

Limerick Chronicle



IT'S CHRISTMAS!

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APPEALS BOARD TO DECIDE ON CENTRE

NICK RABBITTS
e-mail: nick@limerickleader.ie
Twitter: @nick468official

THERE is anger in some quarters after it emerged the decision over the multi-million Project Opera plan has been taken out of the hands of councillors.

The final verdict on whether the €150m plan to build office accommodation at Patrick Street will go ahead will now be made directly by An Bord Pleanála in Dublin, rather than local councillors, as is normally the case with public projects.

The move has been described by homelessness charity Novas as “unfortunate”, saying it fears the views of a cross-party lobby of members wanting housing in Project Opera will now not be considered.

Council boss Conn Murray said, having taken legal advice, an Environmental Impact Assessment (EIA) is now needed, meaning the decision on Limerick’s biggest planning project in recent times will go straight to the national appeals body.

Since this means the application

→ **CONTINUED ON PAGE**



Light entertainment in Annacotty

Sorcha Keoghan and Ruan Kiely-Keoghan, enjoying the turning on the Christmas tree lights in Annacotty on Sunday evening. More pictures from the occasion will be published in the Limerick Leader city edition this weekend

PICTURE: BRENDAN GLEESON

Commercial FREE CITY PARKING AT CLEEVE'S



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Court €12.5K AWARD TO BOY, 6



PAGE 3



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EDITOR
Eugene Phelan
061-214503
eugene.phelan@limerickleader.ie

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The Limerick Chronicle has the proud distinction of being Ireland's oldest newspaper and has been published continuously since 1768, more than 120 years before its sister paper the Limerick Leader first appeared in 1889. For many years the two titles were rivals but the Chronicle was bought by the Limerick Leader in the 1950s, since when they have been part of the same newspaper 'stable', and brought to you by the same team of award-winning journalists. The Chronicle shares its sister paper's highly popular website **www.limerickleader.ie**

WEATHER

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COOLER AT JUST
8°C WITH
SHOWERS
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Joyful times: World rugby referee of the year Joy Neville greeted by wife Simona at Shannon

There was a joyful homecoming at Shannon Airport on Saturday when Joy Neville landed after her selection during the week as World Rugby Referee of the Year at an event in Monaco. Joy was greeted by her wife Simona Coppola holding the World Rugby Referee Award PICTURE: ARTHUR ELLIS

Limerick Chronicle

YOUR LOCAL NEWS - ONLINE

The website for the Chronicle's sister paper, **www.limerickleader.ie** provides the most comprehensive and up to date news and sports service for the people of Limerick, at home and abroad, seven days a week. Log on for the latest developments brought to you by our unrivalled team.

INSIDE YOUR CHRONICLE

€45k for footpath fall



A FATHER-of-three young children who aggravated a knee injury when he fell while walking on an uneven footpath has been awarded €45,000 in damages. See page 8

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Male model of the year, Patrick McLoughney

TWEETS OF THE WEEK

@PaddyHartnett77

While you sit back relax & enjoy the #LateLateToyShow please think of those less fortunate that won't be seeing it or won't have a family to snuggle up to tonight #LateLateToyShow #Christmas #FridayFeeling



We want to hear your news and views @limerick_leader

@LimerickChamber

Can your business help 'Turn the Key' on Homelessness this Christmas? This Christmas, over 8,500 people will be without a home to call their own. @PMVTrust are asking businesses to partner with the charity this winter.

@CaseyEmer

Appeal for Christmas donations for @novasireland. I'm collecting toiletries, pjs, underwear & other items for homeless people in Limerick, please share! It's a small comfort for those who need it most at this time of year. All items needed

Press Council of Ireland

The policy of the Limerick Leader is to provide our readers with a news and information service that is fair, accurate and balanced. This newspaper adheres to the Code of Practice set out by the Press Council of Ireland and is committed to the highest standards of reporting. If we make a mistake, we will endeavour to correct it at the earliest opportunity. In such instances, please write to the editor at 54 O'Connell Street, Limerick, or email editor@limerickleader.ie Alternatively you may contact the Press Council of Ireland at 1-3 Westmoreland Street, Dublin 2. Tel: (01) 648 9130. Email: info@presscouncil.ie



NEWS

AWARD: BOY UPSET AFTER BOXES FELL ON HIM

€12.5k award to young boy

DAVID HURLEY
e-mail: david.hurley@limerickleader.ie
Twitter: @dhurley1

A SCHOOLBOY who “developed a fear of supermarkets” after a number of cardboard boxes fell on top of him has been awarded €12,500 in damages.

Through his mother, the now eight year-old sued Aldi Stores (Ireland) Limited following an incident which happened on January 10, 2015.

During a short hearing at Limerick Circuit Court, Ciara Daly BL said her client was entering the Aldi store at Childers Road when a large number of empty cardboard boxes “struck him and knocked him sideways”.

She told Judge Gerald Keys, that the young boy, who has an address on the southside of the city, sustained some bruising and that he was upset and crying in the immediate aftermath of the incident.

“They were empty boxes, they fell from a height and they gave him a bad fright,” said Ms Daly.

The plaintiff, she said, suffered from Enuresis -involuntary urination -for some time afterwards and



A number of empty cardboard boxes fell on top of the boy at the Aldi store, Childers Road
PICTURE: MICHAEL COWHEY

developed a fear of going into big shops.

“He finds it very frightening going into shops and large supermarkets,” she said adding that while he has not fully recovered, progress is steady and he is “much improved”.

Judge Keys was told it is accepted the schoolboy “has other stressors in his life” and that in the circumstances the offer of €12,500 by the defendant company was being recommended by his lawyers to the court for approval.

The judge agreed and having considered the matter he awarded the plaintiff €12,500 plus his

legal costs.

The judge granted an application allowing for the immediate payout of €500 to cover the cost of replacing two beds which were damaged as a result of the plaintiff’s Enuresis.

However, he refused an application by the boy’s mother for an additional payout to cover the cost of a family holiday. “I’m not disposed to approve a pay out, it’s (the damages) not for holiday purposes,” he said. In keeping with normal practice, the monies awarded will be invested by the Courts Service and will not be paid out to the young boy until he turns 18.

Appeals board to decide on Centre

► CONTINUED FROM PAGE 1

will be restarted, there will also be a delay on the project.

Novas communications boss Una Burns said: “It makes the submissions Novas has taken part in null and void. When it was at local level, we were very aware a lot of councillors were advocating for accommodation to be included on the site. We had cross-party agreement. So if that part is eliminated, it’s unfortunate.”

Former mayor Kieran O’Hanlon said: “I’d have an

issue of an erosion of local democracy. Councillors have been taken out of the formula in a lot of areas in terms of local government. I can understand big projects are unnecessarily delayed by spurious objections, but this is a major development, and I think councillors should have an input.”

Sinn Fein councillor Séighin Ó Ceallaigh, one of only four members to vote against an €85m loan from the European Investment Bank, said: “There is a big discussion to be had about this because of the lack of housing

involved. We have to look at the fact if we are getting 3,000 workers into the city centre, where are they going to live? There are only 30 to 40 places to rent in Limerick. Unfortunately, the likelihood now is we won’t have a say in the matter, which I’m very disappointed in.”

But Independent councillor John Gilligan said he did not believe housing should go into Opera, saying it would be “tokenism at best”.

He pointed out other office developments, like the National Technology Park in Plassey do not have housing included. Mr Murray said council is fulfilling a “statutory obligation”, adding a number of groups which made submissions on Project Opera sought an EIA, meaning it would go straight to An Bord Pleanala.



Isobel Cox, Alex Coulibarry and Emma Aherne at the launch of the Matthew Stephens Jewellers Direct from Dealer Masterpiece Collection Diamond Event which runs until Christmas.

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NEWS

BUSINESS: COUNCIL UNVEILS 'PARK-AND-STRIDE' SCHEME TO HELP SHOPPERS

Free festive parking at the former Cleeve's factory

NICK RABBITS
e-mail: nick@limerickleader.ie
Twitter: @nick468official

MORE than 200 free car parking spaces are being offered for shoppers and visitors to Limerick at the Cleeve's site this Christmas. Limerick City and County Council has this Monday confirmed the former toffee factory at the North Circular Road will be home to a 'park-and-stride' initiative, allowing people to leave their cars and walk the final few minutes to the urban area.

Around 220 spaces will be available, the local authority says, with free parking available from this Friday, December 8, from 9am to 9pm every day up to New Year's Eve.

The site will remain open until midnight on the final day of 2017 to facilitate those wishing to attend the New Year's Eve fireworks display.

Separately, 85 free parking spaces will also be made available at the council's headquarters at Merchant's Quay for the next three weekends.

Over the past number of years, Limerick City and County Council has provided free on-street parking, either in the mornings or afternoons.

However, Council bosses say feedback indicated that it was almost impossible to avail of this offer as all of the



The Cleeve's factory is to be home to a park-and-stride scheme which comes into effect this Friday morning

on-street spaces were taken and there was no little or no turnover of spaces throughout the day.

Mayor Stephen Keary said: "The provision of the 'park and strides' are in keeping with Healthy Ireland, the national framework for improved health

and wellbeing. The council is encouraging members of the public to be physically active this Christmas and walk the last five to ten minutes of their journey to shop in the city centre."

Chamber chief executive Dr James Ring added: "The city is expected to be even

busier over the weeks ahead and this dedicated free car parking sends out a positive signal that Limerick city centre is open for business. We're asking retailers to stay open late on Friday nights and on Sundays for the month of December and with a range of free family

events in the city over the next few weekends, Limerick excels at Christmas." This weekend, Santa's elves will be arriving in Bedford Row to help local children write their Santa letters to post into Santa's Magic Post Box in plenty of time for the big day.

which was welcomed by INMO general secretary, Liam Doran.

"However, the very significant increase in additional patients on inpatient wards, on trolleys or additional beds is most disturbing and suggests hospital management are increasingly repeating the mistakes of the past. Overcrowding wards has never solved the problem, of hospital overcrowding, and this will only be done through additional acute beds," he stated this week.

MUSIC

Christmas show with Eimear Quinn

EUROVISION winner Eimear Quinn will perform a Christmas concert in the Belltable this Thursday night at 8pm. Tickets available from www.limetreetheatre.ie.

EDUCATION

Scholarship boost for LIT students

PAUL O'Connell was the guest speaker at LIT's Millennium Theatre this Monday as 19 students were presented with scholarships through the Leaders @ LIT Scholarship Programme.

CHRISTMAS

Limerick on Ice at Arthurs Quay

Ireland's longest established real ice skating rink on Arthurs Quay is now open and will be open until January 7. A family friendly venue, it is a great activity for both young and old.

CHRISTMAS

Lots on offer for a local Christmas

A host of activities laden with Christmas cheer will be taking place across the festive season in the city and county. From markets to theatre, there will be something for all the family. For full details see Limerick.ie/Christmas

CHRISTMAS

Historical Society lecture at Mary I

LIMERICK Historical Society will host an alternative Christmas story by University College Cork academic Dagmar Ó Riain. It takes place on Monday, December 11, at 8pm in Mary Immaculate College.

HEALTH

30 patients treated on trolleys at UHL

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Monday morning, there were 30 patients being treated on ED trolleys and additional trolleys or beds in the wards at UHL.

Calls for Minister to 'intervene' in overcrowding crisis

OVERCROWDING at University Hospital Limerick is again the worst in the country, according to new monthly figures released this week.

Statistics published by the Irish Nurses and Midwives Organisation show that there were 378 patients being treated on emergency department trolleys and on extra trolleys or beds in the wards at UHL in November.

Though the overcrowding rate was lower than September levels – 902 pa-

tients – it is significantly higher than the October figures, when there were 712 patients on trolleys.

There were 227 more patients being treated on trolleys at UHL than at Cork University Hospital, the INMO figures also reveal.

And so far this year, there have been 8,116 patients treated on trolleys at the hospital in Dooradoyle.

Condemning the findings in the monthly report, Sinn Féin Deputy Maurice Quinlivan said that he fears that

the action needed to tackle the problem "will only happen after a tragedy occurs due to the overcrowding levels and, by the stage, it will be too late".

On Monday morning, the Limerick City TD took to Twitter, saying: "In July, Health Minister Simon Harris expressed his anger when he contacted UHL – we need more than anger from the Minister we need intervention."

In a statement, Deputy Quinlivan said that he is "con-

stantly raising the issues facing University Hospital Limerick in the Dáil, but this government is not listening".

"The huge numbers on hospital trolleys is becoming a monthly occurrence, and Minister Harris needs to take radical action, focusing on four main areas; recruitment and retention of staff, re-opening closed beds, adequate step down facilities, and proper primary and community care."

Nationally, there was a 7% decrease in trolley numbers,

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DISCIPLINARY ACTION: REPORTS SAY MURDERER MARTENS WENT AWOL AT NORTH CAROLINA JAIL

Killer faces prison punishment

FINTAN WALSH
e-mail: fintan.walsh@limerickleader.ie
Twitter: @FintanYWalsh

CONVICTED murderer Molly Martens faces prison punishment for going on "unauthorised leave" during her incarceration at a North Carolina jail.

Martens, 33, is serving a 20-year sentence at the Southern Correctional Institution, after she and her ex-FBI father Thomas Marten, 67, were unanimously convicted of the

second-degree murder of Janesboro businessman Jason Corbett in 2015.

Media reports this Monday state that a spokesperson for the North Carolina Department of Public Safety confirmed that an "unauthorised leave infraction" was recorded against Martens last month.

The spokesperson told the Daily Mail that the "offender may have been somewhere she was not supposed to be, and this was detected and recorded".

