

Limerick Chronicle



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LIMERICK LEADER
PROPERTY
HOME & INTERIORS
TUESDAY, FEBRUARY 20, 2018



'Manor' in Monaleen makes great appeal



100 jobs at €10m attraction backed by JP McManus

PLANNING GRANTED TO RUGBY MUSEUM

NICK RABBITTS
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COUNCIL planners have given the green light to a new €10m international rugby museum backed by JP McManus and Paul O'Connell in the heart of the city.

Some 100 construction jobs are set to be created after the International

Rugby Experience Museum, set for O'Connell Street, was given conditional planning permission.

Metropolitan mayor Sean Lynch says the museum will copperfasten Limerick's position as "the sporting capital of Europe".

"It's a great day again for us. It will create more employment, and where

→ **CONTINUED ON PAGE 3**



An architectural impression of the 'iconic' new International Rugby Experience Museum

Politics REACTION TO IRELAND 2040 PLAN



PAGE 4

Court JUDGE'S KETAMINE CONCERNS



PAGE 6



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Since 1768

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

Check updates on limerickleader.ie



TODAY
A NICE DRY DAY WITH SUNNY SPELLS AND A HIGH OF 10°C



TOMORROW
REMAINING SETTLED AND DRY



THURSDAY
CLOUDY WITH A PASSING SHOWER - HIGH OF 8°C

PICTURE OF THE WEEK



Uplifting performance: Fidget Feet and Irish Chamber Orchestra team up in St Mary's Cathedral

Fidget Feet Aerial Dance troupe enhanced the Irish Chamber Orchestra's atmospheric performance in St Mary's Cathedral, Limerick with Jörg Widmann, conductor PICTURE: KEITH WISEMAN

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

Top honours for Sr Helen



I Love Limerick: Children's Grief Centre founder Sr Helen Culhane named Limerick Person of the Year 2017 Pages 46-47

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MeghannMix: Creative DIY projects Page 22

TWEETS OF THE WEEK

@LimerickCityBiz
 Thought for day. Great to see International Rugby Experience project granted planning permission. Design by internationally renowned architects Niall McLaughlin & interactive interior elements created by Event Communications (Meet Van Gogh exhibition & the @TitanicBelfast).



We want to hear your news and views @limerick_leader

@AlanEnglish9
 The work of the Children's Grief Centre is both intensely private and hugely important. A year ago its future was in doubt; yesterday its founder and driving force Sr Helen Culhane became a most deserving Limerick Person of the Year. Delighted for her and the centre

@Limerick_Leader
 @Limerick_Leader editor @EugenePhelan1 addressing the crowd at @ClaytonLimerick for Limerick Person of the Year - "there are people out there doing extraordinary things" #LPOY17

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

ARCHIVES: CHRONICLE TO BE PART OF LEADER

Historic paper gets new slot

THIS week's edition of the Limerick Chronicle will be the last in its current format. Next week, the Chronicle is moving to the Limerick Leader's weekend edition as a free insert.

This is part of a number of changes we're introducing, which include a brand new free newspaper, The Leader, brought to you by our award-winning team.

The Leader will be free in local shops and other businesses each Wednesday and also distributed to 18,000 homes around the city.

As a result, we will no longer publish the current tabloid edition of the Limerick Leader on Wednesdays, but it will remain a fixture on Mondays. We know that readers of the Chronicle and the Leader have a huge appetite for history, stories and photographs from yesteryear.

With the Chronicle celebrating its 250th year since its foundation in 1768, we are delighted that the respected Limerick historian and author Sharon Slater has joined the Chronicle team.

The first edition of the new-look Chronicle - available free in the weekend editions out on Thursday,



Part of the new team: historian Sharon Slater

March 1 - will focus strongly on the paper's remarkable history. We will also publish a commemorative, souvenir edition later in the year.

With the Limerick Leader dating back to 1889, Sharon and the team have a huge archive to draw on and we look forward to exploring Limerick's past each week, as recorded in the columns of these famous titles. The Leader's commercial manager Fergal Deegan and his team have been showing

sample pages of the new paper to the local business community - and we're delighted to report that it is being met with great positivity.

Alan English, editorial director with Iconic Newspapers, has been working hard with designers on the new paper for several months - and we look forward to unveiling both The Leader and the new-look Limerick Chronicle next week.

'An iconic spot in centre of our city'

► CONTINUED FROM PAGE 1

it's located, it will be an iconic spot in the centre of our city," he said.

The development, which will bring in many permanent positions once completed, is going ahead at 40 - 42 O'Connell Street.

There will be a high-tech 30,000 square foot exhibition space, as well as dramatic four-dimensional interactive galleries and exhibits celebrating historic moments from rugby's history.

Numbers 40 and 41 O'Connell

Street will be knocked, as well as the first three floors at the neighbouring building.

Number one Cecil Street will also make way for the development.

In their place there will be a seven-storey building with a two-storey portico fronting O'Connell Street and a two-storey block to the rear.

There will be a three-storey block built over the existing Fine's Jewellers business at the junction of O'Connell Street and Cecil Street.

Inside, the development

will see "a multi-media visitor experience, exhibition and education space" plus retail and cafe at ground floor level, according to the planning application.

There were two objections to the proposal: one from David Fine of Fine's Jewellers, who feared an adverse impact on his business in the centre of the scheme.

A second submission came from An Taisce, who criticised the felling of five late 18th century/early 19th century buildings.

Council planners gave the development the green light subject to 18 conditions, including a stipulation a special design is put in place at the top of the tower conveying its three dimensional appearance. The museum is set to open in early 2019.

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NEWS

CAPITAL PLAN: LIMERICK 'MUST FIGHT FOR MORE THAN TWO MAJOR PROJECTS'

Government's 2040 vision for city is 'disappointing'

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THE Government's ambition for Limerick city has been described as "disappointing", after the launch of the 10-year National Development Plan and the 2040 National Planning Framework vision.

As part of the Government's €116bn capital plan, more than €1bn has been ringfenced for two major projects in Limerick — up to €900m for the M20 Cork-Limerick route and €210m for the relocation of University Maternity Hospital Limerick.

Other major projects include the €25m 96-bed block at UHL; €27m for Shannon-Foynes Port Company; a new ambulance base; a rural and urban regeneration fund; and a €170m boost to Limerick Regeneration.

However, Labour TD Jan O'Sullivan has said, while she welcomes the M20 and UMHL initiatives, "we have to fight for a lot more than those two projects".

She said that while the M20 project is getting up to €900m by 2027, a rail link in North Dublin is going to cost the taxpayer €3bn.

"This plan does not adequately address the regional imbalance between the greater Dublin area which under this plan will



Labour TD Jan O'Sullivan said that Limerick must fight for more than just the €900m M20 motorway and maternity hospital project

sprawl even further, and the rest of the country. There is real potential to develop Limerick and the Mid-West as a strong and sustainable growth centre and the Plan is hugely disappointing in the level of its ambition for our region and our city."

Sinn Féin TD Maurice

Quinlivan said that it was important to "separate out new announcements which genuinely are new from the repackaging of existing or already announced commitments which often occurs".

Deputy Quinlivan said that while the Government will be judged on its delivery,

"an initial observation shows a better spread of regional development than the first draft that's is welcome".

"However we are still deeply concerned that mistakes of the past especially around the proposed population growth are way too fo-

cused on Dublin and the Eastern Midlands region.

"This would effectively mean the Dublin commuter belt and this is not good planning, it is not good for the economy, not good for the regions and unfortunately is not sustainable," he stated.

CHARITY

Grant for Milford from Aldi staff

STAFF at Aldi on the Childers Road have awarded €500 to Milford. The funding is from Aldi's Community Grants programme in recognition of its dedicated work in the community.

CULTURE

Anton and Patricia for On the Nail

WRITERS Anton Floyd and Patricia Anne-Moore are set for the monthly On the Nail literary gathering, on Tuesday, March 6, at Chez le Fab, Arthur's Quay. All are welcome at the event, 8pm start.

ANIMALS

Council seizes loose horses

FOUR horses were seized by Limerick City and County Council in Moyross at the weekend. Two of the horses were seized at Pineview Gardens while two more were seized at the link Road.

SUPPORT

Meeting for survivors of abuse

A SUPPORT group for survivors of childhood abuse and rape will meet at Punches Close on Wednesday February 21 from 6pm to 8pm. Survivors Side by Side offers impartial advice to those who have experienced abuse.

HEALTH

42 patients treated on trolleys at UHL

ACCORDING to figures published by the INMO this Monday, there were 42 patients being treated on emergency department trolleys and on extra trolleys or beds in the wards at UHL.

ART

Samuel Walsh talk reset for March 1

Artist Samuel Walsh's illustrated talk 'Linking Classical Art with Modernism', at the Hunt Museum, which was postponed due to ill health has been rescheduled. It now takes place on Thursday, March 1, 1-2pm.

Students opting out of religion to study other subjects

STUDENTS who opt out of religious studies at State-run schools must now be timetabled to study another subject instead of sitting at the back of a classroom or undertaking supervised study, writes Jess Casey.

New directions from the Department of Education require schools to provide alternative tuition throughout the school year for students who opt out of religious studies rather than supervised study or other activities.

This requirement applies to ETB and Community post primary schools and the new rules do not apply to religious run schools.

"The new arrangements will ensure that children who do not want to participate in religious instruction will no longer be sitting at the back of the class or confined to the library," Minister for Education Richard Bruton said.

According to the Department of Education, it may have been reasonable when ETB and Community schools

were originally established for a school to assume that its pupil population was predominantly Catholic and to arrange religious instruction accordingly.

However, this is no longer seen as an appropriate approach.

Minister Bruton said: "It is important that ETB and Community Post Primary schools as multi-denominational schools, fully implement this circular as it presents an important opportunity to meet the expectations of parents

and students in a changing society."

"This can only be achieved by consulting with parents, and including their wishes as part of the normal planning process of any school."

A circular from the Department has now been issued to all relevant schools, with the new directions to take immediate effect.

Parents will no longer have to request a withdrawal from religious instruction and their wishes will be included as part of the process

for planning and organising of subject selection.

Parents also have to be consulted in relation to the school's arrangements for worship and religious events, whether they wish their children to participate or not.

According to the Department of Education, this new requirement complements the work of ETBI who are reviewing current arrangements in ETB schools to make sure that they reflect their multid denominational nature in a modern setting.



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NEWS

Ketamine cases are a worry for judge

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CONCERNS have been expressed about the increased number of cases involving the use of Ketamine which are coming before the courts.

Judge Marian O'Leary made her comments after a UL student pleaded guilty to possession of the drug at a nightclub in the city centre.

The 21-year-old also admitted possession of a quantity of MDMA (ecstasy) for the purpose of sale or supply on November 16, 2016.

Inspector Pdraig Byrnes said the drugs which were found in three plastic bags had a combined value of around €170.

Questioning how the defendant acquired the Ketamine, Judge O'Leary noted that several cases involving the drug have come before the court in recent weeks.

She said it is a very powerful sedative-type drug which is potentially lethal.



Concern: Judge Marian O'Leary

"Many (young people) go too far and never wake up from it," she said expressing concern that the drug appears to be widely used by students in particular.

"Ketamine seems to be some sort of social relaxant," said solicitor Ted McCarthy who added that his client was "blissfully unaware" of what he was involved in.

Noting that the defendant, who has no previous convictions, is no longer taking drugs and returned to his family home in County Limerick, Judge O'Leary indicated she did not want to ruin his life by recording a conviction.

She adjourned the matter to later this month to allow him to make arrangements to carry out some voluntary work with addicts.



UL to lead the way with artificial intelligence

A NEW Masters in artificial intelligence (AI) at the University of Limerick will help to shape a new reality for Irish businesses, according to the Minister for State for Trade, Employment, and Business.

Ireland's first Masters in AI will run in UL's Digital District from September 2018 in association with the Irish Centre for High End Computing

(ICHEC).

Minister of State Pat Breen welcomed the introduction of the course on a recent visit to the university.

"Artificial Intelligence is shaping a new reality for Irish businesses, creating exciting new opportunities for innovation across all industries," Minister Breen said.

"To keep apace with these fast-changing technologies, it's essential we have a workforce with the skills needed to drive this digital revolution. This Masters in AI will help to address Irish skills shortages in AI in the years to come."

The Minister plans to host a meeting at which AI will be the central theme and has invited course director Dr John Nelson to attend.

Chess masters all set for Bunratty festival

SOME of the world's top chess players are set to visit the region as Bunratty plays host to a top tournament.

The great and good of the chess world will descend on the Bunratty Castle Hotel for the 25th annual Bunratty International Chess Festival.

It will be formally opened at 7pm on Friday

evening by Fine Gael Senator Martin Conway.

A record number of competitors are set to take part in the three-day event, with the top games broadcast live online to an audience of hundreds of thousands. Commentary will be provided by international chess observer Raymond Keene.

The Bunratty Interna-

tional Chess festival grew from a small local tournament to become one of the best competitions of its kind in the world.

It's unique in the sense that it is open to players of all abilities - Chess grandmasters mix freely with novices and they are afforded the opportunity to take on the very best in the world.

The festival kicks off on

Friday night, and will continue to Sunday.

A number of big name players are set to return to Bunratty, including last year's winner Nigel Short, who is hoping to become only the second person to win the tournament three years running.

For more information, telephone Diarmuid Scully at 086-8066054.

Robbery accused refused bail following garda objection

A YOUNG man who allegedly threatened another man at knifepoint before taking his phone and a quantity of cash has been refused bail, writes David Hurley.

Alex Kelly, aged 23, who has an address at Valley View, O'Malley Park, Southill, faces a single charge of robbery relating to an incident which happened at a laneway off Mulgrave Street on November 28, 2017.

Opposing a bail application - made by solicitor Ted McCarthy - Cillian O'Muineachain said it will be al-

leged Mr Kelly first encountered the alleged victim at Arthur's Quay when he approached him asking for directions to the nearest pharmacy.

He said it is the State case the defendant then walked with the man, who is a non-Irish national, from Arthur Quay to Mulgrave Street "on the pretense of showing him to the nearest pharmacy".

Garda O'Muineachain said it will be alleged that having arrived at Mulgrave Street the defendant met a second male and that the al-

leged victim was then set upon in a laneway.

"A knife was produced and it was held against his throat," said Garda O'Muineachain who added it will be alleged the victim's pockets were searched by the culprits who escaped with a smartphone and around €75 in cash.

"It was an extremely violent incident," he told the court adding that a file is being prepared for the DPP and that gardai will be recommending trial on indictment.

Judge Marian O'Leary was told the defendant made a

number of admissions following his arrest and that CCTV footage has also been obtained as part of the garda investigation.

Garda O'Muineachain said he had concerns the defendant would engage in further criminality if released.

He told the court Mr Kelly has connections abroad and he expressed concerns he would not appear in court if granted bail.

Seeking bail, solicitor Ted McCarthy said his client was willing to comply with any and all conditions if granted

bail.

