30 Leader Bernard Lennon, with Jimmy Trehy assisting. The leader for the afternoon walk is Helen McNamara, with Pat Kinsella and Seamus Maher assisting. Bring all the winter gear and a hot drink, as it is cold out there.