This was a second blow to the Martens in a matter of

weeks, as a judge refused to quash the judgement convicting Molly and Thomas Martens of second-degree murder in August last.

After being unanimously convicted of the crime by an American jury, the pair challenged the verdict, alleging juror misconduct.

The Irish Independent, and a number of American news outlets are now reporting that Judge David Lee, who oversaw the original trial, has refused to set aside the conviction.

Full details of this are expected to be published

within the next week.

The father and daughter are also challenging their convictions with a case lodged with the North Carolina Court of Appeals, the State's second highest appeal court. It is understood that appeal will largely be based on legal issues surrounding their trial.

That appeal had been effectively suspended until the Davidson County legal issues were resolved. The duo are now serving sentences of between 20 and 25 years in separate North Carolina prisons.



Molly Martens faces disciplinary action PICTURE: MARK CONDREN

Limerick celebrates 30 years of EU's Erasmus

MARIA FLANNERY
e-mail: maria.flannery@limerickleader.ie
Twitter: @mariaflan

LIMERICK'S three major third-level institutions joined the rest of Europe this week to celebrate the 30th anniversary of the Erasmus programme, which allows students to complete a foreign exchange during their studies.

Established in 1987, the EU's student exchange programme has seen several million European students travel to another EU country for studies of between three months to a year.

Erasmus+, established in 2014, combined the original Erasmus programme with several other exchange programmes covering staff, youth and sports.

UL, Mary I and LIT, which enjoy a healthy Erasmus participation among their students, celebrated the milestone anniversary at the Irish World Academy of



Killian Harrington, Dooradoyle, and Anna O Sullivan, Fr Russell Road, both from St Paul's National School, Dooradoyle, with University of Limerick president, Dr Des Fitzgerald at the Erasmus celebrations PICTURE: OISIN MCHUGH/TRUE MEDIA

Music and Dance.

A host of organisations involved in EU exchange programmes across Limerick gathered to celebrate the success the programmes

have brought to learners from youth groups, adult education, schools and higher education.

At the heart of the EU co-operation programmes are

the people who take part. Participants of the event were able to tell their stories from their time abroad.

This event was jointly organised by the International

Education Division and the Irish World Academy of Music and Dance at UL, Mary Immaculate College and Limerick Institute of Technology.

Politician and local barrister elected to UL governing body

A SOCIAL Democrats politician has been elected as a graduate representative to the University of Limerick's Governing Authority.

Sarah Jane Hennelly, the Social Democrats' national chairperson, was a candidate in the 2016 general election, and has been chosen to represent the party again for Limerick city at the next general election.

Now she will sit on the board responsible for overseeing university affairs, after topping the poll out of six candidates for the two graduate positions, in the Authority election last week.

"Like many others affiliated with the university, I was disappointed to see such unacceptable practices come to light recently. I have extensive experience in governance and reform through my political and professional work, so I intend to bring that to bear during my time on the Governing Authority," she said.

The 29-year-old has a degree in Politics and Public Administration, as well as a Master's degree in European Politics and Law from UL. She works in community development in Limerick city.

The second graduate governor is Dromkeen native Liam J. Carroll, a barrister. The 24-year-old has a Master's Degree in Law from UL. He also holds an undergraduate degree in Law as well as a Barrister-at-Law Degree from the Honorable Society of King's Inns.

'Sole mates' programme to get teens and mums active

A study at Mary Immaculate College is aiming to increase the physical levels of teenage girls and their mothers, through an innovative group-based walking programme.

The unique programme, entitled Sole Mates, is led by Dr Elaine Murtagh, lecturer

in Physical Education, MIC, and is scheduled to start in January 2018; it will be facilitated by a research team with experience and expertise in physical activity.

According to Dr Murtagh females the world over tend not to undertake adequate physical activity, despite the

many health benefits.

"This programme is based on formative research we conducted with teenage girls and mothers. We held focus groups in schools to ask teenage girls what would help them engage in a physical activity programme. We also interviewed mothers

of adolescent girls to find out what they need in order to adopt an active lifestyle and support their children to be physically active also.

"As a result we have designed a six-week walking programme that will include group-based education sessions at MIC," she explained.

It was developed in collaboration with researchers at the University of Newcastle, Australia and the University of Northern Colorado and supported by Get Ireland Walking. For further information contact 061 204569 or solemates.mic@gmail.com



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NEWS

ACTION: COUNCIL SUED BY MAN WHO LOST BALANCE AND FELL

€45k in damages after footpath fall

DAVID HURLEY
e-mail: david.hurley@limerickleader.ie
Twitter: @dthurleyll

A FATHER-of-three young children who aggravated a knee injury when he fell while walking on an uneven footpath has been awarded €45,000 in damages.

Dean Hogan, 28, sued Limerick City and County Council as a result of a fall near Syngé Court, John Carew Park, on July 5, 2013. Limerick Circuit Court was told the plaintiff, who now lives in Fedamore, was recovering from an ACL operation and was on crutches



The case was before Limerick Circuit Court

on the date of the accident. Limerick Circuit Court was told Mr Hogan lost his balance and fell on his side after one of his crutches "went into a hole" on the footpath as he was about to cross the road.

"I was in severe pain" he said adding that he attended his GP and University Hospital Limerick the following day when his knee swelled up.

He has had intermittent problems in the four years since the accident and still experienced some pain.

While accepting he was recovering from ACL surgery, Derek Sheahan BL said the fall had aggravated the injury and had lengthened his client's recovery time.

A number of medical reports were submitted to Judge Gerald Keys and it was submitted that an MRI scan which was carried out earlier this year showed Mr

Hogan had sustained an osteochondral injury as a result of the fall.

Consultant forensic engineer, Tom Hayes, said he found a section of the concrete path was fractured and he commented the Council was "just asking for trouble" by leaving it in the condition he found it.

Finding in favour of the plaintiff, Judge Keys said he was satisfied an accident did occur and that the condition of the footpath was "far from the required standard".

He ordered that €20,000 be paid out immediately while a stay was put on payment of the balance pending any appeal.

Serial offender jailed following wanton vandalism

A LIMERICK man who embarked on a spree of wanton vandalism "from the moment he left prison" has been sentenced to two years' imprisonment, writes David Hurley.

Robert Benn, aged 24, who is originally from the Garryowen area, pleaded guilty to multiple charges relating to offences which occurred in November of last year.

Limerick Circuit Court was told that within hours of being released from the Midlands Prison on November 28 - having served a six month sentence - the defendant returned to the city where he broke into a number of cars which were parked at an apartment complex.

Garda Cillian O'Muineachain said the defendant was not identified as a suspect until after his arrest in relation to a similar incident at another car park three days later.

He said Benn, who has a large number of previous convictions, was arrested

after he was found by security personnel "crouching between two cars" at around 11.10pm on November 30, 2016.

He told John O'Sullivan BL, prosecuting, the defendant had used a golf club to "wantonly strike to vehicles" and had attempted to open random car doors.

Benn, who had consumed a naggin of vodka, was so intoxicated following his arrest that he could not be interviewed for several hours.

Imposing sentence, Judge Tom O'Donnell said the multiplicity of charges before the court was an aggravating factor as was his previous record. He noted he is a chronic drug user and had consumed several intoxicants, including a large amount of vodka on the night he was arrested.

Noting Benn's youth and his genuine remorse, he imposed a number of concurrent three year prison sentences which he backdated to December 2, 2016.

The final 12 months were suspended.



Evan Stubbins is accused of robbing a necklace from Irwin Jewellers, William Street last Thursday morning. A file it to be prepared for the Director of Public Prosecutions in relation to the matter

Young man charged with robbing necklace

A YOUNG man who is accused of robbing a necklace worth more than €1,000 from a jewellery store has been ordered to stay out of the city centre, writes David Hurley.

Evan Stubbins, aged 21, who has an address at Church Street, Croom, is charged with robbery relating to an incident at Irwin Jewellers, William Street shortly before

midday on November 30.

The defendant, who was detained at the store by staff and customers, pending the arrival of gardai, was granted bail despite an objection.

Garda Shane Graham said it will be alleged Mr Stubbins had a "large red-handled" butcher knife concealed up his sleeve when he entered the store and that it is the State case that having asked if

he could try on a Curb necklace, he attempted to leave without paying for it.

Garda Graham said a violent struggle ensued when he was detained in the store after a citizens arrest was affected.

He said a number of witness statements have been taken by gardai and that CCTV footage from the store has also been obtained.

Solicitor Ted McCarthy said his client, who suffers from autism, is not a flight risk and he submitted there was no evidence that he had produced the knife while in the store.

Judge Marian O'Leary granted bail subject to a number of conditions including that he obey a nightly curfew and that he stay out of the city centre.

Quality mark call for local food produce

LIMERICK should introduce its own quality mark on local food products, a Sinn Féin councillor has suggested.

At an economic strategic policy committee meeting this Monday, Cllr Séighin O Ceallaigh made the call during a debate on the Limerick Food Strategy.

"It could be a stamp for Limerick, and a plaque to be carried on restaurants in the city," he said.

"A good example of this is Market Quarter Beer, which is only available in pubs around the Milk Market area. Buying local produce can be a bit more expensive, but it ensures the money remains in the local economy."

Meanwhile, councillors criticised the organisers of local food festivals for "importing" producers from outside the locality for these events.

In future, each festival should have a stipulation a

proportion should be dedicated to food producers from the Limerick area.

"Should we be funding food producers from outside the region," Cllr James Collins asked. "And I would include the French market in that, in terms of the pricing and the quality you get."

He said a recent Milk Market event which was oversubscribed in terms of uptake demonstrates Limerick people are willing to back local producers.

"It would make more sense to direct our resources to our own food history and what we have, rather than importing producers from outside," the Fianna Fail councillor said.

Mayor Stephen Keary pointed out that both he and Cllr O Ceallaigh had sat on an approvals committee for the Limerick Food Truck festival.

A condition of the €20,000 funding was that local producers have an input into the event, he told the meeting at County Hall.

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NEWS

Pedestrian hospitalised after Dock Road crash

FINTAN WALSH
e-mail: fintan.walsh@limerickleader.ie
Twitter: @FintanYWalsh

A WOMAN has been seriously injured following a road traffic collision in the city centre on Monday afternoon.

Shortly after 4pm, a woman was struck by a truck at a zebra crossing between Mount Kennett and Steamboat Quay on the Dock Road.

At 4.20pm, Limerick Fire Service dispatched three units to the scene, and returned to the Mulgrave Street base at around 5pm.

An Garda Síochána and the National Ambulance Ser-

vice attended the scene at around 4.20pm. The truck involved in the incident was present at the scene.

According to witnesses, they heard "screaming" at the time of the incident, and that the woman was crossing the road when the collision occurred.

Following the incident, the Dock Road was closed outbound for an hour.

Gardai at Henry Street were diverting traffic at Shannon Bridge Roundabout, while some traffic was being diverted up Mount Kennett Hill on to Henry Street.

The woman's condition was not known at the time of going to print.



The mayor who cares: Coffee morning for Novas

HOMELESSNESS charity Novas has received a boost after metropolitan mayor Sean Lynch held a coffee morning to fundraise for them. More than €370 was raised from donations across two hours at City Hall as part of the event. Cllr Lynch said: "We know the great work Novas does. When I heard there were 3,000 kids living in bed-and-breakfasts and hotels, this was a wake-up call. These coffee

mornings are great. All I'm giving is my time and my family's time to invite as many people as possible to come in here and network and listen to the people who are doing their utmost for the people out there who are homeless and disadvantaged that are living in hard times." Una Burns, communications manager with the charity, said: "Events like these are huge in terms of the money which is raised which will

go directly to our front-line services here in Limerick, like the street outreach and temporary emergency provision. But also in terms of raising the profile of homelessness, particularly at this time of the year when it is such a pertinent issue." Cllr Lynch is pictured with Ms Burns, Limerick Leader's Alan Dempsey and Fergal Deegan, Cllr Frankie Daly and Julie McKenna, Novas. PICTURE: KEITH WISEMAN



Scene of the road traffic collision, where a woman was injured

Perinatal mental health conference at UHL

A LEADING consultant psychiatrist at the UL Hospitals Group has said that the costs of not identifying and treating perinatal mental illness "are high".

Speaking ahead of a major conference on developing a perinatal mental health service this week, Dr Ma Mahady Mohamad said that mental illness during and after pregnancy "can

have a wide range of negative effects" on the mother, child, and family.

The conference will take place at the Clinical Education Research Centre at University Hospital Limerick this Wednesday, and will feature a longlist of experts in this medical field.

"Women who suffer from perinatal mental illness often suffer in silence

and fear, afraid of the stigma and potential consequences on their ability to care for their children. We also know that when untreated, perinatal mental illness can impair the interaction between the mother and her baby, leading to difficulties with emotional, cognitive and social development of the child," he said. HSE Mid-West chief officer, Bernard

Gloster said the perinatal mental health is "of such significant importance. There is a clear requirement for all aspects of healthcare services to develop awareness and make appropriate responses, this conference is another step in developing that awareness".

UMHL is now developing a perinatal mental health service.

Brown Thomas honoured for contribution to Christmas

ONE of the city centre's prime retail spots has been honoured with a Limerick Tidy Towns award, writes Nick Rabbitts.

Brown Thomas, located in the heart of the city, has won the monthly award for both November and December, for what the judges say is being "an integral and positive part" of local retail, particularly around Christmas time.