"He lives very close to Roxboro Road (garda station), it would be easy for gardai to supervise any conditions," he said.

Having considered the garda objection, Judge O'Leary said she was refusing bail under the provisions of the Bail Act.

In doing so, she stated it was "reasonably necessary" to do so to prevent the commission of further offences.

The matter was adjourned to February 27, next for DPP's directions.



Solicitor Ted McCarthy applied for bail on behalf of Alex Kelly



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NICK RABBITS AT CITY HALL
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PATIENTS in pyjamas puffing cigarettes outside UHL has so infuriated a former mayor, that he wants smoking areas to be moved inside the hospital grounds.



Cllr Kieran O'Hanlon

The HSE outlawed smoking in all its hospital grounds as of 2012, leading to a backlash from patients and medical professionals alike.

But now, Fianna Fail councillor Kieran O'Hanlon believes it is time to consider putting in a smoking area inside the hospital building.

"It saddens me to see people outside the hospital in the middle of winter in their dressing gowns and their pyjamas. Maybe if they already have lung cancer, they are happy to get pneumonia too. But I doubt it," he said while addressing Prof Collette Cowan, the chief executive of the UL Hospitals Group, who met councillors this week.

Cllr O'Hanlon added: "I understand fully the health service's approach to smoking. But when they brought in the smoking ban, all pubs had to have smoking areas. If pubs can have them, I cannot understand why the hospital cannot. People who smoke and are in hospital cannot have a smoking area. I

don't get it."

Prof Cowan said it is not HSE policy to introduce smoking areas.

"It doesn't make it right," the councillor fumed.

Eleanor Purcell, of Cahill's in Wickham Street, which has sold tobacco almost 150 years, feels smokers are penalised.

"The Department of Health has without appeal done exactly as it wishes. It's a very tough policy on the part of the department, but that's what it is. It's not just in hospitals we have this problem, but in airports too," she said.

Ms Purcell believes the HSE should put smoking areas in hospitals, saying it would represent an "act of kindness" on the part of those who light up.

"I'm not pretending it should be part of someone's health policy, but it should be done as a gesture," she added.

Figures last year revealed 1,000 people had flouted the smoking ban in the grounds of UHL.



Limerick's Shauna up for award

A FORMER Miss Limerick, who is currently signed with one of Ireland's top modeling agencies, has been nominated for an award from Irish entertainment website Goss.ie

Shauna Lindsay, age 22, started modeling in 2013. She became one of the youngest models ever to be crowned Miss Limerick when she was just 18 years old.

Taking place in Dublin,

the Gossie Awards will give prizes to the most stylish lady, best tv show, best actress, best model, best music act and best newcomer among other prizes.

"Just to be nominated is amazing," Ms Lindsay said.

"I'm really looking forward to the night."

She is currently signed with the Andrea Roche Model Agency in Dublin, which includes Roz Purcell

and Georgia Salpa on its books.

In 2015, Shauna was chosen as the face of Gosh Cosmetics in Copenhagen and Ireland and was the first runner up in Miss Universe 2016.

She was 1st runner up in Miss Universe Ireland in Nov 2016. She was previously nominated for a VIP style award for the Most Stylish Newcomer. She has also previously been nominated for a Gossie award.

Doras expanding support services

MORE THAN 1,200 asylum seekers, refugees and migrants from almost 100 countries, were supported by migrant support organisation Doras Luimní last year.

Since the organisation was established in 2000, Limerick's only dedicated migrant support organisation has seen an increase in the number of people seeking assistance each year.

"Each year, the issues presenting to Doras highlight the continued need for specialised immigration advice and integration support in Limerick," chief executive Leonie Kerins said.

"In 2017, we worked on 74 different immigration-related issues, which reflects the varied and complex nature of our work."

"Our support services are constantly changing to reflect the needs and profiles of new communities in Limerick."

"Many of our clients have multiple and complex needs, requiring several interventions often over a number of years."

"A person may initially seek assistance with an application for asylum as a new arrival in Ireland but they may need support on various issues up until the point of applying for Irish citizenship, a process which could take seven or eight years to secure."

Syrian nationals represented more than 20% of the people accessing Doras' support services in 2017, which reflects forced displacement trends internationally and marks a significant increase relative to previous years.

Last year, Doras expanded its services, adding a new office in Wexford. Doras now has a presence in Limerick, Wexford and Laois.

Limerick academic appointed to role at Oxford

A LIMERICK man has been appointed visiting professor at Oxford Brookes University, writes Jess Casey.

Professor Martin Broderick, Garryowen, has been appointed visiting professor at the prestigious university in recognition of his contribution to environmental and social impact assessment

(ESIA) and sustainability issues in the UK for more than 25 years.

Oxford Brookes is considered one of the UK's leading universities, enjoying an international reputation for teaching excellence.

Prof Broderick was born and raised in Garryowen, where he lived until he left in

1980 to pursue his studies.

He now lives in Oxford, England with his family.

An examining inspector at the UK National Infrastructure Directorate of the Planning Inspectorate, he has provided service and leadership in an executive role, on advisory boards for both national and international

agencies.

He is currently acknowledged as a leading practitioner and an intellectual leader in the field of environmental and social impact assessment. Following his appointment, he is now a full member of the Faculty of Technology, Design and Environment at Oxford for the

next five years. "I am thrilled to receive this appointment," Prof Broderick said. "It is not only a recognition of the lasting contribution to the impact assessment academic community made by Oxford Brookes but also a great inspiration to strengthen my research in this area."



Martin Broderick

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NEWS

UHL: BID TO QUASH MEDICAL COUNCIL FINDING IS DISMISSED

Doctor's challenge in the High Court fails

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THE HIGH Court has dismissed a doctor's challenge aimed at quashing a finding of poor professional performance made against him by the Medical Council while he worked at a Limerick hospital.

The challenge was brought by Dr Saqib Ahmed, who was the subject of a fitness to practice inquiry by the Medical Council arising out of complaint made when the doctor was working as a junior registrar in oncology at University Hospital Limerick between July and November 2012.

In 2015 the Medical Council committee dismissed several allegations of professional misconduct and/or poor professional performance made against the doctor, but did find that one complaint against him amounted to poor professional performance.

This was in relation to the



High Court challenge to quash Medical Council findings fails

allegation that Dr Ahmed, who had denied all the claims against him, failed to request basic medical tests including blood, urine and kidney function tests for a patient whom he saw on November 6, 2012.

As a sanction Dr Ahmed received "an advice" in writing from the Medical Council.

Dr Ahmed brought judicial review proceedings against the Medical Council, the Minister for Justice and the State aimed at quashing the finding and sanction against him.

It was brought on grounds including that the fact he had no right of appeal against the sanction imposed breach of his Constitutional rights and rights

under the European Convention on Human Rights.

He also claimed there was a lack of evidence to make the finding against him, which he also said was irrational.

The challenge was opposed by both the Medical Council and the State respondents.

In his judgment dismissing the action Mr Justice Charles Meenan said there was "clearly evidence before the Medical Council inquiry upon which it could reach the decision it did".

Dr Ahmed was not entitled to have the finding against him quashed, the judge said.

The sanction imposed on Dr Ahmed is the lowest sanction that could be imposed

by the Medical Council, and the Judge said it did not limit or restrict the applicant's ability to practice medicine.

Justice Meenan said the adverse consequences of the sanction of an advice that was imposed on the doctor were general in nature.

No particular adverse incidents arising out of the sanction were shown to the court.

While Dr Ahmed would have to inform future employers of the sanction, it could be assumed employers will be able to distinguish between the lowest sanction possible and something more serious.

In addition Justice Meenan did not accept Dr Ahmed's claims that his constitutional or ECHR rights, such as his rights to a good name and had been breached.

The Judge added he did not find that the relevant sections of the 2007 Medical Practitioners Act were unconstitutional as claimed by Dr Ahmed arising out of a lack of appeal against a sanction of an advice.

Arts office is criticised over St Patrick's Day

METROPOLITAN district councillors have criticised the local authority's arts office after they asked members to give €30,000 less than a month before St Patrick's Day.

At this month's metropolitan meeting, members were presented with a request from the arts and culture department to part with this sum to allow seven groups to take part in next month's parade.

But there was anger because, they claimed, money was only being sought from them less than a month before March 17.

The arts department was seeking €30,000 from the General Municipal Allocation (GMA), a stream which allows the councillors to give the money to projects of their choosing.

They ultimately have the final say on where this money goes.

Cllr John Gilligan, Independent, proposed the money comes from a different section of the GMA, something seconded by Cllr Elena Secas, Labour, and passed unanimously.

Although ultimately the section was given the money, there was criticism

over the timing of the request – the second year in a row the arts office has asked for the money in this timescale.

Cllr Secas said: "I don't think it is fair to us as councillors. We cannot decide to give money from the GMA if we haven't met previously to decide how we will spend this. This was a last minute thing, it wasn't on the agenda, and it isn't fair to put us in this situation."

She pointed out no member of staff from the arts department was present to answer questions.

"The whole process needs to be more transparent. If we are to make a decision, we need to have all the information to hand," she added.

The arts and culture directorate were seeking money to include the Galway Community Circus, Bui Bolg from Wexford, Luxe, Macnas from Galway and Limerick group Lumen in the parade.

Fianna Fail's metropolitan district leader Cllr James Collins asked who picked these groups, suggesting more could have been found from Limerick. The council has targetted 80,000 spectators for this year's parade, which is expected to include around 5,000 taking part.



Whisks at the ready for brain injury awareness

People in Limerick have been called on to bake for the 13,000 people who acquire brain injury each year in Ireland, as Brain Awareness Week takes place from March 5-11. The week includes 'bake for brain injury' events all across the country to support rehabilitation

and services for people and their families. In Limerick a 'bake' event is taking place at the Assisted Living Centre in Dooradoyle at 11am on March 7. Further details can be had by calling ABI Ireland's main office at (01) 280 4164. The campaign is being endorsed by Broad-

caster Miriam O'Callaghan who called on people to bake or sample some tasty bites to support needed services. Pictured: Miriam O'Callaghan with James O'Connell (11) and sisters Orlaith (11) and Emma Brady (8) at the launch of #bakeforbraininjury PICTURE: CONOR HEALY

More public council meetings on cards

MORE public council meetings are on the cards, after members passed a motion seeking to give the city district more power.

Sinn Féin councillor Séighin Ó Ceallaigh is seeking for three monthly area briefings held within the metropolitan district to be held in public – and for decisions made there to be legally binding.

At present, only when the 21 metropolitan members meet as a group are meetings open.

But there are behind-closed-doors meetings for the three city electoral areas – east, west and north.

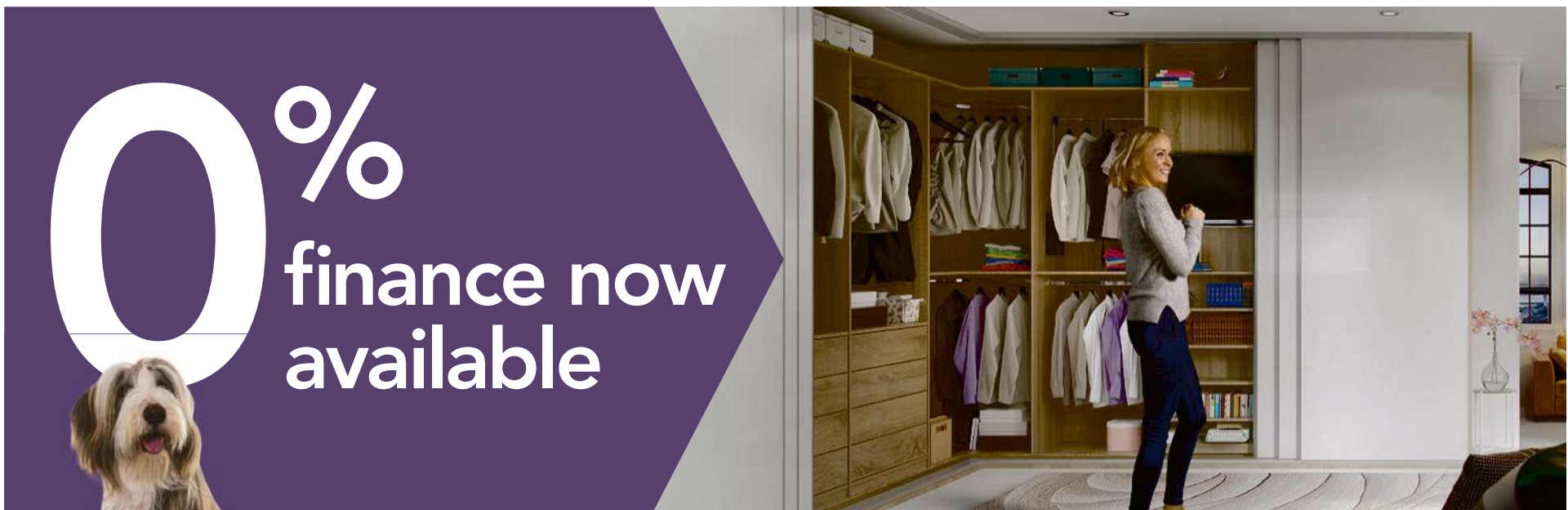
"This is about accountability. City East has eight members representing 40,000 people. But there is

no statutory basis to our meeting," Cllr Ó Ceallaigh said.

He pointed out that in the county, districts with just a handful of members are entitled to their own statutory meeting. After he was told that the rules did not permit these meetings to become statutory, Cllr James Collins, Fianna Fail, suggested this be changed.

Cllr Cian Prendiville added: "Some matters are referred to these local area meetings. They might as well be referred to the Locke Bar where we can discuss it over a coffee for all the power it has."

Cllr Elena Secas sought to have the motion amended to write to Local Government Minister Eoghan Murphy, adopted unanimously.



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HEALTH: GOFUNDME PAGE TO HELP ACCESS TREATMENT RAISES OVER €77,000 IN ONE WEEK

Limerick mum won't accept defeat in battle with cancer

KEVIN CORBETT
e-mail: kevin.corbett@limerickleader.ie
Twitter: @kilteery

A Limerick mother-of-two facing a terminal cancer diagnosis is appealing to the public to help her access experimental treatment in the USA.

Given just 12 months to live by her oncologists, Vicky Phelan, 43, from Annacotty, set up a GoFundMe page which has raised over €77,000 in less than a week. Her goal is to raise €100,000 to access a clinical trial in Maryland USA and meet the associated costs.

Speaking to the Chronicle, Vicky said, I'm stunned by the support I've had so far, it's amazing and I'm so grateful".

Vicky fulfils the criteria for eligibility for the Maryland trial, but as she told the Chronicle, "the problem is not eligibility, it's access, because they only take one patient per month".

"I spoke to the nurse I am dealing with the other day and she told me it could be several months before I'd hear, and, I have to admit, it really knocked me when I heard that.