Maura O'Neill, Limerick City Tidy Towns, said: "We usually focus our monthly awards on smaller businesses, but we felt this year

that it was important to recognise the hugely positive impact Brown Thomas has had on Limerick city for many years, and how wonderfully their Christmas decorations enhance the heart of the city's retail centre."

"The impact their festive lights and window displays have at the hub of the city centre is clear for all to see, but throughout the year, the store also consistently maintains an impeccably clean exterior, with regular window cleanings and litter-picks outside all store entrances,

and at the rear of the property. As well as that, when the store acquired new Christmas decorations a couple of years ago, their previous decorations were recycled by way of donation to The Hunt Museum, something that is a vital element of the Tidy Towns ethos," she added.

Brown Thomas is the eleventh and final Limerick City Tidy Towns winner for 2017.

Other award winners for the year include Nelly's Corner, O'Connell's butchers, Enzo's, Billy Hig-

gins Clothing and Narrative Four.

All the monthly winners are in with a chance of winning the overall prize for 2017 at the annual Tidy Towns awards to be held early in 2018.

If you wish to volunteer with Limerick City Tidy Towns they meet every Sunday morning at 11 am at the corner of Thomas Street and O'Connell Street, and on Wednesday evenings at 6pm outside the White House during summer months. All are welcome.



Maura O'Neill and Sharon Slater of Limerick City Tidy Towns present the monthly award to Orla Collins, acting general manager of Brown Thomas Limerick PICTURE: MAXINE BRAMLEY/LOVELIMERICK

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Miller
20 x 300ml Bottle €2.66/ltr

8 PACK
€10

Molson / Oucidier
8 x 500ml Cans €2.50/ltr

€8
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Torres Sangre De Toro /
Vina Sol 750ml €8/750ml

SAVE €5

€20
EACH

Paddy Irish Whiskey 700ml €28.57/ltr,
Gordon's Dry Gin 700ml €28.57/ltr

SAVE €4

ONLY
€25

Smirnoff
Vodka 1ltr €25/ltr

SAVE €5

1ltr

CARAVANS: UNAUTHORISED HALTING SITE IS PREVENTING WORKERS FROM ACCESSING ROAD SITE

Council in legal action against Travellers as NDR is delayed

DAVID HURLEY
e-mail: david.hurley@limerickleader.ie
Twitter: @dhurleyl

LAWYERS representing Limerick City and County Council are expected to return to court this week after a number of Travellers failed to comply with an order requiring them to leave an unofficial halting site on the outskirts of the city.

The local authority secured an injunction against a number of named individuals last week requiring them to move away from a public road off Clon-drinagh Roundabout.

While the deadline to comply with the order was 12 noon on Sunday, a number of caravans remained in the area on Monday evening.

Making the application under the provisions of the Planning and Development Act 2000 Pat Quinn BL, representing Limerick City and County Council said construction of the Northern Distributor Road has been



Some of the caravans which were parked near the site of the Northern Distributor Road last week PICTURE: ADRIAN BUTLER

delayed due to the presence of Travellers on the road.

Instructed by solicitor Ger Reidy, he said the multi-million euro project could not be progressed due to the presence of several caravans and other vehicles on the

Injunction proceedings were initiated against four named women last week

road which has been closed to traffic for some time.

Mr Quinn told Judge James O'Donoghue the delay has the potential to cost the local authority €10,000 a day as the main contractor, who has sub-

mitted a claim for €500,000, has not been able to carry out any work at the site.

Limerick Circuit Court heard the road where the caravans are located is to be used to transport more than

400,000 cubic metres of material to and from the construction site.

A number of affidavits from Council officials were submitted to the court in support of the injunction application.

Having considered the matter, Judge O'Donoghue said he was satisfied the named individuals were causing an obstruction and that their presence on the road constitutes an unauthorised development.

Granting the Council's application, the judge told the respondents they had to be "off the road and gone from the whole area" by midday on Sunday.

Similar orders were granted in relation to nine other named individuals and their families last month.

The proceedings relate to 13 named individuals and their families. All are members of three different extended families.

Judge O'Donoghue granted the council leave to re-enter the matter in the event of the order not being complied with.

Youth group raises much needed funds for Milford

A group of youths in Limerick city decided to overcome generational labels and raise money for a good cause at the same time.

Youths aged between 13 and 16 from Club 2gether in the Southill Area Centre presented a cheque to the hospice for €115 that they raised from a group activity. Members of the group said they felt a great sense of achievement after raising the cash from a sponsored walk.

The activity grew out of a programme entitled Creating Community Builders - part of the overall philosophy of the youthwork team in the Southill Area Centre encouraging activity among young people in the district.

According to youth workers in the centre, the



Tiana O Shea, Chantel Pearse, Clodagh Bennet, Abbie O Neill, Casey Hayes, Abbie Clancy, Marleigh Carmody and Grace Bullman.

idea stems from the notion that millennials growing up in Ireland tend to expect things to be done for them. The Southill group aim to disprove that assumption.

Members have organised

two themed discos for the local under 10 and after school club, created a charity bake sale for international women's day and are now organising a community Christmas grotto.

Artist commemorates lost migrants through display

AN ART installation commemorating migrants who have lost their lives coming to Europe has opened in the University of Limerick.

"Charon's Boats" created by Limerick artist Sheila Stone, with the help of friends, students and local community groups, comprises some 5,000 ceramic boats, each one representing a migrant who drowned while trying to cross the Mediterranean Sea last year.

The name of the project is a reference to Charon - the boatman of Greek mythology who was paid to ferry the dead to the next life.

"With Charon's Boats I have created a ceramic installation which expresses my deep concern at the plight



Sheila Stone with her installation Charon's Boats in UL

of migrants fleeing across the Mediterranean. Most of these individuals do not even have a grave to mark their passing," Sheila said.

Inspired by an RTÉ Documentary about the Irish Navy

and its rescue mission in the Mediterranean, Sheila decided to use her skills to highlight the situation. The installation can be viewed at the Bourn Vincent Gallery until January.

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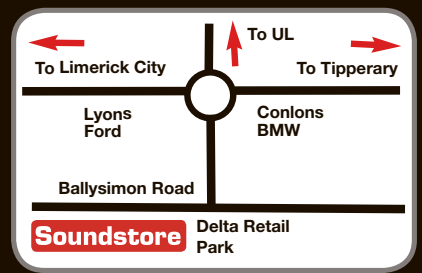


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PICTURE SPECIAL

THOMOND PARK: GRIFFITH COLLEGE GRADUATIONS



Bernard Murphy, Tom Roche, Patrick Geary and Declan Manto after graduating with Industrial Engineering degrees at Griffith College graduation ceremony in Thomond Park



James Madigan, graduating with his wife, Denise Madigan and children, Alex, Rian and Lucy Madigan, Quinn



Niamh, John and Majella Webb/O'Rourke at the conferrings



James O'Sullivan, Bachelor of Business Studies with Siobhan Martin and Deccla and James O'Sullivan, Clonmacken



Brigid Murphy, Programme Director of Computers, Anthony Brosnan, Program Director of Hospitality and Sonia Zhelva, Senior Lecturer Computing at the Griffith College Graduations



Sandra McDermott, graduating with BSCH with Angela and Pat Kirby at the Griffith College graduations



A proud day for Caroline O'Reilly, Rebecca Ruane and Annette Brody at Thomond Park

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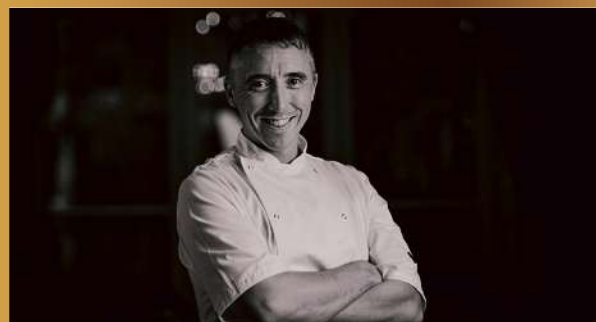
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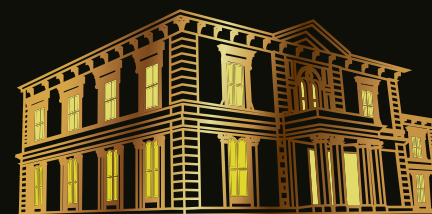
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**SOMETHING REALLY SPECIAL IS HAPPENING
IN LIMERICK THIS CHRISTMAS**



A VERY WARM WELCOME TO THE EAST ROOM
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Patrick Flaherty, sales and marketing manager, Sarsfield Credit Union, centre, with Sean Dalton, Dooradoyle Raheen Men's Shed, Terry Ring, Cliona's Foundation and Annette Cahill, Pieta House. Members of the Credit Union are to decide which charity is to become its charity partner for 2018 PICTURES: KEITH WISEMAN

Sarsfield Credit Union set to decide on new charity partner

A LOCAL charity is set for a year-long boost as the Sarsfield Credit Union seeks a 'partner' for 2018.

The Credit Union, based in Catherine Glentworth Street, has picked three charities, and its asking its members to decide which one becomes the lender's partner for 2018.

These are suicide prevention group Pieta House, Cliona's Foundation, which provides funds to families of sick children, and the Dooradoyle/Raheen Men's Shed

Obviously as we are at the heart of the city centre community providing co-operative banking services to those who live and work there we wanted to have a charity partner for 2018

Patrick Flaherty, Sarsfield CU

project.

Between now and Christmas week, members of the Credit Union, visiting its premises at the old Stone Jug building will be asked to vote for one of these three charities.

The charity receiving the most votes will receive a cheque for €1,000, and year-long promotion and support. The other two will receive €250 each.

It's the first time the Sarsfield Credit Union has ran a contest like this, and Patrick Flaherty, sales and mar-

keting manager, hopes to pick a new charity partner each year.

"Obviously as we are at the heart of the city centre community providing co-operative banking services to those who live and work there, we wanted to have a charity partner for 2018, so we can support them throughout the year. We initially decided to pull a number of charities out of a hat - there are so many deserving charities as you know," he said.

The winning charity will

receive media promotion from the Credit Union, with staff there also fundraising.

"What we want to try and do is get some of our members involved in the charity too, as well as the staff and the Credit Union itself. We will work with the winning charity to look at activities during 2018 which will help them," Patrick added.

Asked where the idea came from, he added: "This is something which is close to the staff's heart. We are a community-based organisation, but sometimes we can

get a bit 'lost' become invisible to those who live and work in Limerick city. We are in a city centre, so we don't really have that 'parish' area here. It's nice to be able to do this. A lot of charities are based around here."

"Some people would not have been aware of these charities, so it's nice for us to be able to tell them a bit more about them," he concluded.

Some 35 charities, picked by staff members, were placed into a hat, with three chosen.

All about families at Cliona's Foundation

PHIL DEEGAN

Fundraising and marketing co-ordinator Cliona's Foundation

ANY donation from Sarsfield Credit Union to Cliona's Foundation would likely be used straight away, says the charity's fundraising and marketing boss Phil Deegan.

Based in the National Technology Park, Cliona's Foundation provides financial to support with children who have a life-limiting illness.

"We have 25 families on the waiting list right now, so we are seeking to look after these. Coming up to Christmas, it can be particularly stressful for these families. They are up and down

tro hospital, trying to look after their kids at home. So that €1,000 would go straight out. We would be turning it around straight away to help one of the 35 families we have currently," she said.

Phil said Cliona's Foundation provides accommodation, car parking and travel support to families who have children in hospital - essentially all non-medical costs.

"It's fantastic to have the association with the Credit Union, even just for people to find out about us. We are a Limerick-based charity, but we help all over the country. So it'd be great to raise our profile and have people know what we do. It ties in perfectly with what we do," she added.



Patrick Flaherty, sales and marketing manager, Sarsfield Credit Union, with Terry Ring, Cliona's Foundation

Building something great

SEAN DALTON,

Chairman, Raheen/ Dooradoyle Men's Shed

SEAN Dalton chairs a voluntary committee which was set up two years ago with the aim of bringing a Men's Shed project to one of the most populous suburbs of the city.

Sean and a dedicated team have secured a plot of land from the local authority at the St Nesson's Road, a former council yard.

They have also secured planning permission to build a modular unit on site, and are raising money to that aim.

A relatively new concept, a 'Men's Shed' is a dedicated, friendly and welcoming meeting place where men can come together and undertake a variety of activities or just socialise with their peers.

Open to all men regardless of age, background or ability, it's a place where they can learn old skills or develop old skills.

Sean Dalton says any money from the Sarsfield Credit Union will go towards this project.



Patrick Flaherty, Sales & Marketing Manager, Sarsfield Credit Union with Joe Foster, Denis Ryan, Seamus Scott, Sean Dalton, Jim Harold and Ger Lawlor, Dooradoyle Raheen, Mens Shed

"We have been working on this project over two years now. Every €1,000 or €500 which comes brings us a step closer to having our dream. We're getting a lot of support from people. It's coming in small steps, but €1,000 would be a big step in the direction. We're not too far off," he said.

"We're extraordinarily

thankful to the Credit Union. They see Men's Sheds are working. When we started two-and-a-half years ago, people wanted to know what they are. Now, every place I go, people are talking about how men are benefiting from them, and how communities are benefiting from them," he added.

A helping hand when you need it

JOHNNY TOGHER

Pieta House fundraiser

A €1,000 DONATION from the Sarsfield Credit Union would help put one person through Pieta House's suicide prevention programme.

The high-profile charity, which has its Limerick base in the Ard Aulin estate at Mungret, is really appreciative that the Credit Union has chosen it to potentially be a charity partner for 2018.

The money is hugely important. But it's about awareness. Letting people know the service is there, the service is free. it's self-referral. These are the messages we are trying to get out."