"But it got me thinking, I can't put all my eggs in one basket, so I am looking at other options and applying for other trials."

Vicky, who is married to Jim and is mum to Amelia, 12, and Darragh, 7, was first diagnosed with cervical cancer in July 2014, but, following an aggressive course of radiation and chemotherapy, was given the all-clear late that year.

A routine scan in November last year, however, showed a large mass of lymph nodes around her aorta, which is inoperable.

Having already had the maximum dosage of radiation, Vicky was offered palliative chemotherapy as her only option, which she was told may give her one more year of life.

It was not a prognosis she was willing to accept.

"I went to Dublin for a second opinion, from Dr David Fennelly, and he was much more positive than what I was hearing in Limerick. I found them extremely negative here, it was basically like they told me to go home and die. They could do nothing for me.

"He agreed, though, that in Ireland there are no options for me, but he was open to me going abroad, whereas here in Limerick they weren't."

Dr Fennelly told Vicky the



Vicky, right, with parents John and Gaby Kelly, sister Lyndsey Kelly and daughter Amelia



Vicky is working hard to stay positive while she awaits news on possible access to the clinical trials

"The way my friends and neighbours have rallied around me spurs me on... that has kept me focused and given me so much"

Maryland trial was an excellent one to get on to if she could, but pointed out that one of the drugs it used, pembrolizumab, was what she should really be chasing.

"It's made by Merck, Sharp and Dohme, says Vicky, "which I pass in Clonmel every week on the way to work (in Waterford Institute of Technology), but it's only licenced in Ireland for melanoma and some rare lung cancer, because it's so expensive, I think it works out at €25k per dosage.

"It's a numbers game," she sighs, "the pharmaceutical firms won't licence it for cancers like mine because there is only a small number of patients and it's not worth their while. It's all down to money, unfortunately."

As she waits for word on the trial, her focus has been on keeping

positive and trying to contain the cancer, with treatments like vitamin C infusions.

"I feel great," she says, "I'm still at work, though I'm getting tired now so I'm going to wind down.

"Still, and people will think I'm mad, but I've just done an interview this Monday, which I've been hanging in for. I've been acting up in the role as manager for the Literacy Development Programme we run in WIT for the last 17 months, so it was for that job.

"You need something positive to focus on, that has been keeping me going, that and all the work trying to find trials.

"I swear to God, I nearly need to give up work because I've no time between all the applications and appointments!"

Having been reluctant to set up

the GoFundMe page, Vicky finally did at the insistence of her sister and has been staggered by the response.

"Yeah, I just can't get over it. Wow! We were watching the numbers going up thinking 'oh my Jesus'. I thought I'd be lucky to get €10,000 out of it.

"This particular clinical trial, you don't pay to access, but a lot of them you do. They can charge you anything between €70k to €350k, in some cases. If I get on the Maryland one, I'd have to go over for six months so it would cover the cost of uprooting everything, finding a place to live and so on.

"If I don't get on to this one, there may be another I could get on to, but I could have to pay hundreds of thousands."

Her family would be part of that whole process too, and while daughter Amelia is aware that her mum has cancer and what that means, young Darragh is not.

"My son, sure he's only seven, he just knows mammy has a sore belly, he doesn't know how serious it is really," she says.

Vicky's positive outlook on life has been severely tested in recent years, with her cancer and health problems experienced by her daughter as well, who had to have serious skin grafts when she was badly burned in 2013. It has, she says with a touch of understatement, been a difficult few years.

"But, it makes you tougher and it makes you appreciate the little things, it really does.

"The way my friends and neighbours have rallied around me spurs me on, because there are days I get worried about not getting on a trial and going into hospital and going downhill. So I pull myself back and since the campaign started, that has kept me focused and given me so much."

Friends of Vicky are organising a fundraising night in the Castle-troy Park Hotel on Friday, March 2. Starting at 8pm, the main event will be a table quiz, during which valuable spot prizes can be won, including weekends away, sporting memorabilia, beauty treatments etc. Entertainment will continue to the small hours with top local band Tiny Giants and a DJ.

Check out facebook for information on tickets www.facebook.com/events/412337522548315/?ti=as.

To donate to Vicky's GoFundMe page, visit <https://www.gofundme.com/savevickyphelan>

NEW FACILITY: COMPLEX OPENED ON FRIDAY

Warm welcome for courthouse

FINTAN WALSH

e-mail: fintan.walsh@limerickleader.ie
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LIMERICK Circuit Court judge Tom O'Donnell has welcomed the opening of the new multi-million euro courthouse in the city.

Before the first sitting in the Circuit Court on Friday morning Judge O'Donnell, who was joined by District Court judge Marian O'Leary, addressed a packed courtroom to welcome the new facility.

The new courthouse is located next to Limerick Prison on Mulgrave Street.

Judge O'Donnell, who was part of a committee to oversee the major development over the past four years, said that he was "delighted that we have this new facility available to us".

He said that the site at which it is located, formerly known as Costelloe's Yard, "has been rejuvenated". He said that he "hopes the people of Limerick will take pride in this building".

Judge O'Leary congratulated everyone involved "who have worked so hard" in the delivery of the major development.



The District and Circuit Court sat for the first time in the new courthouse on Mulgrave Street last week PICTURE: LIAM BURKE/PRESS 22

State solicitor for County Limerick, Aidan Judge said that it was "very fitting that the first judge to sit in this courtroom in this courthouse is a man bred, born and reared in Limerick and is Limerick to the core".

Mr Judge congratulated the court service for presenting a "magnificent court complex".

Superintendent of Roxboro Road garda station,

Feargal Patwell welcomed both Judge O'Donnell and Judge O'Leary to the new complex.

John O'Sullivan BL said he wanted to "echo the sentiments" expressed by the two judges and commended the "sterling work" carried out by everyone involved in the construction.

Solicitor Ted McCarthy also congratulated everyone involved in the courthouse.

Contemporary ceramics exhibition at LSAD

"Un-Fired", an exhibition of contemporary ceramics opens in Limerick School of Art & Design on Wednesday, February 28, at 6pm.

This exhibition will feature new works by artists Colleen Bowler and Sarah Ryan which have been developed through their recent completion of a six-month residency within the Ceramics Department of LSAD.

Both artists take their inspiration from materials and landscape, exploring these themes by means of thrown vessels and assembled composition. The works featured although sharing common themes, are diverse in nature, providing a snapshot of the fascinating range of approach found within the ceramic medium itself.

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READERS' PICTURES

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Denis Hickey captured the incoming tide on the Shannon



A trio of Blackcaps visiting Sean Ryan's garden feeder



Denis Hickey took this picture of a robin chowing down



Sean Ryan sent in this serene snap from Lough Gur

GREAT SPORTING MOMENTS: Limerick's top 10

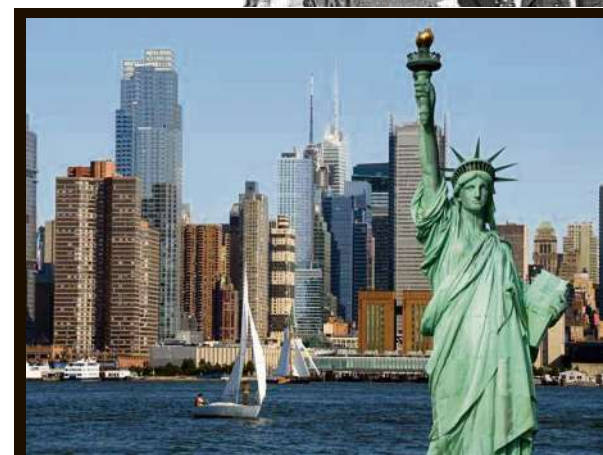


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Out&About

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Chris Cassidy, Samanta Drukere, Marion Dutournier and Gianpaolo Moschetti at The Glen Tavern



Tara Gleeson, Donna Hickey, Evelyn Prenderville and Louise Mone at Nancy Blake's



Niall Danaher and Mark Toomey at Smyth's Bar



ABOVE: Derbla Phillips, Orla Mannon and Niamh Fahy at Smyth's Bar PICTURES: DAVE GAYNOR



Selin Turan, Dominik Helbig and Madison Poirier pictured at The Glen Tavern



Denise Talbot and Natasha Burchill at Smyth's Bar



Michelle Murray and Sarah Leyden at Smyth's Bar



Ciara Hegarty and Katie Murray at Smyth's Bar

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

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The Old Quarter, 9pm

THURSDAY, FEBRUARY 22

LIMERICK LITERARY FESTIVAL

Various venues, until Sunday

FOIL, ARMS AND HOG

Lime Tree, 8pm and Fri. €27

KEITH BARRY

UCH, 8pm. €30

PAT HOLLAND

The Glen Tavern, 10pm

FRIDAY, FEBRUARY 23

AS MUSIC AND SPLENDOUR

LCGA, 7pm. €17/14

SMOKIE

UCH, 8pm. €30/27

THE LOST BROTHERS

Dolan's Upstairs, 8pm. €15

WE COME IN PIECES

Kasbah Social Club, 9pm. €6

FAR HAVEN

The Library, 9pm

JOHN SOLO

The Glen Tavern, 10pm

MUSIC JUNKIES

The Old Quarter, 10pm

SATURDAY, FEBRUARY 24

MIKE DENVER AND MARGO

UCH, 8pm. €30/27

KEVIN BARRY AND BLINDBOY BOATCLUB

Dolan's Warehouse, 7.30pm. Sold out

JARLATH HENDERSON BAND

Kasbah Social Club, 8pm. €15

THE REVOLUTION WILL NOT BE SPOTIFIED

Dolan's Upstairs, 9.30pm. €5

DOMINO EFFECT

The Old Quarter, 10pm

DERMOT SHEEHY

The Glen Tavern, 10.30pm

SUNDAY, FEBRUARY 25

DESERT ISLAND BOOKS

Belltable, 12pm. €14/12

MUSICAL CHAIRS

The Old Quarter, 7pm

HIGH VOLTAGE

UCH, 7pm. €15

TRAD MUSIC

Locke, nightly at 9pm, Sun-Thurs

MICHAEL LEONARD

The Glen Tavern, 10pm

MONDAY, FEBRUARY 26

RHIFF SHORTS

UCH, 7pm. €7.50/6

BRAD'S STATUS

Belltable, 8pm. €8



GIG OF THE WEEK

Kevin Barry and Blindboy Boatclub are among the guests at this weekend's Literary Festival in city

THE Limerick Literary and Limerick Spring festivals combine for an evening of readings and conversations with author Kevin Barry and Blindboy Boatclub.

The festivals run this week and into the weekend with a host of different events, but the chat between Barry and Blindboy in Dolan's Warehouse on Saturday night is the much-anticipated centrepiece.

Barry will also appear earlier on Saturday in Limerick City Gallery of Art at 2pm for the Literary Festival, returning for a 34th year in honour of Kate O'Brien. See www.limerickliteraryfestival.com.

The Limerick Spring runs until Sunday, with a discussion with Vincent Browne taking place on Thursday in King John's Castle. See www.limerickspring.com.

Torch back with The Constant Wife

TORCH Players return to the Belltable with a lively take on classic 1920s play The Constant Wife this week.

Following sell-out productions in recent years, Torch are back with Somerset Maugham's charming play.

Heading a terrific cast is Joanne O'Brien in the title role of Constance whose husband John is having an affair with her best friend, the ditz Marie Louise.

It runs in the Belltable from Tuesday to Saturday. See www.limetretheatre.ie.



Jim Moroney and Miriam Ball rehearsing for The Constant Wife

Music Generation show to Reach Out

THE Music Generation Musical Variety Show takes place on March 16 at the UCH as part of Limerick's St Patrick's Festival to raise funds for the annual Reach Out Gala.

The show promises to be fast-moving, innovative and inspiring, according to organisers. Reach out focuses on providing mental health support for people between the ages of 12 and 25 that are going through a tough time,

putting emphasis on peer support.

The annual Gala raises funds for a variety of programmes that use music as a means to improve mental and emotional health.

Eoghan McDermott of the Voice of Ireland and RTÉ 2FM will present the show and it will feature an eclectic mix of young performers from across the region, plus special guests, spot prizes, and surprises.

MEGHANNMIX



with
**Meghann
Scully**



CONTACT MEGHANN

Twitter: @meghann_scully
email: meghann.scully@spinsouthwest.com

Getting crafty around the house

SINCE completing my book I've found myself having spare time on my hands and I miss the routine that I had through the month of January. I have turned my hand to DIY around my home. From plants to invitations, I've been doing it all myself. I forgot how satisfying it can be to make and create things.

Here are just some of my creations that have all been cheap, enjoyable and crafty. It's also a way of using up items around the house.

FLOWERS

First off, seeing as spring has sprung and it was Valentine's Day last week, we have had an abundance of flowers in my apartment but we don't have any vases. I had a special occasion recently and got some nice wine in for it and I didn't want to part with them straight away so used them as vases.

CANDLES

Keeping with the bottle theme, my friend got married and she had the most unusual bottles on all the tables. They were round and very different. I was given a full bottle going home and when it was



I found these great stamps and card paper at Silkes to make my homemade Invitations

empty I turned it into a candle holder.

INVITATIONS

My book launch is fast approaching and while I have shared the event on Facebook, not everyone uses social media so I made my own invites. I got stamps and card paper in Silkes and got creative. I even got some brown paper and purple ribbon to add a nice personal touch to it.

PAINTING

I painted my bathroom recently as it needed to be given

some life and tan and bright walls don't match. I poured a small bit of left over paint in a glass jar (washed out sauce jar) and put it away so if the freshly painted walls get any stains on them I have the exact paint to cover it up.

PLANTS

I have quite a number of glass jars in the house left over from dinner. I use quite a lot of herbs and spices in my cooking and where better to get them than in your own house. I got some compost and planted my own herbs. Here's hoping they grow.



I repurposed these wine bottles as Valentine's vases

PICK 'N' MIX

Tag rugby in the sun

PORTUGAL
Places are filling fast for the tag rugby event in Portugal happening from May 11-13. Teams from Limerick, Cork, Galway and Dublin have all signed up. Email amy@homeadvantagesports.com for more information.



Be in to win free tickets

GIG NEWS
All this week on Fully Charged we are giving away tickets to see Niall Horan live in the INEC in Killarney. Listen in from 6.45am for more details.

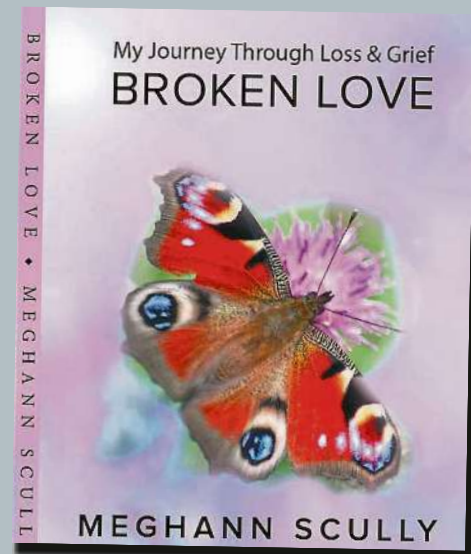


The Siege of Limerick

FRISBEE EVENT
The biggest frisbee event in Europe is coming to UL on March 3 and 4. Around 700 people will be taking part so if you are looking for a new hobby make sure to check it out.