Some 85% of Pieta House's running costs in Limerick come from local fundraising events.

To put someone through the service from start-to-finish can cost up to €900. So every €900 will help someone out.

This will help pay for the counselling and the day-to-day running of the house,



Johnny Togher, Pieta House



Charity Partner 2018

T: (061) 317 910 E: happytohelp@sarsfieldcu.ie sarsfieldcu.ie



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Gifts with a difference at Xmas

AS the Christmas fast approaches and seeing as The Late Late Toy Show was on Friday last I feel we can really embrace the festive season.

I've put together a list of some lovely Christmas gifts that are produced in the Mid-West.

AMODEO DRESSING

The dressing and balsamic vinegar were developed in Tuscan Bistro here in Limerick and are now available in local stores as well as SuperValu.

As they say themselves "Amodeo Dressing turns a simple meal into a memorable moment". The perfect gift for the foodie in your life.

THE HAPPY CANDLE

I have a particular grá for candles and feel they turn any room into a cosy haven.

The Happy Candle is a family run business from Newcastle West and they include a range of meditation and calming candles.

Each candle comes in a cute case with a positive quote.



The perfect little stocking stuffers: Amodeo dressings, Nia Gift Set and Busy Botanist herbal tea

PATRICK STRITCH PHOTOGRAPHY

If you know someone living abroad or who just loves Limerick then look no further than Patrick's photography. He has some stunning landscape shots of the

county and all are available to purchase. Check out his Facebook page to order prints.

THE BUSY BOTANIST

A cosy night for me always involves herbal tea and I recently came across The Busy

Botanist.

There is a range of tea from Tum Ease to Sweet Dreams. Jo and Claire set the brand up this year and it is all produced in Kerry.

You can buy the tea online at thebusybotanist.com.



NIA NATURAL BEAUTY

This is a range of face and beauty creams developed in County Clare.

They include natural ingredients and organic where possible. Some of the ingredi-

ents include acai berry, almond oil, aloe vera and avocado oil, coconut milk and more.

Most local health shops sell Nia products and they are online at nianaturalbeauty.com.

YOGA

The festive season can be exhausting between events, nights out, making deadlines before the holidays start, preparing for Christmas Day and welcoming Santa.

Why not treat the one you love to some relaxing yoga classes. The perfect way to unwind and stretch and a great way to kick start the new year.

Your Yoga Centre in Corbally have gift vouchers available to use in their classes.

NEVSAIL

Want to see the city from a different angle?

Get into a kayak and go along the river Shannon to see King Johns Castle as you've never seen it before. Nevsail is perfect for the sporty outdoors person in your house.

Check them out on Facebook for more information.

PICK 'N' MIX

Late Late should be earlier

TOY SHOW

The Late Late Toy Show was the most emotional one yet. It was a tearjerker and really kicked off the Christmas season as children filled out a list for Santa. It goes on very late and I think they should air it earlier in future.



Christmas no.1?

MUSIC

Ed Sheeran and Beyonce dropped a new version of Perfect. It's perfect for this time of year and I think it will be Christmas number one.



Epic cup clash

MUNSTER RUGBY

The red army had another great win against the Ospreys in Cork. This weekend sees Leicester Tigers come to Thomond Park for the Champions Cup and it promises to be an energetic clash.

MUNSTER MADNESS

THE shocking news emerged during the week that Munster and Ireland rugby star Peter O'Mahoney may leave the country at the end of the season. He would be a massive loss to the organisation.

During the week I was in the Munster High Performance Centre where I met Johann van Graan, new head coach, and he is going to try and keep the Cork man in town. "He has been offered a contract extension with some added benefits and I believe it's in the best interest of Munster rugby and the IRFU to keep him at Munster and Ireland," said Johann.



Peter O'Mahoney speaking to the media on Monday

He stands for so much more, he's a Munster man through and through," he added. It's quite worrying to see our star players leave for the European sides brandishing their big chequebooks. We know Simon Zebo is

leaving us next season. If Irish players continue to be drawn to the larger pay cheques then the IRFU need to take a serious look at the sport and possibly leave the rule for international players as it was - three years.

The Guide

Limerick
Chronicle



<http://www.limerickleader.ie/what-s-on>

TUESDAY, DECEMBER 5

LIMERICK JAZZ ENSEMBLE

Dolan's Upstairs, 7pm. €5

THE DIVINE COMEDY

UCH, 8pm. €39.05/33.50

ON THE NAIL

Chez le Fab, 8pm

THE ACOUSTIC CLUB

Charlie Malone's Bar, 9pm

WEDNESDAY, DECEMBER 6

OPEN MIC

Chez le Fab, 7pm

TRAD MUSIC

The Glen Tavern, 9pm

OPEN MIC

The Old Quarter, 9pm

THURSDAY, DECEMBER 7

EIMEAR QUINN

Belltable, 8pm. €18/16

LANKUM

Dolan's Warehouse, 8pm. €17

THE ESKIES

Dolan's Upstairs, 8pm. €11

FRIDAY, DECEMBER 8

RUSSELL WATSON

UCH, 8pm. €50/45

RYAN SHERIDAN AND RONAN NOLAN

Dolan's Upstairs, 8pm. €22

KING KONG COMPANY

Dolan's Warehouse, 9pm. €15

SATURDAY, DECEMBER 9

SILVER MOON

Belltable, 2.30pm. €8

UL ORCHESTRA

UCH, 8pm. €15/10

PADDY CASEY

Dolan's Upstairs, 8pm. €20

ROLL WITH IT

Dolan's Warehouse, 8pm. €10

UNKINDNESS OF RAVENS

Kasbah Social Club, 9pm. €6

SUNDAY, DECEMBER 10

MUSICAL CHAIRS

The Old Quarter, 7pm

JOSH RITTER

Dolan's Warehouse, 8pm. Sold out

WHENYOUNG

Dolan's Upstairs, 9pm. €10

TRAD MUSIC

Locke, nightly at 9pm, Sun-Thurs

MONDAY, DECEMBER 11

GOD'S OWN COUNTRY

Belltable, 8pm. €8

ALAN FITZPATRICK

The Library, 10pm. €17.50



GIG OF THE WEEK

KING KONG COMPANY TO BRING THEIR HEAVYWEIGHT DANCE MUSIC SHOW TO DOLAN'S THIS FRIDAY NIGHT

CONSISTENTLY hailed as one of Ireland's best live bands, King Kong Company carry plenty of weight on the live scene.

The dance-live band mash-up play Dolan's Warehouse on Friday night (doors 9pm, tickets €15) in a much-anticipated show.

Having brought their brand of Irish 'get the f*** up and dance' music to audiences at festivals across Ireland and Europe - including Glastonbury - they are moving indoors with their latest tour, including a first tour of the UK. Their latest video features fan footage of their Electric Picnic show, which saw 10,000 people dance in a tent in the middle of the afternoon like it was the middle of the night. Expect more of the same this Friday. See www.dolans.ie.

Light of children's play to shine

AN enchanting Christmas story for children and families takes to the stage in the city this weekend.

Silver Moon, by French company Compagnie Animotion, takes to the Belltable stage this Saturday at 2.30pm, part of the Family Saturdays series at the theatre.

The beautiful Christmas themed piece of theatre tells the story of two children who go on a journey of creation and fantasy.

Family tickets are available. See www.limetreetheatre.ie for more.



The enchanting Christmas story takes place on Saturday at 2.30pm

UL orchestra present annual Christmas gig

THE University of Limerick Orchestra is gearing up to present its annual Christmas Concert.

The show takes place this Saturday, December 9 at 8pm, in the University Concert Hall.

Under the baton of Conductor Liam Daly, the orchestra will perform Dvorák's Symphony No. 7 Op. 70, the Hungarian March from the Damnation of Faust by Berlioz, the very popular

Walking in the Air from The Snowman by Howard Blake and a selection of Christmas favourites.

Guests for the evening include Limerick's own Laurel Hill Coláiste FCJ choir directed by the very talented Orla Colgan and Boy Soprano Daniel Ryan, a Tipperary native and student of Soprano Emma English in the Limerick School of Music.

See www.uch.ie for more details and to book tickets.

Hermitage to be Castle kings

ALAN OWENS
 e-mail: alan.owens@limerickleader.ie
 Twitter: @alanowens_limk

HERMITAGE Green will again be kings of the Castle as they return for a huge show at Limerick's King John's next summer, it has been announced.

The Limerick band sold out a show Live at the Castle earlier this summer and bookers Dolans have revealed that Hermitage Green will again play at King John's Castle on Sunday, June 3, 2018, with tickets now on sale.

It was also announced recently that Bell X1 are play the Castle next year as part of their celebration of 20 years together, with the Irish rockers booked in for Sunday, May 6, the Riverfest weekend.

The gigs are both in association with Shannon Heritage and Hermitage Green's Barry Murphy said the band would



Hometown heroes: Hermitage Green will be the kings of the castle again - a huge show has been announced for next summer

“never forget the feeling of walking out on that stage and looking up at the castle walls against a backdrop of the

river Shannon and Limerick city” last year. “King John's Castle is an incredible venue, easily one

of the finest this country has to offer and we are counting the days till next June,” he added.

Neil Dolan said Dolans was “delighted to welcome Hermitage Green back to the Castle for what was one of the

standout shows of 2017. “The feedback from the public was for round two and I am one hundred percent sure the lads can deliver,” he added.

Niall O'Callaghan, Managing Director of Shannon Heritage said: “We are delighted that Limerick's finest, Hermitage Green, are back by popular demand to once again perform at part of our Live at King John's Castle series.

“This talented band have a rock solid local and national fan base and we are really looking forward to welcoming them and their fans to King John's Castle next June for this exciting event.”

Hermitage Green recently played winter tour dates in Australia, Singapore, the UK and at home, releasing latest single Lion's Share from new EP Gold and Rust, which is available for download.

Tickets for Hermitage Green and Bell X1 are on sale. See www.dolans.ie and www.ticketmaster.ie for more details.

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HERMITAGE GREEN

LIVE AT THE CASTLE
 KING JOHN'S CASTLE, LIMERICK
 SUN JUNE 3RD 2018

Tickets: €28 + BF from dolans.ie & Ticketmaster
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The #LimerickTagged fashion event at Adare Manor, which included the Munster Designer Display Fashion Show, featured these amazing designs by Azure Jewellery



#LIMERICKTAGGED.IE

TOP IRISH FASHION INFLUENCERS DESCEND ON LIMERICK **NEXT PAGES**

STYLE AND FASHION



with Celia
Holman Lee

Spotlight on local fashion

COUNTY fashion received the five-start treatment when designs from boutiques in Adare, Newcastle West, Abbeyfeale and Glin were showcased in the sumptuous Adare Manor hotel.

We here at the Holman Lee Agency, in association with Limerick.ie/Limerick City and County Council were delighted to play our part in the most amazing fashion and design event #Limerick-Tagged.ie.

Some of the country's top fashion influencers, fashion journalists and stylists as well

Some of the top fashion influencers, fashion journalists and stylists travelled to Limerick to cover the event

as TV3 Xpose travelled to Limerick to cover the event.

The fashion houses that participated really pulled out all the stops with their party wear and Christmas collections, showcasing some beautiful winter white coats for the festive season. There were some great ensembles

to choose from if you are going racing or attending any functions over the Christmas season. When it came to dresses there was a huge variety of colour and some incredible shapes to choose from.

The designers who took part used some of the most wonderful fabrics I have seen in a long time, from wool to leather to linen. The milliners were outstanding with their architectural shapes and wonderful creativity and the shoe stores really put the finishing touches to all the fashion pieces.



Here's a stunning design by Bowman Lynch Designs which featured at #LimerickTagged

This comfy shirt and slacks combo is by Natalie King Design
PICTURES: ALAN PLACE



LOOK OUT FOR CELIA'S 'MY WEEK' COLUMN IN THE LIMERICK LEADER EVERY THURSDAY

CONTACT CELIA

Facebook [celiaholmanlee](#)
Email celia@holmanlee.ie
Website www.holmanlee.ie



The Munster Designer Display Fashion Show featured stunning designs by Aisling Maher Millinery



Here is a gorgeous design from Caroline Mitchell Knitwear



This exquisite bridal dress from Orlaith Carroll Attic Bridal Boutique also featured

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FASHION, FITNESS & HEALTH



MAN ABOUT TOWN

with Patrick
McLoughney

Stay warm while still looking

Winter. That time of year when aesthetic considerations are sacrificed for more practical concerns like staying dry and not dying of hypothermia.

The season when unpredictable conditions make a mockery of even the best laid-out-the-night-before outfit plans, leaving you simultaneously freezing and looking like a mess.

Chill (not literally). Winter is not a problem, it's an opportunity. Think of it as nature's way of getting you to dress better – not least by encouraging you to put on more clothes.

That said, it's not just a matter of piling on more of the same garms you wear year-round (although admittedly sometimes it is).

Thankfully, some style moves have a dual purpose, promising both practical and aesthetic benefits. Follow these steps to winterise your wardrobe and you'll beat the cold while looking hot.

TAKE THE ROUGH TO LOOK SMOOTH

If you're one of a majority of men who wear suits in the same generic, shiny worsted wool 12 months of the year, then you're missing out in more ways than one.

Worsted wool is sharp and formal, but not particularly warm or interesting. Ideally, everyone would upgrade to heavier worsteds or flannels in the winter, which have lovely texture and are much more fun to play with.