MY BOOK - BROKEN LOVE

MY book went to print on Valentines Day which is also my late brother, Marcus' birthday. It was a bittersweet day remembering him but also knowing that my book is being printed. He is the main reason behind this book and in it I discuss losing him and how life changed afterwards. I met my editor and he presented me with four cover designs and together we plucked and changed them around until I found one I was completely happy with. I am so happy with it. It reflect who I am and the story I am telling. Purple is the colour of grief and butterflies represent a young



person that has passed away. I also wanted the book to jump out when it is sitting on a shelf in a book shop. I'm also very lucky that my publishers, Book Hub Publishing, have let me be so in-

involved with the design process from start to finish. Next week I should have my hands on a physical copy and the book will be available on pre-order from bookhubpublishing.com.

LIMERICK LEADER

PROPERTY

HOME & INTERIORS

TUESDAY, FEBRUARY 20, 2018



Located in one of Limerick's most sought-after addresses, Milltown Manor is a spacious and luxurious home well served by a host of amenities locally. Call GVM to make an appointment

'Manor' in Monaleen makes great appeal

GVM Auctioneers is delighted to introduce to the market a wonderful detached home in one of Limerick's most sought-after addresses.

Located in the exclusive detached development, Milltown Manor, Monaleen is a prime spacious four-bedroom residence.

Number 23 is in excellent decorative condition, accommodation comprises a sitting room, living room, study and entrance hallway, all with solid wood flooring.

The modern kitchen is fully tiled and features breakfast bar area.

There is a toilet and utility room downstairs also and a built in garage opening out on to a cobblelock driveway.

Upstairs are four double rooms with the master bed-

Facts at a glance

Location: 23 Milltown Manor, Monaleen
Description: Four bedroom, detached house
Price: €450,000
Seller: GVM Auctioneers
Contact: 087 2026886

room ensuite and also featuring built-in wardrobes.

Each of the bedrooms features stained wooden flooring.

The upstairs bathroom is fully tiled and has a corner bath unit. Hotpress has electrical immersion.

Adjacent to primary and secondary schools, University of Limerick, Plassey Technological Park, Castle Troly Golf Club and all other amenities including public

transport, inspection of this superb residence is very highly recommended.

To reach the property, drive down Monaleen Road and turn right at the Credit Union, pass the GAA club on left hand side and take first left turn into Milltown Manor.

On entering Milltown Manor turn right and this property is located on the left hand side. GVM for Sale sign thereon.



Clockwise from main: The large back garden at No.23 Milltown Manor; the bright and airy kitchen with large breakfast bar and the sitting room

**DOORADOYLE, LIMERICK**

BER C2

60 TARA CREA, KILTERAGH

3 bedroom mid terraced property of approx. 113 sq.m. (1,216 sq.ft.) within walking distance to schools, shops, etc. The property has been upgraded & renovated in recent years and comprises : hall with wc off, kitchen-diner, living room, 3 bedrooms, bathroom, converted attic room accessed by fully fitted staircase. GFCH. BER No. 110733771.

€195,000 **Briain Considine 085 2894166****LIMERICK**

31 NICHOLAS STREET

Investment Property for sale – Tenants Not Affected. 3 storey over basement corner building comprising of retail / office accommodation on ground floor & basement & single residential unit on the 1st & 2nd floors. The property is in good condition throughout and is fully occupied. Centrally located within strolling distance of the City Centre. Ground Floor & Basement let to Get West. Apartment on 1st & 2nd Floor let on private tenancy. TOTAL INCOME FOR THE BUILDING : €16,380 PER ANNUM. BER No. 110545530

€169,000

Briain Considine 085-2894166

BER F

Rooney

**FARRANSHONE, LIMERICK**

BER G

ERINAGH, 9 GLENVIEW TERRACE,

Detached period property located in a much sought after residential area within strolling distance of the city centre. Comprising 2 reception rooms, kitchen-diner, 3 bedrooms & bathroom. Excellent opportunity to acquire a period property retaining many original features. Electric storage heating. The property is in need of extensive renovation and restoration to fulfil its potential. BER No. 109362046.

€195,000 **Briain Considine 085 2894166****LIMERICK**

BER G

6 ST. FRANCIS PLACE

Quaint red brick townhouse which is centrally located within strolling distance of the city centre. Approx. 60.5 m2 (651 sq. ft.). Comprising living room, kitchen-diner, large bedroom and bathroom. Gas fired central heating. Rear enclosed yard. The property would make an ideal city centre investment property or a home. BER No. 110740008

€89,000

Briain Considine 085-2894166**ENNIS ROAD, LIMERICK**

BER E2

ST. MARY'S, MAYORSTONE AVENUE

This bright centrally located property is within walking distance to all city & local amenities and will make a fabulous family home. Approx. 127.25m2 (1,369.75ft2) comprising: Large entrance hall/ wc off, 2 reception rooms, kitchen-breakfast room, 3 bedrooms, bathroom. Private rear garden; driveway with ample parking to front; side access. GFCH. BER No. 110573706.

€250,000

Lisa Kearney 087 2633422**DOORADOYLE, LIMERICK**

BER D1

10 INIS LUA, FR RUSSELL ROAD,

Super 5 bedroom home located in the much sought after Inis Lua Estate off the Fr Russell Road in Dooradoyle. Approx. 1,819 sq.ft. (168.98 sq.m.) comprising: hall, open plan kitchen-diner, 3 reception rooms, utility, wc, 5 bedrooms, en suite, main bathroom. GFCH. Private enclosed rear garden. BER No. 110006681.

€270,000

Lisa Kearney 087 2633422**KILKEE, CO CLARE**

BER E2

304 KILKEE BAY

Fantastic turn key 3 bedroom townhouse of approx. 83.80 sq.m. (903 sq.ft.) in the popular West End of the seaside town of Kilkee - a short stroll to all local amenities & Kilkee beach. Porch, hall, spacious bright open plan kitchen/ dining room, 3 bedrooms, bathroom. Furniture & appliances included. Electric storage heating. In excellent condition. BER No. 105732838.

€110,000 **Lisa Kearney 087 2633422****CARRIGAHOLT, CO CLARE**

BER D2

15 SUAN NA MARA,

Substantial 4 bed detached turn key property within strolling distance to the village of Carrigaholt. Private estate of detached only houses. Approx. 130. sq.m. (1,399.19 sq.ft.). Hall, open plan kit/liv/diningroom. 4 double bedrooms, ensuite & 2 main bathrooms. Electric storage heating. Private gardens. Detached garage to rear. BER No: 110385838

€165,000

Lisa Kearney 087 2633422**ARDNACRUSHA CO CLARE**

BER A3

14 BLACKWATER DEMENSE

Exceptional newly built property with the added bonus of being able to bespoke your home. One only detached available. Full details available from Lisa at Rooneys.

€450,000

Lisa Kearney 087-2633422**DOORADOYLE, LIMERICK**

BER B3

3 ARD AULIN, MUNGRET

Superb detached residence of approx. 193.8 m2 / 2,086 sq.ft. comprising : living room, playroom/office, open plan kitchen-dining-living room, utility, 4 double bedrooms, 2 ensuites, guest wc & main bathroom. Enclosed and very private rear garden with patio. GFCH. Detached homes in this area are in short supply, early viewing is recommended. BER No. 110608585

€345,000

Briain Considine 085 2894166**ASKEATON, CO LIMERICK**

BER C3

96 DEEL MANOR,

3 bedroom semi-detached residence of approx. 101 sq.m. (1,087 sq.ft.) - walking distance to schools, shops etc. Hall, guest wc, living room, kitchen-dining room, 3 bedrooms, one ensuite & main bathroom. East facing enclosed rear garden with lawn and storage shed. OFCH. In excellent condition. BER No. 110361672.

€139,000 **Briain Considine 085 2894166****JAMES STREET, LIMERICK CITY**

BER C2 F

THE GERALDINE BAR

City centre Bar/Lounge with residential accommodation for sale. Well-known city centre pub – substantial well maintained Pub/Lounge on the ground floor. with ladies & gents toilets, small kitchen & smoking area. There is also an Off-Licence attached to the Pub with its own separate door. 1st floor has two one bedroom apartments. Further details etc contact Gordon Kearney. BER No. – 800583643

Gordon Kearney at Rooneys**LIMERICK CITY**

19 O'CONNELL STREET, LIMERICK

TO LET : First & Second floor office accommodation at corner building at the junction of O'Connell Street with Thomas Street. A door on Thomas St. gives access to a staircase which serves the 1st & 2nd floors. Extending to approx. 70.46 m2 (758 ft2) & 68.39m2 (736 ft2). Can be let on a floor by floor basis or as one. BER No.800506024.

BER C1

Tony Wallace 087 2621760**UPPER WILLIAM ST, LIMERICK**
REDUCED RESERVE

FOR SALE
LICENSED CITY CENTRE PREMISES – REDUCED RESERVE

Public House on ground floor of approx. 48.60m2 (523 sq.ft.). Residential accommodation with side door from William St. on 1st floor of approx. 55.12m2 (593 sq.ft.). Full 7-Day Liquor Licence attached to the premises. BER No. 800267486.

BER C3

Gordon Kearney 087 2537412

North Circular Road

Ideal family home in much sought-after area

A SUBSTANTIAL detached property on a private site on North Circular Road with full planning permission to construct two detached houses has come to the market and is expected to generate significant interest.

Moyard, a four bedroom, split level detached property, is located in the city suburb of North Circular Road, considered to be one of Limerick's most exclusive and sought after addresses.

An ideal family home in its own right of 197 square meters (2,120 square feet), excluding the adjoining garage, the house is located on a half acre site and comes to the market with the benefit of having full planning permission for the development of two detached houses of 278.70sq.m (3,000 sq.ft) each.

Rooney Auctioneers are handling the sale and are inviting offers in excess of €625,000.

The house has oil-fired central heating, single-glazed wood windows and is fully alarmed. There is a front garden and double driveway with a large rear garden and side access as well as a double adjoining garage.

Moyard has four bedrooms and two bathrooms and is bright and welcoming accommodation throughout.

The main, front entrance porch has wooden flooring and steps leading up and into the main hallway, which is fully carpeted and is located on the upper floor of this split level home.

The kitchen-breakfast room is fully fitted with wooden floor and a built-in seating area.

A utility room with bathroom and fully tiled floor is located off the kitchen.

The kitchen is connected

Facts at a glance

Location: Moyard, North Circular Road
Description: Four-bedroom, detached house
Price: Offers in excess of €625,000
Seller: Rooney Auctioneers
Contact: 061-413511



to a large dining room with wooden floor and to a large carpeted sitting room, which features a bay window and solid fuel fireplace.

There is a bathroom with bath, wash hand basin and electric shower fitted over

the bath, while the toilet is separate.

The first bedroom on the upper level has built-in wardrobes, as does the second, which is carpeted. The third bedroom on this level has a bay window looking out into



Above, main picture: Moyard is a substantial detached property on the North Circular Road. Left, the bright kitchen with in-built seating and below, the rear garden and large sitting room



the front garden.

The attic space has Stira stairs access.

In the lower level, there is a bedroom with adjoining shower room off a large open plan living-dining room.

The latter is an open plan

L-shaped room that is carpeted and tiled with bay window and patio doors leading out into the large rear patio area.

The patio is paved with Liscannor stone and there are a number of mature fruit

bearing trees, plus large flower beds, as well as an extensive garden area. There is also a generous storage area on this basement level that could be converted.

This would make an ideal family home, being close to all amenities including Villiers Secondary School, Ardscoil Ris and John F Kennedy national school which are all a short walk away, as is the Holy Rosary Church.

The Ardhu Bar, Limerick Lawn Tennis Club and shops are also close by, as is the Ennis Road. It is just a short walk to the city centre.

Moyard would be ideal for a family seeking a substantial home on a large site in one of Limerick's premier addresses, as well as having significant development potential.

Viewing of this property is highly recommended. Contact Lisa Kearney 061-413511.

Go West with this impressive detached Mungret home

AN impressive family home in Mungret sitting on a stunning mature site with unrivalled views of the surrounding countryside is new to the market with Sherry FitzGerald.

The auctioneer is delighted to introduce Westlands, Loughanleigh, a large detached home with five bedrooms that comes with an asking price of €495,000.

Westlands has been meticulously cared for and well maintained by its current owners and is presented in pristine condition throughout and is ready for immediate occupation.

Facts at a glance

Location: Westlands, Loughanleigh, Mungret
Description: Five bedroom, detached house
Price: €495,000
Seller: Sherry FitzGerald
Contact: 061 418000

A wonderful family home with plenty of well-portioned reception space on the ground floor and five generous bedrooms on the first floor, plus a large ensuite and large main bathroom.

The property is located just a short driving distance from the city and the villages of Mungret and Clarina in an idyllic family setting with immediate access to all major road networks, plus a selection of renowned primary and secondary schools.

The 0.75 acre site is manicured and filled with a variety of beautiful mature trees and shrubs, with rolling lawns and beautiful views.

The rear garden and patio area also benefits from a southerly aspect.

Viewing of this wonderful family home is highly recommended without delay.



Westlands is a detached family home sitting on a stunning mature site in Mungret

14 LITTLE O'CURRY STREET, LIMERICK



(All offers are to be submitted to de Courcy Estate Agents on or before 1st March at 12 noon)

* Old terraced house in need of refurbishment and upgrading * Ground floor: Living room, 2 toilets, 2 stores. * 1st floor (no stairs to 1st floor) 1 bedroom & shower & wc. * Timber windows. Oil heating. Slate roof. No ESB. * Total floor area: c 91.12sq mtrs (981 sq ft) * Michael O Connor, D J O' Malley Solicitors, 9 Glentworth Street, Limerick

€50,000

CLUGGIN, OOLA, PALLASGREEN, CO. LIMERICK



Large dormer style home maintained in very good decorative condition comp hall, sitting room, large open plan kitchen/dining/living room, utility, shower/wc (wet room), downstairs bedroom with shower ensuite. Upstairs: 3 bed (1 ensuite), bath/wc. Outside: site c 1/2 acre. Garage. South east facing to rear. Oil & solid fuel heating (3 zones). PVC d.g windows. Built 2011. Directions: From Limerick drive through Pallasgreen, proceed over Brooks Bridge (bad bend) take next left, house 300 metres on right (Eircode: E34Y651)

€285,000

FAHA DEMENSE, PATRICKSWELL, CO. LIMERICK



Three bedroomed bungalow c.1,272 sq ft, maintained in good decorative condition, situated in a cul de sac midway between Clarina & Patrickswell comp: hall, sitting room, dining room, kitchen, bathroom/wc, 3 beds. PVC d.g windows. Oil heating & solid fuel. Outside garage.

€225,000

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2 GLEN DARA, KILTERAGH, DOORADOYLE, LIMERICK



Situated in a very popular and sought after residential area close to Crescent Shopping Centre, Crescent Comp and within easy access to the motorway; this semi-detached house comprises hall, wc, sitting room, kitchen/dining area, utility room. Upstairs: 3 beds (2 en suite), bath/wc. Gas heating. PVC d.g windows. Built 2010. Viewing highly recommended.

€210,000

4 LISCREAGH, MURROE, CO. LIMERICK



Located in the heart of the Village of Murroe with shops, pubs, school & church all within walking distance, this owner occupied block built end of terraced house comprises hall, open plan living/kitchen/dining area, utility, wc. Upstairs: 2 beds, bath/wc. PVC d.g windows. Oil heating. Outside: Side entrance. Parking to front. Gravelled back yard. Viewing highly recommended.

€125,000

A2A PARKVIEW HALL, DUBLIN ROAD, LIMERICK



G/f 3-bed apt presently let to students. Situated just off the Dublin Road. This complex comprises 70 units occupied by students and non-students comprising of hall, open plan kitchen/living room/dining room, 3 beds, bath/wc. Electric heating. PVC d.g windows. Electric gated entrance. Ample communal parking.

€98,500

7 CILL CHAOIDE, CLARINA, CO. LIMERICK



Situated in a cul de sac and within walking distance of Clarina village, Ballybrown National school & church; this spacious and well maintained house comprises hall, living room, kitchen/dining room, utility, wc. Upstairs: 3 beds (1 ensuite), bath/wc. PVC double glazed windows. Gas heating. Outside: Back yard.

€198,500

3 SHANRATH, OLD CRATLOE ROAD CAHERDAVIN, LIMERICK



Well maintained 3 bedroomed semi-detached house c. 984 sq.ft (92 sq.mtrs) in good decorative condition comprising hall, wc, sitting, kitchen/dining room. Upstairs: 3 bedrooms, (1 ensuite) bath/wc. Outside front garden walled in garden to rear. PVC double-glazed windows. Oil heating. Viewing recommended.

€185,000

48 HYDE AVENUE, BALLINACURRA WESTON, LIMERICK



This well-maintained end of terraced house is situated within walking distance of Limerick City Centre and all its amenities, including the train station/bus station comprising living room, kitchen/dining room, utility room. Upstairs: 2 bedrooms, bathroom & wc. PVC double glazed windows. Solid fuel central heating. Outside: Side entrance, garden, shed.

€59,500

BALLYBRICKEN SOUTH, GRANGE, CO LIMERICK (LANDS C. 30.5 ACRES)



* Lands are laid out in 4 divisions * Road frontage 94 metres * 1 roadside field * Good quality lands a bit neglected. Part of lands are lowlying. *Directions: From Limerick city proceed over the Old Cork Road, Proceed through Ballyneety village. Turn left at Kirbys Pub. Take next right turn and then next left turn. Proceed to T junction lands are located adjacent. Sign erected.

€230,000

30 WICKHAM STREET, LIMERICK



3-storey building in need of refurbishment with shop on ground floor & 2 flats overhead. Ground floor: shop / store c. 1,966 sq.ft (182.6 sq.mtrs). Toilet. 1st floor (40.32 sq. mtrs), kitchen/living room, shower/wc, bedroom. 2nd floor (40.32 sq.mtrs), kitchen, living room, shower/wc, 2 beds. Street frontage 5.8 metres

€185,000

GVM Auctioneers

www.gvm.ie

PSRA Licence No. 002030



*Our Team: Tom Crosse,
Declan Barry, Richard Ryan,
John O'Connell
& Audrey Fitzgerald.*



Templeville, Ballinacurra Road, Punches Cross, Limerick



BER A3 Price on application

Showhouse Open 2pm to 4pm.

Superior residential development of 5 bed semi detached homes.

Contact Tom Crosse on 087-2547717

23 Milltown Manor, Monaleen, Castletroy, Limerick



BER D2

€450,000

GVM Auctioneers are delighted to introduce to the market this spacious 4 bedroom family home

This property is located in this exclusive detached development in one of Limerick's premier residential locations adjacent to primary and secondary schools, University of Limerick, Plassey Technological Park, Castletroy Golf Club and all other amenities including public transport. Inspection of this superb residence is very highly recommended.

Contact Declan Barry on 087-2026886

51 Glantann, Golf Links Road, Castletroy, Limerick



€259,000

Four bedroom semi detached residence comes to the market in excellent condition throughout. Conveniently located in a quiet cul de sac located within walking distance of all major amenities including primary/secondary schools, public transport, Golf Club, University of Limerick. Contact Declan Barry on 087-2026886.

104 Oakfield, Fr. Russell Road, Raheen, Limerick



€245,000

GVM Auctioneers are delighted to introduce this 4/5 Bedroom semi detached house offering spacious living accommodation and located in a popular residential development adjacent to schools, shops, University Hospital, Raheen Industrial estate etc. Ideal family home or investment property. Good condition throughout. Contact Declan Barry on 087-2026886

43 Salmon Weir, Annacotty, Limerick



BER C3

€320,000

GVM Auctioneers are delighted to offer this four bedroom detached house with spacious living accommodation located in this very popular and much sought development residential development located within Annacotty Village and walking distance of all local amenities. Primary/secondary schools, University of Limerick and Plassey Technological Park and public transport are all adjacent. South facing rear garden. Not overlooked front and rear. Contact Declan Barry on 087-2026886

1 St. Bridgets Avenue, Off New Street, South Circular Road, Limerick



€210,000

Highly desirable and centrally located 2 bedroom semi detached residence situated in this much sought after area just 15 minutes walk from Limerick City Centre and immediately adjacent to all main local amenities. Ideal of owner occupier or an excellent investment opportunity. Inspection of this compact "turn key" property is highly recommended. Contact Tom Crosse on 087-2547717

213 Woodhaven, Castletroy, Limerick



€235,000

Compact and ideally located 4 bedroom semi detached residence positioned in a quiet cul de sac in very close proximity to University of Limerick, Plassey Technological Park, Castletroy Shopping Centre, excellent primary and secondary schools and a wide range of excellent sporting facilities including Castletroy Golf Club, Monaleen GAA Club, UL Bohs RFC and Aishling Annacotty FC. Inspection of this ideal family home or indeed investment property is highly recommended. Contact Tom Crosse on 087-2547717

41 Abbeylock, Corbally, Limerick



€169,000

Spacious 3 bedroom semi detached house extending to approximately 107 sq mts located in a small quiet cul de sac in a very much sought after and convenient residential location adjacent to all amenities including schools, shopping centre and public transport just a ten minute walk to City Centre. Viewing recommended. Contact Declan Barry on 087-2026886

20 Merval Park, Clareview, Limerick



BER D2

€235,000

GVM are delighted to introduce 20 Merval Park to the market. Positioned within the highly sought after Clareview area, this spacious semi detached property has been lovingly maintained and offers its new owners a blank canvas from which to create their ideal home. Huge possibility to extend to the rear and garage (subject to planning permission). This is the perfect home for a growing family in need of both space and convenience. Contact Declan Barry on 087-2026886

1 Byrne Avenue, Prospect, Limerick City,



BER D1

€110,000

Extended two bedroom end of terrace town house with large enclosed rear garden and spacious garage attached located just off Edward Street and within a five minute walk from the city centre. Excellent condition throughout. Contact Declan Barry on 087-2026886

Ballymackeogh, Newport, Co. Tipperary



BER E2

€235,000

Exceptional four bedroom bungalow residence conveniently located just off the mains Limerick to Newport Road. This property stands on a mature site and offers spacious living throughout. Viewing comes highly recommended. Contact John O'Connell on 087-6470746

Lisnalty, Rosbrien, Limerick



€225,000

GVM are delighted to bring to the market this three bedroom detached residence standing on circa 0.32 acres, conveniently located just a short distance from a wide range of amenities including Limerick Golf Club, Raheen Industrial Estate and Limerick University Hospital. This property is in need of repair but offers huge potential to develop. Contact John O'Connell on 087-6470746

Parochial House, Dohora, Banogue, Croom, Co. Limerick.



BER G

€175,000

Spacious two storey detached residence situated in this idyllic setting in the heart of the popular County Limerick Village of Banogue. Accommodation comprises of; porch, hall, sitting room, living room, kitchen, utility, back kitchen and bathroom. Upstairs there are 3 bedrooms & ensuite. The residence has a lot of character and is in need of some refurbishment & modernisation. OFCH DGUPVC windows. There is a detached garage and shed thereon. Contact Richard Ryan on 087 8067772.

The Square Bar, St. Johns Square, Limerick City



BER C3

€295,000

Prominent high profile city centre licensed premises located in historical St. Johns Square. Prime Corner property located immediately adjacent to local Funeral Home, St. Johns Cathedral and Hospital, Daghán Entertainment Centre and just 5 minutes walk from the recently reopened Marketsfield (home of Limerick Soccer). Modern Bar, function room overhead. Excellent local passing trade. Full details on request. Contact Tom Crosse on 087-2547717

Doon South, Doon, Co. Limerick



Price on application

Circa 1.7 acre site with planning permission granted for 4 serviced sites. A fantastic location positioned on the outskirts of doon Village within walking distance of all main amenities. Planning reference No 15/7055. Inspection comes highly recommended. DIRECTIONS - Travelling from Limerick proceed into doon, take first left turn at graveyard and proceed for 500 metres. This site is located on the right hand side. Contact John O'Connell 087-6470746

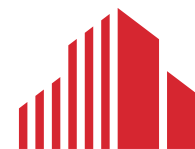


LIMERICK OFFICE: Tel: (061) 413522 • Email: limerick@gvm.ie

KILMALLOCK OFFICE: Tel: (063) 98555 • Email: kilmallock@gvm.ie

6 SHANNON STREET, LIMERICK

T: 061 418 111



CUSHMAN & WAKEFIELD

COMMERCIAL PARTNER OF SHERRY FITZGERALD

FOR SALE



53 O'Connell Street Limerick

BER F

Opportunity to acquire a prominent office building located in the heart of Limerick's Central Business District at the junction of Glentworth Street and O'Connell Street. Part single storey, part four storey over basement building. The entire extends to approx. 557 sq. m (6,000 sq. ft.)

The basement, ground floor and first floor are currently occupied subject to lease agreements - Full details available on request. Located in an established commercial location on O'Connell Street Tenants Not Affected BER Nos. 800602617 - For Sale by Private Treaty

CONTACT HUGH O'NEILL 061418111

TO LET



First Floor, River Front, Howleys Quay, Limerick

BER C2

Opportunity to rent an office unit on the Riverfront in Limerick City Centre. The subject property comprises a fully fitted first floor office suite extending to 73 sq m (786 sq ft) benefiting from good natural light and extensive river views. Combination of open plan and cellular office accommodation, canteen and WC facilities.

The office block is located directly adjacent to Howleys Quay multi-storey car park. A adjoining occupiers include, Blue Bird Care, Adecco, Birmingham Hooper Dolan, in addition to House Restaurant, LaCucina Restaurant and Dunnes Stores. BER No. 800071177

CONTACT: HUGH O'NEILL / JOHN MURRAY 061 418111

FOR SALE



Unit H4, Eastway Business Park, Ballysimon Road, Limerick

Opportunity to acquire a modern end of terrace industrial warehouse.

Property extending to approx. 613.68 sq m (6,606 sq ft) (GEA) with clear internal eaves height of 6.0 metres

Warehouse provides for commercial kitchen/food preparation area, four large refrigeration units and mezzanine with offices

Warehouse also fitted with racking to full height extending to approx. 115 sq m (1,238 sq ft)

The property is of steel portal frame construction with metal deck insulated roof incorporating perspex roof lights.

Exterior walls comprise vertical profile cladding over concrete block walls and finished with concrete floor.

The property benefits from a roller shutter door to the front and rear.

BER Nos. 800548158

BER B2

CONTACT: HUGH O'NEILL / JOHN MURRAY 061 418111



MUNGRET

LOUGHANLEIGH



Westlands is a most impressive detached family home set on a mature site with unrivalled views of the surrounding countryside. This property has been meticulously cared for, well maintained and is presented in pristine condition throughout. Entrance hall, living, dining, family, sunroom, kitchen / breakfast room, utility, laundry room & garage, guest w.c., 5 beds, ensuite and main bath. 234 sq m / 2,519 sq ft approx. BER No. 110194727.

CALL BRENDA MULCAHY 061-418000

€495,000



CAHERCONLISH

BALLYNEETY ROAD



Pust, Caherconlish is a superb 5 bed detached family home that offers excellent open plan living accommodation, beautifully decorated and maintained by its current owners. It is an expansive, luxury home offering a secure family setting in an excellent location. Porch, entrance hall, study / play room, family room, w.c., utility, kitchen, living, 5 beds, main bath, 2 ensuites. 377 sq m / 4,058 sq ft approx. BER No. 110739091.

CALL ORLA SHEEHAN 061-418000

€395,000



THERE'S SELLING PROPERTY AND THERE'S SELLING PROPERTY THE SHERRY FITZ WAY.



AILBHE O'MALLEY
Director



BRENDA MULCAHY
Associate Director



ORLA SHEEHAN
Negotiator



FRANK LYDDY
Negotiator



CLARE O'LOONEY
Residential Valuer



JIM KEANE
Financial Advisor



DES O'MALLEY
Director

**Sherry
FitzGerald**

6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE

ADARE

CROAGH

€575,000



'Hayfield', Ballycannon is a magnificent detached family home set on mature site of 0.5 acre approx. Entrance hall, 2 reception rooms, living, sunroom, study, kitchen, utility, guest w.c., 4 beds, ensuite, main bath, attic conversion. 313 sq m / 3,371 sq ft approx. BER No. 106453301.

CALL ORLA SHEEHAN 061-418000



ANNACOTTY

BLOOMFIELD

€425,000



'No.33' is a wonderful detached family home in one of Limerick's most sought after locations. This property comes to the market in show-house condition. Entrance hall, living, family, kitchen / dining, sunroom, utility, guest w.c., 5 beds, 2 ensuite & main bath. 178 sq m / 1,916 sq ft approx. BER No. 110548104.

CALL BRENDA MULCAHY 061-418000



SOUTH CIRCULAR ROAD

CASTLEWELL

€325,000



'No. 50' Castlewell is an immaculate 4 bed family home, tastefully presented to showhouse standard offering exceptional accommodation in a secure, idyllic residential area. Entrance hall, guest w.c., living, kitchen / breakfast, 4 beds, ensuite, main bath. 125 sq m / 1,345 sq ft approx. BER No. 105855332.