Texture is one of the most overlooked outfit components. The matte finish of flannel and tweed contrasts



The brushed nap of flannel and tweed creates pockets of air and therefore heat and modern fabric mills have been doing a great job of making the material less stuffy and more stylish

nicely with details like silk ties or pocket squares and prevents the overall effect becoming too glossy.

And they don't just look good: the brushed 'nap' of flannel creates pockets that

trap air and therefore heat; and tweed has similar hot pockets as well as some natural waterproofing.

Modern men often shy away from these fabrics because they seem old-fash-

ioned, with corduroy in particular getting a bad rap. But (predominantly Italian) fabric mills have done wonders in making them less stuffy and bulletproof.

Slim cuts, colours other

than brown and, in the case of corduroy, thinner 'wale' or ridges, will all help expel any professorial associations.

LAYER LIKE A PLAYER

You're probably familiar with the science of layering: multiple thin coverings trap warm air. And climate control is as simple as putting more on or taking some off.

But layering is also a skill. Take the denim-jacket-under-a-coat look, for example. It sounds weird (albeit sensible from a temperature perspective) but it works – provided the denim jacket fits you like a glove and its collar isn't too big. A thin bomber

jacket can also work. And I've even seen a trucker worn successfully under a bomber and biker (not all three together, mind). In a similar vein, you can also slip a lightweight

gilet or bodywarmer under, rather than over, your tailored jacket, if you're so inclined. Just don't try it with your chunky Penfield puffer. Loads of brands are doing these slimline gilets, but it's difficult to look beyond Barbour's exceptionally good value for money Baffle option. Layering knitwear is another pro move: say, a chunky cardigan over a V-neck jumper over a roll neck. The rule of thumb? Thin layers kept close to your body, thicker ones further away. And if you're doing the knitwear as outerwear thing, then make sure your cardie is

chunky enough, maybe ribbed, with functional outerwear details like roomy pockets, big buttons or toggles and even a hood. Otherwise you just look like you forgot your coat.

PUT THE BOOT IN

Like suits, most men wear the same shoes all year round, but there is a better way. For cold but dry days, upgrade from a single-leather sole to a double-leather one, which provides a bit more insulation from the cold pavement.

Wear any leather sole in the wet though, and you'll be like Bambi on ice. A Dainite sole doesn't soak up water,

gives you more grip and still looks smart with a suit. In biblical floods or actual ice, deploy a Com-mando sole as it's higher off the ground and gives the best grip. You'll also want an upper leather that is

heavily waxed. On a style-related note, rugged footwear pairs better with the beefier fabrics above both in terms of feel and heft, balancing out the top-heaviness of your layered-up silhouette. Impracticality isn't the only reason you look stupid padding around in loafers during winter. Instead, step things up. Boots keep your ankles warm and stop cold air from whistling around your feet. Pair them with a chunky wool sock and you can survive almost anything. Almost.

PICK UP SOME GLOVES

Frostbite is not cool (liter-



LOOK OF THE WEEK

Ambassadorial role

I'm delighted to say that I've officially become a brand ambassador for Jack and Jones and I look forward to bringing you more looks from the fantastic stock they have to offer in the weeks and months to come.

This outfit is from the Jack and Jones Premium line. The knit costs just €39.95, my shirt costs €39.95, my chinos cost €59.95. and my Desert boots retail for €59.99.

The Jack and Jones store in the Crescent is the only Jack and Jones store in Limerick so call into Chris and the team and check out their amazing range.

Photo by Paudie Bourke.

FRAGRANCE OF THE WEEK

A powerful aroma by Tom Ford

This week's fragrance of the week is Tom Ford's Fucking Fabulous. Yes, this is a real thing! Tom Ford has released a limited edition fragrance with the catchy name of "Fucking Fabulous". Debuting at his SS18 runway show on September 6, the scent is exclusively available from Brown Thomas right now. With key notes of al-

mond bitter oil; tonka resinoid; orris accord; cashmeran; leather accord; and clary sage oil; the fragrance is a thing of pure excess. It's a potent scent that will appeal to men and women who like sweet fra-



grances that leave a lasting impression. But much like the martinis that compliment this fragrance (I'm selling a lifestyle here), a little really does go along way. After trying the fragrance for the first time, I worked a 9 hour day and then went for a few drinks. When I got home (14 hours later), I could still smell it!

FASHION, FITNESS & HEALTH

CONTACT PATRICK

email: patmcloughney@hotmail.com
 twitter: @iammcloughney
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cool in winter



David Beckham with some top class layering for a cool winter look

ally – you can't even feel the cold as your nerve-endings are frozen). But neither are tatty woolly or fingerless gloves that make you look like Dickens character. The same goes for massive padded mitts that are about as useful

for scrolling Instagram as a giant foam finger. Besides, you're on the bus to work, not a chairlift to the Alps. Gloves have a simple function – to keep your hands warm while still allowing you to actually use them, and to look good

with anything you wear.

So keep them plain, simple and close-fitting – calf-leather ones from an expert maker like Dents do the trick. Black is smarter but will inevitably prompt Gestapo jibes, especially if you pair them with that leather trench. Dark brown is a shade more smart-casual.

IN-VEST

Maybe it's those Mr Muscle adverts, but for many guys there's something inconceivably geeky about wearing a vest. Menswear aficionados know, though, that undershirts are underrated. Vests punch well above their weight, adding a surprising amount of warmth (see the science of layering above) while allowing your look to remain slick rather than thick. Handy if your vibe is mostly suited and booted. But before you load up on multipacks of white vests, consider that grey won't show through light-coloured shirts as much, as it reflects less light. What's more, a T-shirt style won't create those tell-tale lines from collarbone to armpit (or on the bicep if you go long-sleeve). And if your top button is typically undone, a V-neck will fly under the open-collar radar.

AND FINALLY

Thrilled to win Male Model of the Year

After annoying you week after week asking for votes, I'm delighted to report that my campaign was a successful one and last week I was crowned Male Model of the Year 2017 at the Hi Magazine Style Awards. I'd like to thank everyone who took the time to vote for me, the Holman Lee Agency for putting me forward for this award and The Limerick Leader and Chronicle and Richard Lynch for giving me the opportunity to get my name out there every week and giving me this forum to do what I love to do. Thank you from the bottom of my heart.



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Top Tips - For cold and flu season

The weather has cooled, the heaters are on and it's party season for germs and bugs. If your child is thrown down and you've had to add nurse and general runner to your parenting CV, we have a few tips for turning illness into an opportunity to develop life skills:

- Teach younger children and reiterate to older ones the importance of hand-washing and not touching their faces while they are unwell. Ditto with tissues – outline that the only place you need to find a used one is in the bin.
- Allow treats, but of the inedible variety. While time on the couch in front of the telly goes almost hand-in-hand with being sick, doling out sweets and jellies doesn't. Offer plenty of water, soup and fruit (if your child has any appetite at all) and explain how this will help their body to recover quicker.
- Encourage your child to rest by modelling it – sit down beside them and forget about your to-do list for a while. Let them see how important rest is to the body, with the added bonus of having you all to themselves while they are feeling miserable.
- Talk about how good it will feel when they wake up and feel 'normal' again – this gives them something to look forward to but also highlights how important health is. These are the type of messages that will influence how much they value their own health and well-being as they grow.



Help with parenting through those more stressful times

We can't deny it anymore, the Christmas season is here.

This brings the opportunity to spend time with our family, have lots of fun and make real connections.

For many families, however, the Christmas season can also bring additional stress or highlight existing worries.

Many families in Limerick are without a home this Christmas; many others are facing the New Year with worries about their own homes and security.

It might also be a time of

sadness, loss or a poignant reminder of who might be missing from around the table.

So, while we all want to embrace the season with joy and provide lots of happy memories for our children, this can be difficult if we are going through a particularly challenging time.

When we are feeling stressed or very upset, it is difficult to find the inner reserves to give our children the attention and patience they need.

Below are some ideas on how to cope with the season while minding yourself and your children.

■ **Talk about It.** That old adage, a problem shared is a problem halved, may seem like a cliché, but reaching out to others (friends, family, a trusted professional), talking about our worries and finding we are not alone can provide huge relief.

■ **Ask for Help.** This can be difficult for many of us, as we think we should be able to manage everything on our own, and social media has us convinced that everyone else's life is always happy and perfect. The reality is

that every single parent struggle at times. Reaching out to a trusted person such as a GP, public health nurse, teacher, community or youth worker will help you to find the practical and emotional support that is available to you and your children.

■ **Don't Compare Yourself to Others.** This can be difficult, especially when we are surrounded by so many perfect images. But, try not to focus on this. Everyone has their worries, and you can only be responsible for yourself

and your family.

■ **Take Care of Yourself.** You might be the last thing on your list, but you really shouldn't be. Keeping your body and mind healthy is essential for all of the family. So, take some time to do something that restores you and makes you feel cared for—this could be as simple as painting your nails, getting your hair done or sitting in a nice café with a book and a cup of tea. This will help give you the inner reserves that you will need to give your children what

they need

■ **Trust that what your Children Most Need is You.** Our children want lots of things, and Christmas advertising can make them want a whole lot more. But, what they really need is for you to be with them and care for them. Find time to do simple things with them (a lovely walk on a cold night, a movie in front of the fire, a family sleepover, etc.) and give them lots of affection (those hugs are good for you, too!) These moments will be what your children remember even if you can't see it at the time.



with **EVA HILL HAMILTON**

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 facebook: [HealingWithWholeFoods](https://www.facebook.com/HealingWithWholeFoods)

The benefits of apple cider vinegar

VINEGAR has many uses in our house besides sharpening the taste of salads. The cheaper ones are great to soak vegetables in them or to use as antimicrobial cleaners around the house, it adds extra shine to glasses and windows.

Apple cider vinegar, when used as a rinse, will make your hair feel smooth and shiny, and provide a bit of extra clarification to remove oil and dirt. It balances your hair's pH, which helps seal the cuticle and make the hair smoother. It can also help with dandruff, clear away greasy build-up, and soothe itchiness and irritation of the scalp. Simply mix a tablespoon or two in a glass of water, and rinse your hair with it at the end of your bath.

Make sure to rinse it out well afterwards, or your hair might feel a little crunchy.

It is also beneficial for your skin, inside and out. Some intensive detox therapies can cause a worsening of acne at the beginning. As your body releases toxins from your blood and tissue, some toxins make their exits through the skin in the form of pimples, rashes and other angry red eruptions. You can use apple cider vinegar as an astringent, by soaking a washcloth/cotton pad in diluted apple cider vinegar and applying it to your face. It's amazing how smooth your skin feels after application; it tightens and plumps it a bit, and it can help reduce or minimize the appearance of wrinkles and fine lines.

Now the real good stuff, the raw, organic, unfiltered



New medical research also suggests that apple cider vinegar ingestion can help acid reflux, lower blood pressure, improve diabetes and support weight loss

apple cider vinegar internally has many healing properties (Biona or Braggs brands available in health stores). You should see some sand-like sediment floating at the bottom. It's called "the mother," and it contains raw

enzymes and gut-friendly bacteria that promote healing. Thanks to this "mother", apple cider vinegar lowers glucose levels, and may be helpful for diabetics. It has also been touted as a weight-loss aid, as it is said to

help you feel fuller and eat less.

The enzymes in apple cider vinegar also promote the growth of healthy bacteria in the gut, and can help regulate the acidity of the bowel flora - inhibiting yeasts and bad bacteria from overgrowing and improve nutrient absorption. It is best if one tablespoon is taken 20 minutes before all three main meals in a glass of water to boost digestion. In this way, apple cider vinegar can be very helpful in reducing gas and bloating. It can also help prevent and ameliorate symptoms of heartburn. Take a dose as soon as you feel heartburn symptoms coming on - but it is best prevented by taking it before meals.

Despite its acidic taste, apple cider vinegar actually promotes alkalinity in the

body. As Charlotte Gerson says "disease and cancer cannot live in an alkaline body", and one of the primary ways the Gerson Therapy battles cancer and other diseases is by bringing the body into an alkaline state which makes it an inhospitable environment for cancer.

Try this: Triple Citrus Dill Vinaigrette dressing from the Gerson institute:

- 1/4 cup apple cider vinegar
- 1/2 cup orange juice
- 1/2 cup lemon juice
- 1/2 cup grapefruit juice
- 1 day-old baked potato
- 1/4 cup dill leaves
- 1/2 cup flax oil

Put all ingredients in blender and puree. That's it! Store in a dark jar in your fridge and enjoy on salads or steamed greens!