CALL BRENDA MULCAHY 061-418000



SOUTH CIRCULAR ROAD

CASTLEWELL

€335,000



'No. 52 Castlewell' is an immaculate 4 bed family home with an attic conversion located in the sought after development of Castlewell at the heart of Limericks South Circular Road. Entrance hall, guest w.c., living, kitchen / breakfast, 4 beds, ensuite, main bath, attic conversion. 125 sq m / 1,345 sq ft approx. BER No. 104545025.

CALL FRANK LYDDY 061-418000



LIMERICK

BROAD STREET

AMV €120,000



FOR SALE BY PUBLIC AUCTION on March 8th 2018. This expansive property offers an investment opportunity at the heart of a rapidly developing area of Limerick City Centre. Retail unit on ground floor, kitchen, utility, w.c., drawing room, 5 beds, main bath. 300 sq m / 3,229 sq ft approx. BER No. 107442683.

CALL FRANK LYDDY 061-418000



OLD CORK ROAD

GEORGIAN VILLAGE

€209,000



'No. 160' Georgian Village is a beautiful 4 bed semi-detached family home offering generous accommodation, private rear garden and secure off street parking. Entrance hall, living, dining, kitchen, sunroom, 4 beds, main bath. 120 sq m / 1,292 sq ft approx. BER No. 107530958.

CALL FRANK LYDDY 061-418000



CLAREVIEW

AISLING DRIVE

€219,000



'Number 2' Aisling Drive is a spacious 3 bed semi-detached property located in the popular area of Clareview. Entrance hall, 2 reception rooms, kitchen, 3 beds and main bath. 120.7 sq m / 1,299 sq ft approx. BER No. 104070032.

CALL ORLA SHEEHAN 061-418000



CORBALLY

JANEMOUNT PARK

€209,000



No 4 'Tara' is an attractive 5 bed semi-detached family home located in the popular area of Corbally. Entrance hall, living, family, kitchen, dining, w.c., 5 beds, main bath. 130 sq m / 1,399 sq ft approx. BER No. 109887844.

CALL ORLA SHEEHAN 061-418000



Property auction

Limerick properties up for sale in Cork

The Munster Property Auction will take place on Thursday March 1, in the The Rochestown Park Hotel, Cork, with a number of interesting properties from the Limerick area up for auction.

Number 8 Chapel Court, Cathedral Place, Limerick city is on of the properties on offer with bids above €90,000 in partnership with Dooley Group, Limerick City

This is a fantastic opportunity to acquire a bright and spacious 2 bed apartment in Limerick City. Situated on the third floor, No. 8 Chapel Court benefits from, floor to ceiling windows in the Living room and Bedroom and enjoys some lovely view over the City. Ideally suited to those looking for a centrally located apartment or an investor looking for a property with strong rental potential.

Also for auction is 17 The Glebe, Monagea, Newcastle

West, Limerick City .Offered at bids over €145,000 in partnership with West Property Group, Newcastle West. A substantial 3 bed semi detached property positioned in what is one of the most sought after residential locations on the outskirts of Newcastle West. The property is very spacious and has an abundant of natural light that its evident in all areas of the house. Glebe is a very popular location for families and this is a great opportunity to acquire a beautiful home within the estate.

Also at Golf Links Road, Castletroy there is fine retail/commercial unit for auction. The retail unit measures circa 700 sq.ft. and is currently let to The Injury Clinic & Personal Training Facility since April 2014 on a six year lease. The retail unit is currently generating a rental income of €7,800 per annum.

Starting Bids over €60,000 in partnership with Dooley Auctioneers, Limerick City

P F Quirke & Co, Clonmel in partnership with The Munster Property Auction are offering the Euro Giant Building located at O'Connell Street, Clonmel for sale by public auction. The property is currently held on a FRI lease to Euro Giant at €70,000 p.a. running to 2029.

Contact The Munster Property Auction on 021 234 9696 to arrange for a free property valuation or for more information visit www.munsterpropertyauction.ie.

Patrick Convey of The Munster Property Auction said: "We have seen huge demand for properties since the turn of the year with a large volume of properties selling via our online auction in the past number of weeks.



Number 8 Cathedral Place. Bids for this two bed property will start at €90,000



Number 17 The Glebe, Monagea. Bids for this property start at €145,000



Euro Giant Clonmel, another interesting property for sale at the auction in Cork



iamsold

THE MUNSTER
PROPERTY AUCTION

Next Auction
Rochestown Park Hotel,
Cork
From 6.30pm

01st March

021 234 9696
www.munsterpropertyauction.ie

8 Chapel Court,
Cathedral Place

BER C



Start Bid+ €90,000

- 2 Bedroom apartment
- Central Location
- Gas Fired Central Heating

Call 061 385852

17 The Glebe, Monagea,
Newcastle West

BER C



Start Bid+ €145,000

- 3 Bed Semi-detached
- Well Maintain Garden
- Off-Street Parking

Call 069 77055

Golf Links Road, Castletroy,
Limerick City

BER F



Start Bid+ €60,000

- Retail investment
- Tenanted - rent €7,800 PA
- Let on 6 Year Lease

Call 061 385852

The Milk Market, Carr Street,
Limerick City

Exempt



Start Bid+ €79,000

- Ground Floor Retail Unit
- Approx. 530 ft. Overall
- Excellent Location

Call 061 413 511

Moneymohill, Ballyhahill,
Co. Limerick

BER G



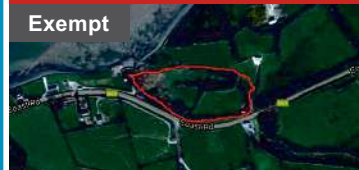
Start Bid+ €24,000

- Traditional Cottage
- FPP to Extend Property
- Private Well on Site

Call 069 77055

C. 7 Acres, Caheragh,
Coast Road, Glin

Exempt



Start Bid+ €45,000

- C. 7 Acres in one Holding
- Good Quality Lands
- Good Location

Call 069 77055

91 Banna Leisure Village,
Banna

BER D1



Start Bid+ €50,000

- 3 Bed Detached Bungalow
- Excellent Location
- Close to local amenities

Call 066 7127644

The Turret,
Ballingarry

EXEMPT



Start Bid+ €440,000

- 4 Bed Detached House
- Distinctive Historic Property
- Excellent Decorative Order

Call 061 385852

Euro Giant, O'Connell Street,
Clonmel, Tipperary

BER C1



Start Bid+ €699,950

- Approx. 10% Rental Yield
- Rent €70,000
- Outstanding Investment

Call 052 6121622

Bellsfort Inn,
Newmarket On Fergus

BER C2



Start Bid+ €185,000

- 7 Day Liquor Licence
- Approx. 427m2
- Highly populated area

Call 021 4277877

Call us today on 021 234 9696 to speak to one of our qualified auction consultants and arrange a free valuation of your property





Geoffrey de Courcy

PROPERTY PARTNERS

de Courcy O'Dwyer



Brian O'Dwyer

WWW.PROPERTYPARTNERS.IE



Mount Catherine House, Clonlara, Co. Clare

4 Bedrooms, 3 Bathrooms

A fantastic opportunity arises to acquire this substantial 3 storey Georgian residence of C.3,000 sq. ft on 14 acres of private walled and hedged mature gardens, walled kitchen garden, various farm buildings, and paddock.

This period home, whilst requiring some modernisation has been superbly maintained both inside and out, by its current owner.

€595,000

BER EXEMPT



"Castlecomfort House", Farnane, Murroe, Co. Limerick

5 Bedrooms, 2 Bathrooms

A unique opportunity arises to acquire this substantial two-storey Georgian residence C.340 sq.m. (C. 3660 sq. ft), built C. 1829 which has been recently tastefully extended with a large kitchen / dining / family room, utility room and bathroom.

This stunning property is set on magnificent parkland of C. 12.5 acres and has been rewired and replumbed to modern day standards. BER exempt.

€750,000

BER EXEMPT



3 Millbrook, Ballyclough, Co. Limerick

4 Bedrooms, 2 Bathrooms

Fabulous 4-bedroom detached bungalow c. 160 sq. m. (c. 1,722 sq. ft.) located in this highly desirable cul de sac development within a short drive of Limerick City and Limerick Golf Club. The bright spacious and upgraded accommodation comprises of entrance porch, entrance hallway, living room, family room, kitchen/dining, utility, guest WC, 4 bedrooms, ensuite and bathroom. Private gardens.

€340,000

BER D2



6 Landsdowne Park, Ennis Road, Co. Limerick

4 Bedrooms, 2 Bathrooms

Spacious 4-bedroom S/D family home c.140 sq. (c. 1,506 sq. ft.) located just off the Ennis Road and adjacent to Limerick Lawn Tennis Club, Jetland SC, Gaelic Grounds, LIT, Thomond Park and within a 10-minute walk of the City Centre. Accommodation: entrance hall, living room, family room, kitchen/dining room, sitting room, shower room, utility, 4-bedroom and bathroom. West facing rear garden.

€330,000

BER D2



19 Rhebog Avenue, Irish Estates, Corbally, Limerick

5 Bedrooms, 3 Bathrooms

Substantial 4/5-bedroom S/D family home c.205 sq. (c. 2,206 sq. ft.) located in this mature estate just off the main Corbally Road and adjacent to St. Munchins, Scoil Ide and only a few minutes' drive from both Westbury SC and Grove Island SC. Accommodation: entrance hall, living room, sitting room, family room, kitchen/dining room, 4/5 bedrooms, 2 bathrooms and garage.

€340,000

BER D2



4 Wolfe Tone Street, Limerick City

3 Bedrooms, 1 Bathroom

A great opportunity arises to acquire this 3 bedroom end of terrace property located on Wolfe Tone Street close to the junction with O'Connell Avenue and adjacent to Bobby Byrnes. The property of c.98 Sq. M. (c. 1,055 Sq. Ft.) comprises entrance hallway, living room, family room, kitchen, 3 bedrooms and bathroom. Requires some modernisation.

€175,000

BER F



15 Keelgrove, Ardacrusha, Co. Clare

4 Bedrooms, 2 Bathrooms

Exceptionally well presented four-bedroom detached family home of circa 172 sq.m. (1,850 sq. ft) located in a quiet cul de sac. The bright well laid out accommodation comprises of entrance hallway, cloak room, living room, dining room, kitchen/breakfast room, office, kitchenette/sitting room, family room, guest WC., 4 bedrooms main with ensuite and walk in wardrobe and 2 bathrooms.

€310,000

BER D1



Erinagh, Clonlara, Co. Clare

7 Bedrooms, 5 Bathrooms

7-bedroom detached house built c. 2002 and on c. half acre of mature gardens. This spacious residence of c. 320 sq. m. (3450 sq. ft.) comprises of entrance porch, hall, inner hall, living room, dining room, kitchen/dining room, utility room, guest W.C., sun lounge, 7 bedrooms, 4 en-suite and bathroom.

€330,000

BER D2



148 Gnanntan, Golf Links Road, Castletroy, Co. Limerick

3 Bedrooms, 2 Bathrooms

Fantastic 3-bedroom semi-detached home presented in show house condition by its current house-proud owners. The property is located in this popular estate close to a host of amenities to include schools, shops, public transport, sporting facilities and within a short drive of UL, the NTP and Limerick City Centre.

€235,000

BER B3



72 Landsdowne Park, Ennis Road, Limerick

5 Bedrooms, 2 Bathrooms

Substantial 5 bedroom semi detached family home c.190 sq.m. (c. 2,045 sq. ft.) located just off the Ennis Road and close to a host of amenities to include Limerick Lawn Tennis Club, Jetland SC, Gaelic Grounds, LIT, Thomond Park and within a 10-minute walk of the City Centre. This extended home comprises of entrance hallway, living room, sitting room, kitchen/dining room, utility room, guest WC, 5 bedrooms (main ensuite) and bathroom.

€360,000

BER E1



38 Summer Cove, Lahinch, Co. Clare

3 Bedrooms, 2 Bathrooms

Summer Cove is located off Station Road c. 500m from the Main street, Lahinch Beach and Championship Golf Course. Lahinch is one of the west of Ireland's most popular and attractive tourist resorts and it boasts a number of facilities including the renowned Lahinch Golf Club (2 courses), beach (EU blue flag), Lahinch Water World, quality shops, hotels, bars and restaurants.

€145,000

BER D2



8 Suan Na Mara, Carrigaholt, Co. Clare

4 Bedrooms, 3 Bathrooms

Spacious detached four bedroomed property on C. 0.66 acre (0.27 hectare). This turnkey home comprises of entrance porch, entrance hall, living room, kitchen, dining room, 2 bedrooms, main ensuite and bathroom downstairs. Upstairs there is a further two bedrooms, the main ensuite. Ideally located within walking distance to Carrigaholt Pier, the Long Dock, Carmody's and easy access to Loop Head and Kilkee town.

€165,000

BER C2



7 Richmond Court, Mount Kennett, Limerick City

1 Bedroom, 1 Bathroom

Well-presented one-bedroom apartment. The subject property is located in Limerick City Centre in an established residential location and opposite the River Shannon. The subject property comprises of a first floor well laid out apartment to include kitchen/dining room/living room, one double bedroom, separate shower room and W.C., balcony with views of the River Shannon.

€67,500

BER C2



Development Lands with Residence, Fedamore Village

The subject lands are located in the centre of Fedamore Village in Co. Limerick C. 15.4 km via the R511 from Limerick City Centre. The subject property comprises of c.0.34 hectares site area with an existing single-storey house of approximately 55 sq.m. and outbuildings. The site is triangular shaped in configuration and level in gradient with c. 77 m of road frontage.

€225,000

BER G

**THE SQUARE,
ABBEYFEALE, CO. LIMERICK**
TEL: 068 32087 EMAIL: INFO@SFSTACK.IE
PSL NO 001412

**Sherry
FitzGerald**
Stack

MONAGEA

NEWCASTLEWEST, CO. LIMERICK

FOR SALE BY PRIVATE TREATY



This circa 80 acre (32.38 ha approx) non residential holding comprised in folio's LK62837F & LK2368F is situated on the roadside, 2 mins from the N21 and a short drive to Newcastlewest. The lands are of very good quality though requiring some attention. Map is for identification purposes only. Full details on request.

KINNARD

GLIN, CO. LIMERICK

FOR SALE BY PUBLIC AUCTION

Clearance sale of Farm Machinery

(within the yard of Tom Dillane)

Saturday 3rd March at 2pm sharp

- Single bale handler
- Double bale handler
- Hydraulic bale handler
- 6ft bucket
- 2 Furrow plough
- Rotavator
- Bale trailer
- 10" Steel trailer
- Steel roller
- Land leveller
- Tractor forklift
- Agitator red rock pump
- 4" Sheer grab
- Bale splitter
- Einbock spring grass harrow
- Conditioner elho master 300
- Procut800 malone mower
- Wrapper 3pt linkage
- Fleming topper
- Welque rpz00 master cut baler
- Jarmet 400lts sprayer
- Abbey dietfeeder vf1250 as new
- 1994 Pejano mf135 with double wheels
- 1972 Zetor 8045 with loader 1981
- Ford dexta 1964
- 2014 Zetor proxima with loader as new (500 hours)
- Cat 211 himac 1991
- Vacuum tank 1650 with rain gun

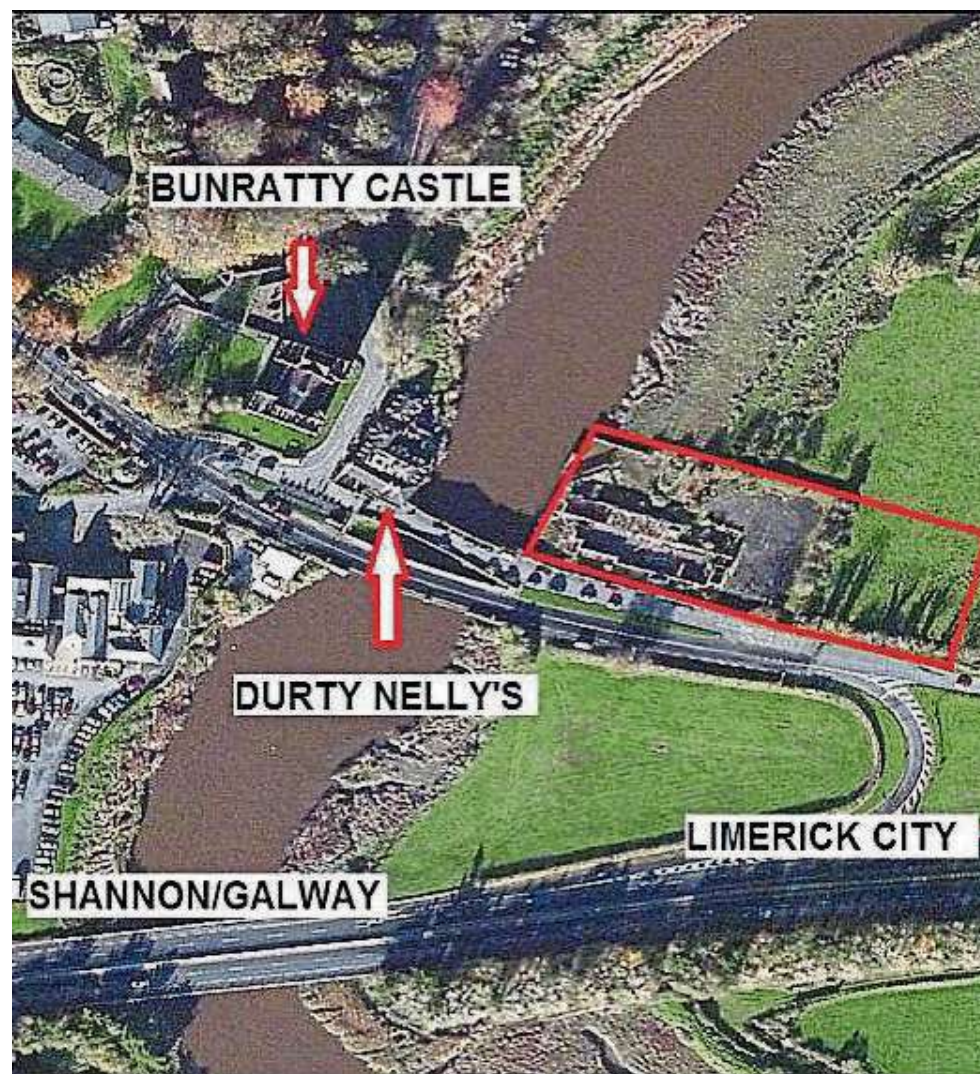
KINNARD

GLIN, CO. LIMERICK

LAND TO LET

Circa 57 Acres (23.06 ha approx) of excellent quality land available to lease on a 5 year term with single farm payments, 8 unit ALFA milking parlour re-ridgerated tank 900 gallons, slatted unit for 60 cows, 40 x 20 unit with calving pens, private water to all paddocks and central roadways. Further details on request

Development site



The former Avoca site adjacent to Durty Nelly's and Bunratty Castle has an asking price of €550,000

Former Avoca site at Bunratty with full planning has asking price of €550,000

PLENTY of interest is expected in a development site just yards from Bunratty Castle and the famous Durty Nelly's public house.

REA O'Connor Murphy is pleased to bring to the market the former Avoca Site, Bunratty, circa 0.6 Ha (1.5 acres) of development land with the benefit of full planning permission to redevelop the site, or restore the former original stone cut building which originally housed Avoca Handweavers.

Bunratty just a short drive from Limerick city and Shannon Airport is a major tourist hub with hotels, pubs and of course Bunratty Castle and Folk Park.

Bunratty is a village exceptionally well located adjacent to the N18/M18 dual carriageway, the primary route connecting the regional cities of Limerick and Galway.

The village is a major tourist destination based around Bunratty Castle and Folk Park which is regarded as one of the most complete and authentic medieval castles in Ireland.

Bunratty enjoys a thriving tourism business and is considered a gourmet food destination.

Nearly 350,000 persons visited Bunratty Castle and Folk Park, the focal point of Bunratty in 2016 making it the 10th most popular

tourist attraction in Ireland.

The site is regular in shape and offers good road frontage.

Local occupiers in the area include Spar Express and TARA Service Station, Bunratty Manor Hotel, JP Clarke's Country Pub and Gallagher's Restaurant, The Courtyard Guest House, Bunratty Castle Gardens Holiday Homes, Bunratty Castle and Folk Park, Bunratty Castle Hotel, Durty Nelly Bar and Restaurant and Blarney Wollen Mills.

PLANNING:

We understand Planning has been granted (Ref: P12661) for the construction of a substantial restaurant complete with car parking facilities.

Alternatively, we understand that any purchaser could reinstate the existing Avoca premises without the need for further planning.

Planning Expiry date: 18.07.2018

ZONING:

The land is understood to be zoned Commercial under the Clare Local Area Plan 2017-2023.

Price - AMV €550,000 (plus vat if applicable). For further information please contact REA O'Connor Murphy

SLÍ NA MANACH

MUNGRET - LIMERICK

**NEW PHASE LAUNCHING
MARCH 1ST 2018**

3 BED TERRACED/SEMI DETACHED &
4 BED SEMI DETACHED



REA

**O'CONNOR
MURPHY**

061 279 300
www.reaoconnormurphy.ie

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REA

O'CONNOR MURPHY

EXCLUSIVE
INVESTMENT
OPPORTUNITY



THE ABBEY BLOCK at...
THE STRAND COMPLEX
ENNIS ROAD, LIMERICK

BLOCK SALE COMPRISING 6 NO. 3 BED APARTMENTS

FOR SALE AS ONE LOT

SALES PROCESS

BEST BIDS FORMAT - All information uploaded to dataroom for inspection. Please contact REA O'Connor Murphy for access (unless previously sold).

Expressions of interest submitted in writing to REA O'Connor Murphy by 12 noon on 2nd March 2017

Best & Final Bids submitted to REA O'Connor Murphy by 12 noon on 13th March 2017

OPEN MARKET RENTAL VALUE: €115,200
(Immediate potential to achieve this by leasing vacant units)

T: 061 279 300

REGISTER YOUR INTEREST AT...
info@reaocm.ie



REA

O'CONNOR MURPHY

Munster & Connacht Auction

Auction Date: Wednesday 28th February
Venue: The Limerick Strand Hotel
Auction Time: 11.00am

To include properties in Limerick, Clare,
 Cork, Kerry, Tipperary, Mayo, Galway,
 Donegal, Roscommon

A SELECTION FROM OUR PROPERTIES ...

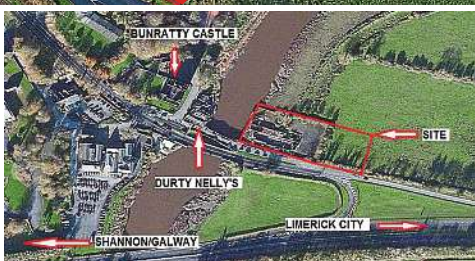
www.reaoconnormurphy.ie

Development Lands, Bunratty, Clare



BER Exempt

- Opportunity to acquire the Former Avoca Site circa 0.6HA (1.5 acres) of development land.
- Full planning permission (Ref: P12661) to redevelop the site, or restore the former original stone cut building which originally housed Avoca Handweavers.
- Zoned Commercial under the Clare Local Area Plan 2017 – 2023.
- Situated in Bunratty village adjacent to Durty Nelly's and Bunratty Castle with excellent accessibility to Limerick City Centre, Shannon and Ennis. Adjacent to the N18/ M18 dual carriageway, the primary route connecting Limerick and Galway.



Agent: **REA O'Connor Murphy** 061 279300

AMV €550,000 + VAT if applicable (unless previously sold)

9 Glentworth Street, Limerick



- City centre commercial investment opportunity.
- Four storey over basement mid terrace period building extending to circa 300 sq.m (3,230 sq.ft).
- Superb location off the northern end of O'Connell Street in Limerick city set in close proximity to the city's Georgian Quarter.
- Independent access to basement via Glentworth Street.
- Fully let producing a passing rent of €19,200 p/a.
- Tenant not Affected.

Agent: **REA O'Connor Murphy** 061 279300

AMV €240,000 + VAT if applicable

13 Old Windmill Court, Limerick City



BER B3
 Appealing 2 bed city centre apartment, secure & well maintained complex, strong rental return

Agent: **REA O'Connor Murphy** 061 279300

AMV €105,000

6 Chestnut Gardens, Newcastlewest, Limerick



BER C3
 Spacious 3 bed duplex complex, centrally located within the town of Newcastlewest, good rental potential

Agent: **REA O'Connor Murphy** 061 279300

AMV €79,000

34 Carrig Dubh, Ennis, Clare

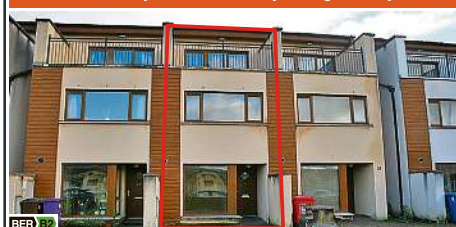


BER D1
 Appealing 4 bed semi detached house, bright and spacious living accommodation, close to Ennis town, ideal family home

Agent: **REA Paddy Browne** 065 6841755

AMV €195,000

24 The Ave., Ard Patrick, Ladyswell, Cork



BER D2
 Attractive 3 bed mid terrace townhouse, walking distance of Blackpool Retail Park & Cork City

Agent: **REA O'Donoghue & Clarke** 021 4251010

AMV €170,000

7 Hillcrest Drive, Hollyhill, Cork



BER E2
 Well located 3 bed semi detached house, popular residential estate, local amenities within walking distance

Agent: **REA O'Donoghue & Clarke** 021 4251010

AMV €170,000

Cliveragh, Listowel, Kerry



BER E1
 Semi-detached three bed cottage located on the outskirts of Listowel town centre, extending c. 86 sq.m

Agent: **REA Norths** 066 7122699

AMV €45,000

Roherabeg, Shannonbridge, Offaly



BER G3
 Spacious 4 bed detached property standing on a mature site, located on the outskirts of Shannonbridge

Agent: **REA Hynes** 090 6473838

AMV €140,000

Raheen, Elphin, Roscommon



BER G
 3 bed detached bungalow extending to c. 87 sq.m, in need of refurbishment, easy access to N5 & N61

Agent: **REA Seamus Carthy** 090 6630001

AMV €23,000

Driney East, Loughglynn, Roscommon

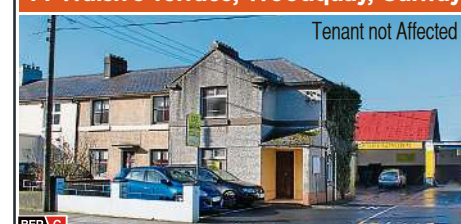


BER E2
 Detached 2 bed cottage, outbuilding on c. 0.18 Ha, located c. 800m. from Loughglynn Village and its amenities.

Agent: **REA Seamus Carthy** 090 6630001

AMV €32,000

14 Walsh's Terrace, Woodquay, Galway



Tenant not Affected
 BER G
 End of terrace 3/4 bed house with commercial unit to rear operating as car wash facility, passing rent €25,000 p/a (FPP assumed)

Agent: **REA McGreal Burke** 091 395300

AMV €420,000

Limerick Chronicle **Fashion** Fitness & Health

OUR COLUMNISTS WILL HAVE YOU LOOKING AND FEELING YOUR VERY BEST!

SPRING IS IN THE AIR

MAX MARA LATEST COLLECTION LANDS IN LIMERICK **NEXT PAGES**



What I love about Max Mara is how it caters for so many tastes - here, for example, is a gorgeous chic biker jacket

STYLE AND FASHION



with Celia
Holman Lee

Fresh looks for a fab spring



Spring is certainly in the air with this beautiful dress from Max Mara

MAX MARA is one of my favourite fashion houses! This Italian brand is an epitome of luxurious fabrics, tailored silhouettes and high quality women's clothing.

Every season they present something new and fresh alongside their classic coats. Max Mara offers a number of collection ranges within its brand to suit every age group. This season geometric patterns and shapes go hand in hand with light and breezy fabrics creating statement pieces.

Relaxation and modernity is felt throughout the collection. Layering and new volumes are introduced to update your wardrobe and refined geometrical looks touched by delicate and feminine patterns create the perfect outfit.

Available from Brown Thomas stores nationwide and online.

Join Holman Lee Agency models and I at Max Mara style sessions in Brown Thomas Limerick on Saturday, February 24 at 12pm, 1.30pm and 3pm and Brown Thomas Galway on Saturday, March 3 at 12pm, 1.30pm and 3pm.



Another classic outfit from the new Max Mara collection



Boho chic never goes out of fashion and here it is in two cool ensembles from Max Mara

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

CONTACT CELIA

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MAN ABOUT TOWN

with Patrick
McLoughney

Secrets to keep you looking

AS a regular Man About Town reader, it goes without saying that you're a highly skilled and well educated 'groomsman'. You maintain your facial hair with the deftness of Salt-Bae.

You moisturise your under-eye with the ethereal touch of a brush from an angel's wing. You see your barber more frequently than you do some family members. However, even the most savvy among you could be inadvertently undoing all your hard work in front of the bathroom mirror every morning and night. Sun exposure, air pollution, poor diet, smoking, stress, lack of sleep – these deleterious things you're no doubt wise to. But I'll bet that you're slipping on one or more of the below.

HAVING A MAN BUN

Unpicking the moral and philosophical conundrum that is the samurai top-knot is for another article. What is inarguable is the effect that the male equivalent of a facelift has on your scraped-back hair. Wrapping long hair into a tight bun for days, weeks or months on end can cause traction alopecia. That constant tension on your hair results in a micro-inflammation in the hair follicle, which could eventually lead to those areas thinning. Google image search: Gareth Bale bald.