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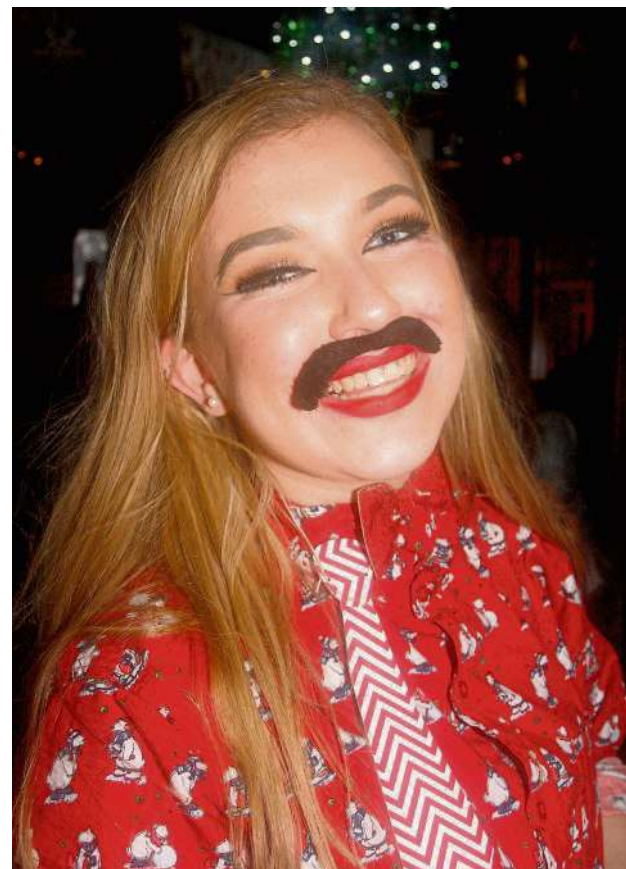
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Out&About

OUR PHOTOGRAPHERS HAVE BEEN OUT AND ABOUT TO THE HOTTEST NIGHT SPOTS IN AND AROUND LIMERICK. THIS WEEK THEY VISITED GLEN TAVERN, MOTHER MAC'S & SMYTH'S



Enjoying a Christmas night out at Smyth's Bar were Muirne Lowe, Jecinta Kirey and Katie O'Sullivan PICTURES: DAVE GAYNOR



Ruth Kennedy at Smyth's Bar had a special Christmas smile for the camera



Gary Ingle and Michael Kennedy at The Glen Tavern



Jennifer Whelan and Sarah Ryan at The Glen Tavern



Jonathan Sheehan and Philip Watson at Mother Mac's



Maria O'Donovan, Rian Reddy and Aisling O'Mahoney at Smyth's Bar



Robbie Murphy, Marty Ryan and Devon Kerins at Mother Mac's



Kate McNamara, Keeva Nolan and Kate O'Regan at Smyth's Bar



Dan Murphy, Jamie Costelloe and Michael Davis at Smyth's Bar



ABOVE: Stephen Savage, Kate Glavin and Rachel Drennan at Mother Mac's

ABOVE RIGHT: Beth O'Neill, Rachel Quirke and Christopher Quigley at Mother Mac's

RIGHT: Emer Walsh, John Kavanagh and Catherine Kiely at Smyth's Bar

BELOW: Caroline Murphy and Eimear Kilbane at Smyth's Bar

PICTURES BY DAVE GAYNOR





I ♥ LIMERICK



Richard Lynch

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Make decorating count

#Decoratetodonate campaign to help fund Novas services

The Decorate to Donate campaign is back again this year to support Novas as they fight against homeless this Christmas.

The campaign, organised by Audrey Ryan, is in its second year running and involves people decorating their Christmas Tree, taking a photo of their finished product, posting it to social media with the hashtag #decoratetodonate, and then texting Novas to 50300 to donate €4 to help Novas continue their services to those who find themselves homeless.

Don't forget to tag Novas in your posts to show them all the beautiful trees and use the hashtag #decoratetodonate.

"Last year I started the campaign a few weeks before Christmas and raised €800, that's €800 that really helped.

"So, this year we're going to start that little bit earlier, I'm hoping for a bigger response and hopefully it will be as big as last year if not bigger," said Audrey.

Homelessness can happen to anyone, Audrey observed, a fact that has made her personally care more about the situation.

The upsetting case of Louise Casey, who died alone on the streets of Limerick last year, really brought it all home for Audrey and made her want to help people living on the streets more than ever.

"The #decoratetodonate campaign is a such a fantastic idea by Audrey and Novas are so grateful to her for organising it," said Una Burns from Novas who has been working very closely with Audrey on the campaign.

"This is the second year of the campaign and we hope to get as many people as possible to #decoratetodonate this year and raise as much money as possible to support Novas frontline services in Limerick," said Una.

Novas is a non-profit organisation based in Limerick, working with single adults, families, and children who

"The #decoratetodonate campaign is a such a fantastic idea by Audrey and Novas are so grateful to her for organising it"

Una Burns, Novas

are disadvantaged and socially excluded; primarily those who are homeless or at risk of being homeless.

To support the Decorate to Donate campaign for Novas please upload your Christmas tree photo on social media with the hashtag #decoratetodonate and text Novas to 50300 to donate €4 to this worthy cause.

Limerick.ie and Regeneration win awards

Limerick.ie and Limerick Regeneration have scooped top honours at this year's Excellence in Local Government Awards 2017 at a gala ceremony in Dublin.

While the Limerick city centre to UL and Corbally riverside shared walk and cycleway won the Local Authority Engineering Initiative Award at the recent Engineers Ireland awards.

Limerick.ie, which is one of the world's top 25 tourism websites, won the Outstanding Customer Service Award, while Regeneration won the Promoting Economic Development category for its work in the Hospitality Education and Training Centre based in the Innovation Hub in Roxboro.

The Limerick.ie digital platform is central to building a new 'Digital Limerick' by providing citizens with all information about the local authority and how to access its services.

It also acts as the official guide for those visiting the city and county and for



Audrey Ryan's Decorate to Donate campaign is back again this year to support Novas as they fight against homeless this Christmas

PICTURE: MAXINE BRAMLEY/ ILOVELIMERICK



Dr Mary Ryan, Ann Riordan, Irish Heart Foundation, Damien Hartnett and Keith Earls, Munster Rugby player with the Jazz Lite Band at the launch of the Irish Heart Foundation New Year's Eve Sweet Hearts Ball at the Savoy Hotel PICTURE: BRENDAN GLEESON

people and organisations, including inward investors who want to do business in or with Limerick. They all can instantly discover more of what Limerick has to offer.

The Excellence in Local Government Awards 2017 showcase best practice in

local government and recognise the skills, hard work, innovation and enthusiasm within local government that can often go unrecognised.

These awards are the second and third prizes that Limerick City and County Council has won this month

alone. Congrats to all!

Children's Grief Centre nominated for Community Impact Award

The Children's Grief Centre was founded by Sister Helen Culhane and her tireless work for the centre, has been recognised by the Community Impact Awards.

The centre has been shortlisted in the small organisation category. A public vote and a panel of judges will decide the winner.

The Community Impact Award celebrates the efforts of community and voluntary organisations that have brought positive change to the area, alongside other non-profit organisations.

The Children's Grief Centre, located in Limerick, is a free and voluntary organisation that supports children between the ages of 4 and 18, where parents have

separated, divorced or where there has been bereavement.

The children and young people are the core focus while also supporting the parents and taking the children through the process of grieving and dealing with their emotions in a positive way.

Sr Helen says: "The one recurring theme is that they are looking for someone to listen."

In 2007 while working with the Mercy Sisters, Sr Helen, who was announced the 2017 February Limerick Person of the Month, recognised that Limerick had the highest rates of marriage separation in Ireland, with little or no support services for children dealing with grief in its many forms.

Sr Helen gathered a group of professionals including a school principal, a family therapist and a GP, who met and were in discussions for over a year regarding setting

To see lots of great Limerick videos, look under the 'Media' section in our website, www.ILoveLimerick.com



Aidan O'Reilly, Dept of Housing, Planning and Local Government; Mayor Stephen Keary; Orla O'Connor, Limerick City and County Council; Sean Atkinson, SIRO, award sponsor; Laura Ryan, Limerick City and County Council; Ian Talbot, Chief Executive Chambers Ireland receiving their award. See story on opposite page



Sr Helen Culhane, founder of the Children's Grief Project, and Katrina Morgan, Fundraising Committee PICTURE: KATIE GLAVIN/ILOVELIMERICK



Julie McKenna, Councillor Sean Lynch, and Una Burns, Novas at the coffee morning PICTURE: MAXINE BRAMLEY/ILOVELIMERICK

up the Children's Grief Centre.

After these meetings, Sr Helen applied for a leave of absence from her position at Milford Hospice to continue her work and open the Children's Grief Centre with the help of the Mercy Sisters.

The Children's Grief Centre is a non-government funded, free service and provides support to those who could not seek it otherwise. While the Children's Grief Centre is running on a voluntary basis, they do require volunteers to have some form of training to be able to help and treat the children and young people availing of the service.

Katrina Morgan, a member of the fundraising committee tells me: "While we are conscious of people's financial difficulties and do not want people to be under

pressure, no donation is too small, and every donation is welcome and greatly appreciated".

To vote for the Children's Grief Centre to win a Community Impact Award go to www.charityimpactawards.ie/community.

The closing date is this Wednesday, December 6. See www.childrensgrief-centre.ie.

Savoy Hotel Irish Heart Foundation Sweet Hearts Ball 2017

Time to dust down your dickie bow and diamonds as The Savoy Hotel prepares to host a special end of year celebration in the shape of the Sweet Hearts Ball, in association with the Irish Heart Foundation.

Ireland's national charity

fighting heart disease and stroke are encouraging people to celebrate the New Year in a way that makes a difference and party for a purpose by supporting their ball and purchasing tickets for what promises to be the party of the year.

The night is being supported by members of the Mid-Western Healthcare community, led by Endocrinologist Dr Mary Ryan who is a member of the Women's Heart Advisory Group for the Irish Heart Foundation and a senior lecturer in UL.

The aim is to raise much need funds to support the Irish Heart Foundation's work at raising awareness and funding research into cardiovascular disease.

In addition, it will help support their CPR4 Schools Programme which is training Limerick teachers and stu-

dents to become lifesavers.

The goal is to help train more people in CPR because it could save someone you love. Know your donations work!

Tickets for the ball are priced at €100 and party goers will enjoy a sumptuous six-course dinner, music from Jazz Lite, dancing until late and a charity auction.

Tickets are available on Eventbrite.

Mayor Sean Lynch holds coffee morning in support of Novas

By I Love Limerick Correspondent Maxine Bramley

Last Friday, Sean Lynch, Mayor of the Metropolitan District of Limerick, held a coffee morning fundraiser in support of Novas at the exhibition space in Limerick



Look out for a new single by Limerick band Fox Jaw called Heel To Toe and check out Dolan's next Friday week for their 'Ivory, wine and song' concert

Fox Jaw's unique hometown show

Limerick band Fox Jaw are releasing 'Heel to Toe', a stand-alone winter-infused single, accompanied by a unique hometown show they call 'Ivory, Wine & Song'.

Crooning takes over from amplification, electric guitars are replaced by acoustics and frontman Ronan Mitchell takes a seat behind the piano to play a very different kind of Fox Jaw set, along with a rare collection of Christmas classics.

Over the last decade, Fox Jaw has grown from strength to strength, evolved, overcome and journeyed across Europe and North America with their signature sound. A few years older, wiser and with lessons learned and they're still just getting started.

Described as 'a modern band with an old soul', they have a swaggering trend-shaking growl, but always kept it sweet and melodic with an honest collection of dark pop songs.

I was honoured to star in their 'Kersosene' video as a serial killer and it is one of my favourite projects I have ever worked on. Congrats guys! Have a great 2018!

Fox Jaw play upstairs at Dolans on Friday, December. 15. Doors will open at 9pm and tickets are €10.

Council headquarters at Merchants Quay.

Cllr. Sean Lynch said, "Novas, as you know, is one of the voluntary homeless agencies that are looking after the disadvantaged and the homeless and people who are unfortunately down and out.

"They do great work, and it's a homeless action team that is close to my heart."

Una Burns, Head of Policy and Communications Novas said: "We've had a fabulous morning we're so delighted with the many party members and councillors from different parties in Limerick who have come to attend the coffee morning and were extremely grateful as the money will go directly to the frontline services in Limerick as fundraising events like this are really important to us."

The next fundraising

event taking place for Novas in Limerick will be a sleepout on December 15 and members of Limerick City and County Council will be taking part.

And finally...

If anyone wants to keep tabs on what I am up to around Limerick, you can find me on Facebook as Richard Lynch and Twitter @Richanthon.

If you have a good news story about Limerick I could share on this page, you can contact me via email at Richard@ILoveLimerick.com. Look forward to hearing from you!

Love to you all
Richard (Richanthon) x

Motors

www.limerickleader.ie/motors

JAGUAR

Jaguar ups the ante with E-PACE

JAGUAR'S new E-PACE will arrive in showrooms in early December.

This is the newest member of Jaguar's SUV family following the F-PACE, Jaguar's performance SUV and Winner of World Car of the Year 2017.

JLR has announced a limited edition introductory launch price of €36,000 for the 2.0D i4 150hp manual model.

This represents a €2,000 saving.

Jaguar Land Rover's MD Gerard O'Farrell says the E-PACE provides the best of both worlds: the brand's sports car dynamics with

compact SUV practicality.

This is a five-seat compact SUV that packs the design and performance of a Jaguar sports car into a spacious, practical and connected AWD vehicle. It takes its design inspiration from the F-TYPE sports car.

The E-PACE and E-PACE R-Dynamic come with a choice of five power trains, with three diesel and two petrol engines.

The 2.0 four-cylinder Ingenium diesel powerplant is available in 150/180 and 240hp outputs, while the pair of 2.0 four-cylinder Ingenium petrol turbo units deliver 249hp or 300hp.

The 300hp Ingenium

petrol turbo engine takes 6.4 seconds for the 0-100km/h sprint. The front-wheel drive 150hp diesel delivers CO₂ emissions of 125g/km and has annual road tax of €270.

The E-PACE comes with the latest safety and driver assistant technologies, and is the first Jaguar to feature the company's next-generation Thin-Film Transistor Head-Up display technology. It's also the only car in its segment available with the wearable Activity Key wristband that allows the driver to lock the main key inside the car when enjoying outdoor pursuits like



The E-PACE comes with the latest safety and driver assistant technologies

running or cycling.

When the Activity Key is activated by holding the

wristband up to the upper edge of the number plate surround on the tailgate,

any conventional key fobs left inside the car are disabled.

RENAULT



Munster's star winger scores a new Megane

Rory Dennehy, general manager of Dennehy Motors and Olivia Kett, marketing manager, presenting the keys of a Renault Megane Sport Tourer GT Nav 205 TCe to Munster player Andrew Conway. PICTURE: ADRIAN BUTLER

SEAT



Seat first crossover model the Arona earned a five star rating for safety from the Euro NCAP

Arona's five-star safety

THE new SEAT Arona - the brand's first Crossover model - has joined the Spanish car maker's three flagship models, Ateca, Leon and Ibiza in achieving a maximum five stars in Euro NCAP safety tests, writes Trish Whelan.

Euro NCAP safety tests have become much more demanding in recent

months. The independent body puts vehicles that come onto the market through a number of tests, more and more rigorous each time.

The new Arona, manufactured in Barcelona on the new MQB Ao platform, goes further than the current standard expected by Euro NCAP offering hill hold con-

trol, automatic lights, multi-collision braking, tyre pressure monitoring, day lights as standard, adaptive cruise control, as well as rear traffic alert, blind spot detection, and park assist for both bay and parallel parking. It is set to arrive at SEAT dealerships nationwide imminently priced from €17,995.

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The striking new **Hyundai i30 Fastback** has arrived in Hyundai Dealerships Nationwide.

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Fuel consumption (combined) for the Hyundai i30 Fastback: 5.2l/100km, CO2 Emissions (combined) 120g/km. **The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. *Excludes dealer delivery and related charges.

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PLANNING NOTICES
APPLICATION TO PLANNING AUTHORITY
LIMERICK CITY & COUNTY COUNCIL

We, Bon Secours Health System CLG, intend to apply to Limerick City & County Council for planning permission for the construction of a new 12.5m2 entrance lobby, Bon Secours Hospital signage and canopy. The works include minor alterations to existing facades; southern façade, one doorway changed to timber sash window to match existing, and two doorways blocked up to match existing finishes. Western façade; two new doors butting onto Limerick Institute of Technology George's Street Campus. Northern façade; one door blocked up, a window enlarged for a new doorway and a window widened and all ancillary site works at the Bon Secours Hospital Limerick at Barrington's. The works are within the curtilage of a protected structure. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

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Email CV's to Tadhg@brodeenengineering.com

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Heiton Buckley, Ballysimon, Tipperary Road, Limerick.



Moore Haven Centre

O'Brien Street Tipperary

Telephone: 062 52437 Fax 062 33566

The MooreHaven Centre was established in 1981 to provide day services for people with intellectual disabilities (mild to moderate) in Tipperary Town and the surrounding areas in Counties Tipperary and Limerick. These services have grown significantly and now encompass Day Activation, Supported Work/ Employment, Day Services, Training Programme and Residential Services. The Centre caters for over 100 people. The Centre's Mission is to promote and support independent living and community integration, personal development and work opportunities for people attending the Centre.

The Centre is currently recruiting for the following positions:

Instructor/ Supervisor in the Day Service: candidates should have a Level 7 qualification in Training & Education, Marketing & Sales, Media Studies, or equivalent. The candidate must have at least 1 years' experience of working with adults with an intellectual disability. This is a part time position, 3 days a week, 19.5 hours.

A relief panel is to be established for work in the Day Service, to include all aspects of the day service / training, developing a range of recreational pursuits and community based activities in line with the HSE New Directions model of providing personalised supports, designed to link the individual with the local community. The panel will include relief work in the canteen, sewing section and woodwork sections.

Support Person QQI Level 5 in Disability Studies or equivalent is required and experience of working with people with an intellectual disability / complex needs, is a distinct advantage as is experience of working in a person centred environment. This is a full time, 30 hours a week post.

A Temporary Part Time Catering Assistant Mon – Fri 11-2pm

A Cleaner is required to work on a relief basis in the Centre.

A strong commitment to caring and an empathetic understanding of those with an intellectual disability are essential attributes.

Closing date for receipt of applications is Friday 15th December 2017. Applicants should ring Sheila or Eileen at 062 80281 for an application form. Completed application forms should be sent to General Manager, MooreHaven Centre, O'Brien Street, Tipperary or email derry@moorehaven.ie.

Short listing of applications will apply. MooreHaven Centre is an equal opportunities employer.

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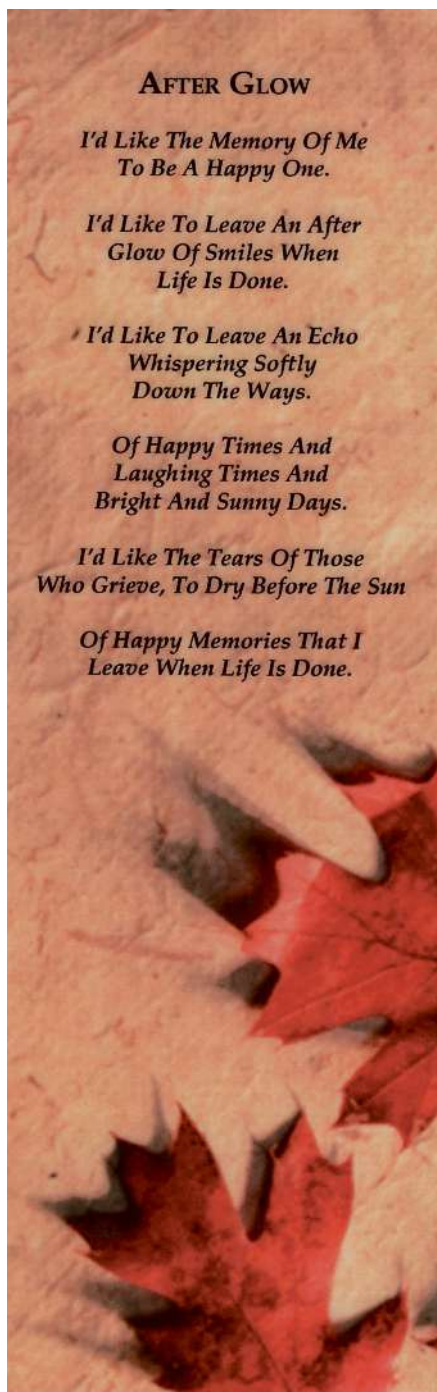
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SPORT

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Blow for Limerick as Clarke joins St Pat's

LIMERICK FC NEWS

By COLM KINSELLA
 e-mail: ckinsella@limerickleader.ie
 Twitter: @ckSportLeader

LIMERICK FC have been dealt a blow ahead of the 2018 SSE Airtricity League Premier Division with confirmation that winger Dean Clarke has left the Blues for St Patrick's Athletic.

Twenty four-year-old Clarke made 29 appearances in the Premier Division for Limerick in 2017 in his second spell at the club.

Dubliner Clarke first came to Limerick for the 2015 season joining up with his former boss at UCD Martin Russell.

The versatile Clarke, who has also played as a striker and a full-back, left Limerick at the end of that season, moving to Shamrock Rovers.

The natural winger, who made his league debut as an 18-year-old, rejoined Limerick last December following their return to the Premier Division.

Conforming news of his departure from the Shannonsiders, Clarke tweeted, "It wasn't a easy decision leaving @LimerickFC. A huge thank you to all the fans and people around the club for the support I got since I first arrived. Great city, great club."

Clarke later tweeted that he was really excited about the coming season at St Patrick's Athletic and is very focused on 'having my best year yet.'

Clarke's departure for Limerick comes on the back of French midfielder Bastien Hery's decision to join Waterford Utd from the Shannonsiders.

Exciting young Limerick winger Chiedozie Ogbene is tipped for a move cross-channel after impressing in a number of trials, including one at Premier League giants, Chelsea.

Limerick FC are due to begin preparations for the next season in the first week of January.

Meanwhile, the fixtures for the 2018 SSE Airtricity League season are due to be released at noon on Tuesday, December 19. Limerick FC's league season will start on Friday, February 16.



Munster's Conor Murray pictured chatting to the media this week ahead of his side's clash with the Leicester Tigers at Thomond Park PIC SPORTSFILE

Murray feels star duo likely to stay at Munster

MUNSTER RUGBY NEWS

By COLM KINSELLA
 e-mail: ckinsella@limerickleader.ie
 Twitter: @ckSportLeader

MUNSTER scrum-half Conor Murray is upbeat over the prospects of the province retaining the services of both captain Peter O'Mahony and CJ Stander beyond the end of this season.

Irish internationals O'Mahony and Stander are out of contract this summer and both players are understood to have been made lucrative offers by clubs in France and England.

O'Mahony has indicated

that he expects to have his contract situation sorted by the end of the month.

Speaking ahead of Munster's crucial Champions Cup fixture with old foes Leicester Tigers at Thomond Park this Saturday, 7.45pm, Conor Murray said that he could understand why supporters could have concerns over the possibility of players leaving. Munster are already set to lose one star name for next season as Simon Zebo will depart the province this summer.

"From the supporters point of view, their heart jumps, because they prob-

ably don't get to speak to Peter (O'Mahony) or CJ (Standar), or anyone who is up for contract.

"When we (players) hear rumours in the paper we probably know, or we have had a chat to the lads about it and maybe our minds are a little bit more at ease than the supporters, but it is just the time of year.

"I think we manage it really well as a playing group. I think we know what is true and what is false and what to pay attention to and what not to pay attention to.

"Having said that, what has happened with Don-

nacha Ryan and Zeebs (Simon Zebo), hopefully it all gets sorted because it is probably a bit more of a reality the players that can leave their clubs.

"Hopefully it won't happen with Pete or CJ, I wouldn't think it will. I don't know what their situation is, but they are really part of this club and the vision we have and where we are going with it, so hopefully they all get sorted."

O'Mahony says the issue of his contract will not distract him from preparing for Saturday evening's crucial European tie.

O'Mahony said: "What is going on is a business situation, it's business deals. It's separate. Your emotion is with the club and getting is right for the weekend, you know what I mean.

"The lads are dealing with it. It's a different part of my life at the moment.

"I am hoping to get it done by January one way or the other. That is the business side of it done. It's Leicester for me this week."

Munster are confident Simon Zebo will be fit to face the Tigers after taking a knock to the ribs against the Ospreys on Saturday.

SCHOOLBOY SOCCER NOTES



Pike Rover's Cian Power sets up an attack against Regional Utd in the Nick Green Youth Div One clash

PHOTOGRAPHY: DERMOT LYNCH

Fairview Rangers

U/13: Our 13 B team travelled to take on Shelbourne on Saturday morning, playing their first competitive game in just under two months. Understandably we started slowly, showing signs of rustiness from the long layoff. The home side took full advantage of this, dominating the opening 15 minutes, and we could well have fallen behind during that period but for the excellence of Mikey Sheehy in goals. Shelbourne eventually made the pressure pay close to the twenty minute mark with a fantastic strike that we could do little about. Going behind seemed to spur our lads on and we equalised immediately from the centre off. Jiberal Sheehan found Tony Clarke on the left wing, and he bore down on goal before firing past the keeper. Five minutes later we took the lead when Tony Clarke scored his second with a carbon copy effort. Both Jake Kavanagh and Chuliann Williams were now starting to dominate in the middle of the park and the latter made it 3-1 after a jinking run. Almost from the restart of the second half we made it 4-1. Jiberal Sheehan was again seen to good effect when finding Joey Deegan who set up Tony Clarke to complete his hat trick. Shelbourne thereafter were on top in the possession stakes but could find no way past a resolute defence of Grace McInerney, Callum Kiely and Cian Power. Joey Deegan eventually got the goal his performance deserved when gliding past three defenders to finish clinically. We were awarded a free with less than ten minutes on the clock. Jiberal Sheehan struck a magnificent effort from all of 35 yards to the roof of the net. Jake Kavanagh was unlucky not to score when rattling the woodwork before Shelbourne were rewarded for their efforts with the final goal of the encounter late on, leaving the final score 6-2 in our favour. A fine performance all round after a slow enough start (understandably so), with Tony Clarke getting the MOTM award for his efforts.

U/15: Our 15 B team also tasted success, registering an impressive 9-0 victory over a never say die Corbally side. One has to have sympathy for our opponents as nothing went right for them on the day. The score line could well have been closer had they any luck in front of goals, and they are to be commended for contesting every ball until the final whistle. That being said our boys put in a fantastic stint on the day and well deserved their victory. Anthony Byrnes notched a superb Hat trick, Jamie Hogan scored twice, one of which was particularly impressive, with Sean Rice, Scott Quaid, Lee O'Gorman and Leon Rush also getting their names on the score sheet. I am sure the management team will be just as pleased with the goals coming from so many different players, as they will with the result itself.

REPORTS: Could I appeal, for the last time, for teams to have a report to me on their games, by 9.00am on the Sunday of the same Weekend? It does not necessarily have to be from the management team, as long as it is sent within the above time frame. Thanks in anticipation.

U/13: Our 13A team travelled to take on an excellent Limerick side on Saturday last. Putting in one of their best displays of the season, Kevin McCarthy's side came away with a well-deserved 7-3 victory. Each and every player involved contributed to this win and if this team can repeat these type of performances going forward, they will be in the shake up come seasons end when the silverware is being handed out. Once again Matt TePou was on the mark with a magnificent hat trick, Callum Murphy played his part with two excellent strikes, while both Jenna Slattery and Aaron Considine rounded off the scoring with clinical finishes.

U/15: Our 15A team defeated Newport 7-2, leaving it four wins from four for the club at the weekend. Well done to all!!!

Geraldines

NEARLY THERE: In what is the penultimate weekend of football in 2017 it was the uneven age groups that saw action as our U7s, U11s and U13s all were playing their final games of the current calendar year. The clubs U7s the babes of the club under the watchful eyes of Joanne O Callaghan and Derek Hannon were out on the astro in Annacotty for their game. It is a total joy to take in this age-group as they really enjoy their game of ball and for the boys who are taking their first steps on the footballing ladder it's the smiles and great endeavour which is great to see and yet again great credit to our lads and our hosts Aisling as both outfits enjoyed there game of ball and that is what it is all about. We lined out as follows: Josh O Callaghan, Dion Hannon, Leah Hannon, MJ Meagher. Darren O Sullivan, Jamie Nestor, Ronan O Callaghan, Sean Kelly, Scott Sheehan, Calum Edwards and Olaf Karolsk.

U11S: The clubs U11s also saw football in their non-competitive section of this age group and in for this game we hosted a very impressive Caherdavin outfit who proved much too strong for us as practically all our side are U10s but this is a learning programme for our side as they are improving with each outings and our lone goal was netted by Ryan Hogan as others to shine were Anthony McNamara, Mark Dawson, Sean Lagzdins, Luke Carey and Liam O Regan.

U13 DIV 2 LEAGUE: Geraldines 6 - Janesboro 1: In what was our only schoolboy/girl competitive game on last Saturday and for that fixture we were up in Pearse Stadium to face Janesboro. For this U13 Div 2 league our management team of John Neville along with Stephen

Cropper had to re-jig their side somewhat due to players being out through sickness and one thing or another. The opening half in this league clash was indeed a close and tight affair with both sides creating plenty of openings coupled with flowing football. It was our hosts who went close to opening six minutes as their right winger cut in from the flank and from mid-way inside the area saw his effort well-saved by Cian O Byrne. Moments later at the opposite end we went close as Stephen Cropper, Liam Chambers and Evan Neville all playing their part in a brisk move that saw the lathers through ball finding Craig Whelan and his snap shot just skimmed the angle of the goals. A couple of minutes later we created another good opening as Kelsey Reeves found Nathan Cross in space and he then in turn got by his marker and from the angle of the area his first time shot saw the Janesboro net-minder do well to parry the ball away as it broke to Jake Collopy but his first timer flew just wide. At this stage a goal seemed to be on the way and then in the 22nd minutes the deadlock was broken as we took the lead when Liam Chambers with a quick clearance that was flicked on by Shane Doherty to Jake Collopy whose pace saw him getting away from his marker and once in the area drilled it by the advancing net-minder. This lead for us only lasted just for a single minute as Janesboro's centre forward found himself in space and coolly fired it by Cian O Byrne to tie up this game and leave it all square at the short whistle.

On the turnover we were quickly out of the traps and that reaped dividends as we went 2-1 up with three minutes when Micheal O Hanya found Craig Whelan in space and he then with a quick fire through ball that Jake Collopy latched on as he cut into the area and hit a firm effort that nestled in the bottom corner. Nine minutes later it was 3-1 in our favour as a stunning 20 yard free kick from Nathan Cross flew to the top corner. At this stage our side were in full flow and in the 48th minute struck a fourth goal as Peter Taylor, Craig Collopy, Stephen Cropper all were involved in a free flowing move with Peter Taylor's through ball finding the inrunning Craig Whelan who from close range dually dispatched it to the net. We then in the 52nd minute struck again as this time from a corner on the right Nathan Cross saw his ball in at pace being flicked to the net by Shane Dawson and just prior to the end we got among the goals for a sixth time when Liam Chambers was the creator as his sublime ball found Peter Taylor who from close range applied the final touch from a game in which we were full value for this victory as all the side played their part.

CLUB NEWS: The clubs lotto is on-going and tickets can be got from many sources at just €2 a ticket. The club will be bag packing in Dunnes Stores in the Parkway Shopping Centre on Saturday December



Regional's keeper Josh Sheehan claims this cross shot before Pike's Brian Thompson can get his heat to it PICTURES: DERMOT LYNCH

16th from 10am to 6pm and if anybody could lend a helping hand this would be much appreciated. On Sunday December 17th we will host a kids Christmas Party in Jerry O Deas and of course Santa will be present from 3pm to 6pm, tickets for same are only €5 and can be got from Laura Mulqueen. The local schoolboy cup draws were made earlier this week and the following are our cup games: U12 Div Two: Dines v Ballynanty, U13 Div Two: Dines v Janesboro, U14 Div One: Carew Park v Dines, U15 Div One: Dines v Aisling (C), nU16 Div One: Dines v Newport.

Limerick District Schoolboy/Girl League Fixtures

Saturday, 9 December
SFAI, U-12 SKETCHERS CUP ROUND 4
Caherdavin Celtic v Corbally United 11.15am Greenhills; F. O'Neill
Aisling Annacotty B v Killorglin 2pm Annacotty AWP; M. Cuddihy

U14 SKETCHERS CUP 4TH ROUND
Listowel Celtic v Caherdavin Celtic; 12.00 Listowel;
Moneypoint v Aisling Annacotty 12.00 Gallery Park, Kilrush;

U-10 RED GROUP
Carew Park v Aisling Annacotty 2; 11.15am Carew Park; D. Downing
Pike Rovers 1 v Mungret Regional 1; 11.15am Pike Grounds; Mike Monahan
Aisling Annacotty 1; v Limerick 11.15am Newport Park; Martin Monaghan
Fairview Rangers 1 v Regional United 1; 11.15am Fairgreen; M. Bourke

U-10 BLUE GROUP
Coonagh United v Aisling Annacotty 3; 11.15am Coonagh; J. O'Halloran
Ballynanty Rovers v Caherdavin Celtic 11.15am Shelbourne Park; R. Broe
Corbally United 1 v Parkville 11.15am Athlunkard; J. Clancy
Shelbourne 1 v Newport Town 1; 11.15am Shelbourne Park G. Clancy

U-10 GREEN GROUP
Moyross United v Corbally United 2; 11.15am Moyross K. McNamara
Janesboro v Mungret Regional 2; 11.15am Pearse Stadium A. Galvin
Aisling Annacotty 4; v Lisnagry 12.30 Newport Park Martin Monaghan
Geraldines, v Regional United 2; 12.30 Garryowen; J. Curran

U-10 BROWN GROUP
Pike Rovers 2 v Aisling Annacotty 5; 12.30 Pike Grounds; Mike Monahan
Lisnagry 2 v Shelbourne 2; 11.15am Scanlon Park; D. Weldrick
Star Rovers v Caherconlish 11.15am Lee Estate; T. Joyce

Corbally United 3 v Mungret Regional 3; 12.30 Athlunkard; J. Clancy
Regional United 3; v Bridge Celtic 11.15am Dooradoyle; D. Brosnan

SHANNON ICES, U-12 PREMIER LEAGUE
Fairview Rangers A v Limerick 12.30 Fairgreen; M. Bourke
Mungret Regional A, v Newport Town A 11.15am Mungret; J Galvin

U-12, DIVISION LEAGUE
Shelbourne A v Lisnagry 2pm Shelbourne Park; P. O'Brien
Pike Rovers A v Granville Rangers 2pm Pike Rovers; Mike Monahan
Bridge Celtic A v Janesboro 11.15am Bridgetown; T. Mannion

U-12, DIVISION TWO LEAGUE
Regional United B v Aisling Annacotty C 12.30 Dooradoyle; D. Brosnan
Mungret Regional B v Fairview Rangers B 12.30 Mungret; J. Galvin
Geraldines v Carew Park 11.15am Garryowen; J. Curran

U-12, DIVISION THREE LEAGUE
Shelbourne B v Corbally United B 12.30 Shelbourne Park; P. O'Brien
Newport Town B v Aisling Annacotty D 12.30 Newport; J. McNamara
Caherconlish v Bridge Celtic B 11.15am Caherconlish; B. Higgins

HYNAN TRAVEL, U-14, PREMIER LEAGUE
Fairview Rangers A v Corbally United A 2pm Fairgreen; D. Downing
Regional United A v Newport Town A 12.30 Dooradoyle AWP; R. Broe

U-14, DIVISION ONE LEAGUE
Aisling Annacotty C v Carew Park 11.15am Kilonan; L. Hughes
Aisling Annacotty B v Geraldines 12.30 Kilonan; L. Hughes
Corbally United B v Parkville 12.30 Athlunkard; J. Mulligan
Janesboro v Newport Town B 12.30 Pearse Stadium; A. Galvin

U-16, PREMIER LEAGUE
Mungret Regional v Regional United A 12.30 Castlemungret; M. Kirby
Aisling Annacotty A v Fairview Rangers A 3.45 Annacotty AWP; M. Cuddihy
Corbally United v Caherdavin Celtic 11.15am Athlunkard; D. Power

U-16, DIVISION ONE LEAGUE
Ballynanty Rovers v Aisling Annacotty C 12.30 Shelbourne Park; G. Clancy
Newport Town v Geraldines 2pm Newport; J. McNamara
Corbally United B v Aisling Annacotty B 2pm Athlunkard; J. Mulligan

Sunday, 10 December
SFAI, SUBWAY, INTER LEAGUE COMPETITIONS
U-13, INTER LEAGUE

Limerick District, v. North Tipperary 11.30 UL (all weather pitch)
U-12, Inter League
Limerick District, v. North Tipperary 12.45 UL (all weather pitch)
U-12, Representative game
Limerick District, v. North Tipperary 2pm UL (all weather pitch)

Sunday, 17 December
SFAI, U-15, SUBWAY, INTER LEAGUE COMPETITIONS
Regional Semi-Final
Limerick District, v. West Cork 1.30 UL (all weather pitch)

LDSL Results

Saturday, 2 December, 2017
SFAI U-13, TROY CUP, ROUND 4
St Brendan's Park 2, Shelbourne 0
Kilrush Crusades 0, Aisling Annacotty A 5
Nenagh 0, Corbally United 0 (Corbally won 5-4 on pens;)

SFAI, U-14, GOODSON CUP, ROUND 3
Summerville Rovers 2, Caherdavin Celtic 4

SFAI U-15, EVANS CUP, ROUND 4
Aisling Annacotty 3, Kilarney Celtic 1
Caherdavin Celtic 1, Charleville 4

HYNAN TRAVEL
U-13 PREMIER LEAGUE
Limerick 3, Fairview Rangers A 7
Pike Rovers 0, Aisling Annacotty B 0

U-13, DIVISION ONE LEAGUE
Carew Park 0, Bridge Celtic A 2
Ballynanty Rovers 2, Regional United A 2
Newport Town A v Summerville Rovers (off)

U-13 DIVISION TWO LEAGUE
Shelbourne B 2, Fairview Rangers B 6
Regional United B 2, Mungret Regional B 5
Lisnagry 7, Corbally United B 1
Janesboro 1, Geraldines 6

U-13, DIVISION THREE LEAGUE
Granville Rangers 6, Newport Town B 0
Corbally United C 4, Regional United C 2

U-15 PREMIER LEAGUE
Fairview Rangers A 7, Newport Town A 2
Janesboro 1, Mungret Regional 3

U-15, DIVISION ONE LEAGUE
Corbally United A 6, Newport Town B 2
Shelbourne 3, v Aisling Annacotty C 1
Fairview Rangers B 9, Corbally United B 0

SUNDAY, 3 DECEMBER, 2017
SFAI, SUBWAY, U-13, INTER LEAGUE COMPETITION
Limerick Desmond 0, Limerick District 4

SPORT

BOXING - LIMERICK WINNERS AT NATIONALS

Senior titles for local boxing trio



Champion: Newly crowned National Senior Boxing champions Kevin Sheehy with St Francis Boxing Club coaches Jimmy and Ken Moore

By **JEROME O'CONNELL**
 e-mail: joconnell@limerickleader.ie
 Twitter: @JeromeSport

THREE National senior amateur boxing titles returned to Limerick over the weekend.

The headline success was 19 year old Kevin Sheehy from St Francis Boxing Club who won the heavyweight title in the National Stadium in Dublin.

There were also female title wins for Siobhan Ni Laoire (Corpus Christi) and Nell Fox (Rathkeale).

Siobhan Ni Laoire of Corpus Christi won the 60kg title with a 5-0 success over Aisling Murray (Muskerry).

Rathkeale's Nell Fox won

the 81kg title.

Kevin Sheehy beat Crumin's Jake Patterson 4-1 to win the heavyweight title.

To reach the final the rising star from Limerick city beat Brian Mullen (St Annes) and Mark Scanlon (Ballinacarrow).

St Francis Boxing Club coach Ken Moore praised the rise to prominence of Sheehy.

"Kevin is just 19 years of age and to bring the heavyweight title back is an astounding achievement for any boxer, but especially for one so young," said Moore.

"He went to the U-18 World Championships last year as a Super Heavyweight but since he came back we got him involved with Noel

Bowen as strength and conditioning coach and nutrition and his weight has come down and he has gone from strength to strength and developing as a person and as a boxer," outlined the St Francis Boxing Club coach.

"He doesn't get much of a rest - next is the U-22 championships in February and if he is successful there is a European Championships at U-22 and if he were the senior champion and U-22 champion we would fancy his chances of getting picked for those Europeans. The Elite Championships are also coming up so we will have to sit down after the U-22s and talk about them - our big goal for the year was to compete in the Elite Championships."



Dillon McCormack, aged 2, from Limerick watches on as his father Graham McCormack who defeated Hungarian Richard Baba in Dublin's National Stadium on Saturday night in the 'Celtic Clash 4' event. The Limerick father of four dedicated the Light Middleweight win his in professional debut to his late grandfather Gus Williams, who died on November 8

J.J. Bowles
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