SHOWERING

I'm not saying you should go without, or join the no-shampoo movement. You need a degree of heat just to



Poor Gareth Bale has abused his for so long that it is starting to thin

get the grime off. Just be mindful of temperature and duration. Don't exceed 40°C (105°F) maximum. The ideal temperature for skin is lukewarm. And showering for 10-20 minutes is fine, an hour is not. The other problem area is your products. Generally, shower gels and soaps are

okay to wash with, but if your skin gets dry and itchy, consider washing with moisturiser. Creams and moisturising gels can be used as you would a shower gel. Alternatively, lather ointment with water to make it soapy. Check the label first though: Some moisturisers contain

Sodium Lauryl Sulfate (SLS), which can irritate sensitive skin. All that remains is to clear up the poo-or-not-to-poo issue. Not using shampoo runs the risk of increasing the microbial content of the hair and scalp, which in turn causes itchy and flaky conditions such as dandruff and se-

The solution – aside from skipping the bubbles – is to moisturise straight after, and extra over the following few days

borrheic dermatitis. And no, your hair does not clean itself after a while – you just get used to the feel of the grease.

HAVING A BATH

Who among us isn't partial to a long soak in a foamy tub after a hard game of five-a-side with a book or magazine, a cup of tea or maybe a glass of wine, perhaps a scented candle? Bad news: as smoking is to your lungs, so suds are to your dermis. Surfactants, the chemicals that make bubbles, really degrease your skin. The solution – aside from skipping the bubbles – is to moisturise straight after, and extra over the following few days. Which frankly is a small price to pay. Hot tubs meanwhile can harbour nasty pests beyond sleazy guys. If you have spots on your body after a Jacuzzi, visit your GP or a dermatologist. You may be given antibiotics for gram-negative bacteria.

MOISTURISING AGAINST THE GRAIN

You already know not to shave against the grain. (You'd be red-faced if you didn't.) But moisturising? Men's skin gets dry as well as women's, so you should mois-

turise your skin daily, but don't rub it in against the grain. Smooth along, especially if you're using a greasy moisturiser, to reduce the risk of blocking hair follicles – a cause of folliculitis. As with shaving, the key is to follow the direction of hair growth. On your face and neck, this can vary between areas. But away from there, things get simpler. When moisturising limbs, generally go from the centre of your body towards your extremities, so from upper legs to feet and from upper arms to hands.

HAVING A BATH

Yes, you can enjoy clearer skin as well as a clear conscience by forsaking all animal products: dairy can aggravate acne, particularly if it's not heat-treated. But there's one hairy critter who could lose out. Your hair desperately needs sulphur-rich amino acids and iron to grow well, both of which are in abundance in a slab of steak. That doesn't mean that you're doomed to have bad hair, or fellow mammals have to die to preserve your luscious locks: just ensure that you're taking in the right types of proteins and iron from elsewhere. The former can be found in soy, sunflower seeds, oats and legumes, while the latter can be located in most nuts, seeds, grains and legumes. Failing that, take a vegetarian-friendly hair supplement. The stakes are high when your steaks are in short supply.

EATING TOO LATE

You understand the link between what you put in your body and what it's wrapped

WATCH OF THE WEEK

Emporio Armani Classic Renato

THIS week's watch of the week is the Emporio Armani Classic Renato Men's Watch (product code: AR2463). If you are looking for a timepiece that just says class this attractive men's Emporio Armani watch should be what you are looking for. The AR2463 is an eye-catching addition to the Renato range for men by Emporio Armani. A bold high-shine 43mm stainless steel watch head borders the silver 3 hand analogue display. Powered by Japanese quartz movement the Renato AR2463 also has a date function aperture at the 6th silver baton hour marker. A 20cm soft, brown leather strap adds comfort to the Renato and fastens with a traditional buckle clasp. The AR2463 also comes with a 2 years manufacturer warranty. You'll find this classy Emporio Armani watch locally at Keanes, Fields and Neville Jewellers for around €219.



FRAGRANCE OF THE WEEK

Giorgio Armani Bleu Lazuli

MY fragrance of the week is Bleu Lazuli, the new unisex woody fragrance from Giorgio Armani inspired by India. Blue Lazuli (and Bleu Turquoise) join Rouge Malachite and Vert Malachite in La Collection Des Terres Precieuses, in the Armani Privé fragrance range. Bleu Lazuli offers a journey through fragrance - crossing borders it infuses Italy, the heart of Giorgio Armani's creativity, with India's spirit. Infused with key notes drawn from the scent of incense and Indian spice markets, evocative of the country's fusion of the spiritual with every aspect of life. It's is an aroma highlighted by a bouquet of fragrant sweet, fruity and green scented tones that will bring a sensual, soft and warm perfumed sensation. Examining it closer once applied you will notice a lingering quality of softer fragranced powdery, balsamic and sour hints that hide an essence of inviting, sensuous and



FASHION, FITNESS & HEALTH

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 instagram: iammcloughney



your finest

in: mainlining antioxidants is good; whereas chocolate – even just 25mg a day – is a recipe for pizza face. But your skin isn't just what you eat, it's when you eat it, at least according to a study in the journal Cell. Chowing down outside of a 12-hour window salts the game of your enzymes, one of which, XPA, is responsible for repairing UV damage. A late dinner shifts the cycle of XPA back, which in turn reduces the degree of repair and protection the next day. Table for two at 7pm, then.



Wrapping long hair into a tight bun for days, weeks or months on end can cause alopecia

mode, more shaved gorilla.

YOUR PHONE

Sun exposure is one of the principle causes of premature ageing. But you're unwittingly basking in another source of wrinkle-inducing radiation every day: your phone screen. The University of Mexico claims that High-Energy Visible (AKA HEV or 'blue') light from your phone, computer and TV is as dangerous as UV, if not more so. Research is in the early stages but scientists believe that HEV penetrates skin more deeply than UV, prevents it from healing and accelerates ageing. Electronic devices also fry your skin in a more low-fi way: by reflecting the sun's rays onto you. The researchers found that using an iPhone outdoors can increase UV exposure by 36 per cent, an 11-inch MacBook by 75 per cent and an iPad 2 by 85 per cent. Your hotdogs or legs holiday selfie just got less smug.

GETTING ON THE JUICE

I hope that your idea of hardcore juicing would be chugging liquefied kale without so much as a dash of lemon juice. But with public health experts recently announcing that as many as one million guys in Ireland and the UK are taking steroids and other Image- and Performance-Enhancing Drugs

(IPEDs), it'd be remiss not to mention another reason why that's aesthetically counter-productive, beyond bacne and man-boobs. The same meds also increase the interaction between testosterone and your hair. This will equate to the male-pattern hair-loss gene being enacted quicker than it naturally would otherwise. Less beast

GROOMING

Complete laser care

I POPPED into Complete Laser Care on Cecil St last week for a consultation on laser hair removal. I've come to learn that men of all ages, professions, sizes, cultures etc are now choosing to get rid of excess body hair. What used to be regarded as a necessity for cyclists and swimmers has now come full circle as more and more men take care of themselves these days in every aspect of grooming. Areas such as back, chest, neck, arms, unibrow can now be completely free of body hair. I am not personally afflicted with an abundance of body hair but I am prone to getting a rash on the nape of the neck after shaving. My neck can become very irritated and sore and shaving can also cause ingrown hairs. So I'm hoping that after a few treatments the hair growth on my neck will be reduced and free of irritation. The lovely people at Complete Laser Care, including owner Catherine Waters, pictured, want to stress that they are a private discreet clinic for anyone who is thinking of having laser removal especially men who hate the thought of going to a salon. They offer a wide range of treatments specialising in advanced skincare and laser and will be in business 11 years this year. The treatment itself literally takes five minutes and Complete Laser Care is offering 20% of packages of four or six sessions!



Four sessions for the price of three at €270 or book four sessions get two free. Complete Laser Care always advises a free consult with patch test for any new client. I'll show you all my results in a few weeks but in the meantime head over to www.completelasercare.ie for more information or to book a consultation.

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Five healthy eating spots in Barcelona

LAST week I spent three glorious days in Barcelona, a city I had never visited before, but one that fast became my favourite destination I have ever been to.

Usually after visiting someplace I like to piece together a guide of places that are good for food - especially healthier grub. So with that in mind here are my recommendations for five healthy eating spots in Barcelona.

1: SURF HOUSE BARCELONA

This was a great little find for something healthy or for a little cheat meal. I opted for both! I went with the vegetable rolls and the nachos with chicken. They were sensational. Situated on the promenade next to the beach in the city, its the perfect location for lunch or dinner with a view. And the served coconut water in the coconut shell - something I'd never had but always wanted for the sheer novelty! A great little find.



Yummy wraps from The Surfhouse

2: BRUNCH AND CAKE

It was actually the hotel that recommended this cool spot for brunch. There are actually two in Barcelona - one in the heart of the city and one closer to the beach. The idea of the menu is food that grandma used to make and I have to say it blew me away. There was amazing thought put into even "normal" dishes which gave them added flair and the presentation was out of this world. I had the Avocado Toast 2 Ways with poached eggs and I highly re-

commend the homemade sugar free Nutella pancakes!

3: FLAX AND KALE

Fresh vegetable juices are to be found everywhere in Barcelona. Seriously it's fantastic the emphasis on health and wellness, we found it really easy to eat well. Flax and Kale is another healthy options cafe conjoined with an amazing juicery where the options are endless. I took a picture of the food here and the colour was sensational. A lovely place for breakfast or



A healthy option of brunch and cake in Barcelona



A lovely dish from the The Green Spot and pictured right is food from the Gallito



brunch and there are two venues in the city, both with completely different menus.

4: GALLITO

Gallito was a lovely find, amazing staff, gorgeous atmosphere and delicious food. We had local breads, olive oil and olives to start with homemade hummus and fresh rainbow vegetables and

then the main was fish cooked "the way the locals do". Prices in most of the eateries in Barcelona are very similar to prices at home so it's not cheap but the quality of the food is amazing.

5: THE GREEN SPOT

This little spot was recommended to me and I am so glad we got to experience it. Set in the heart of the city, its a

vegan restaurant with a menu that is simply out of this world. We had homemade vegetable chip nachos, chilli edamame and a black pizza with goats cheese and caramelised onion. Simply sensational.

If you are planning a trip to Barcelona in the coming months pop these little finds in your diary, you won't be disappointed.

WHAT I'M LOVING THIS WEEK

Llyods Pharmacy

I PAID a visit to Lloyd's Pharmacy in Grove Island last week and they kindly gifted me a box of amazing supplements to help keep me fighting fit and feeling good through spring time. While I was there they mentioned an amazing initiative that I just had to share with you as I think it is brilliant! Their "Change Your Health Direction" plan is a free service they are rolling out through all their pharmacies nationwide to

help people with their food, weightless and general health goals. It's an 8-week Health Transformation Programme where by you have the opportunity to visit their stores and one of their trained health coaches will help you with your personal goals. For more information on the service visit www.lloydspharmacy.ie or call in store. A really great way to help people to be healthier.



HEALTHY RECIPE - Goodmorning Green Juice

WHAT YOU NEED

Water
Ice
Large Handful of Spinach
Handful of Frozen Fruit (berries or the breakfast topper mix from Tesco)
1/4 Cucumber
1/2 Banana
Squeeze of Lime
Tsp Chia Seed
1/2 Tsp Supergreen Powder

WHAT TO DO

Blend and serve! Simple!





with EVA HILL HAMILTON

HEALTHYLIVING

CONTACT EVA

website: www.evahillnutrition.com
 email: info@evahillnutrition.com
 facebook: [HealingWithWholeFoods](https://www.facebook.com/HealingWithWholeFoods)

'Egg'-citing news for breakfast staple

BIRD eggs (including chicken eggs) have long held a place in cuisine worldwide, and for good reason. If you want to have good even energy for the day a good egg breakfast is the perfect option. But eggs also had a primary place in mythologies, religions, and cultural practices worldwide, and have typically been regarded as symbols of rebirth, renewal, beginnings, and fertility.

They have long been recognised as a source of high-quality protein. The World Health Organisation (WHO) and other public health authorities actually use eggs as their reference standard for evaluating the protein quality in all other foods. Egg protein is usually referred to as "HBV" protein, meaning protein with High Biological Value. Since eggs are used as the reference standard for food protein, they score 100% on the HBV chart. The high quality of egg protein is based on the mixture of amino acids it con-

tains.

The nutrients found in an egg are distributed fairly evenly between the yolk and the white. This distribution of nutrients is a common characteristic of whole, natural foods and it is one of the reasons that we recommend consumption of whole eggs. They are a good source of all B vitamins especially Choline which is essential for mental health, and are rich in iodine and selenium.

In recent years, there has been a food marketplace trend of greater availability of eggs that are unusually rich in omega-3 fats. These eggs get their high levels of omega-3s through the addition of omega-3 oils to the hen's feed. Oils added to the hen's diet as a way of increasing omega-3s include menhaden oil, krill oil, flaxseed oil, and algae oil. What many consumers do not know is that virtually all egg yolks contain omega-3 fats and that by providing hens with a natural, pasture-based diet their omega-3 levels can be naturally increased. Pasture feeding can



Not that bad for you: Recent studies have shown no increased risk of either heart attack or stroke in conjunction with egg intake of one to six eggs per week

provide the hen with clover and alfalfa, two examples of legumes that are rich in omega-3s; in fact, pasture feeding can double the amount of omega-3s in an egg yolk

When it comes to health benefits it all comes down to the quality of the egg: You might find all of the following terms on the label of an egg carton: cage-free, free-range, free roaming, pastured, pas-

ture-raised, organic, omega-3, omega-3 enriched. Unfortunately, while legal, some of these labeling terms are also misleading. The term "free-range," for example, means that the hens who lay the eggs must have access to the outdoors—but the emphasis here is on "access." No standards are set for how often the hens actually go outside, how much time they must stay outside if they do go out, or what the outdoor environment must include in terms of total space or vegetation. You are best to find local small scale organic - free range farms for best taste and benefits.

Are you worried about your cholesterol levels? Don't exclude eggs! Recent studies have shown no increased risk of either heart attack or stroke in conjunction with egg intake of one to six eggs per week. Interestingly, these studies have also shown the ability of egg intake to increase levels of HDL cholesterol (the "good" cholesterol). Not only did egg intake increase the number of HDL

molecules, it also improved their composition and allowed them to function more effectively. This improved function might have been related to the rich choline content of the eggs.

Unfortunately, despite its many health benefits, eggs are one of the most common allergy-related foods. Individuals who develop an allergic reaction to hen's eggs typically have an immune system response to either ovalbumin (OVA) or ovomucin (OVM); proteins naturally found in the white of all hen's eggs.

Food allergy symptoms—including symptoms associated with egg allergy—may sometimes be immediate and specific, and can include skin rash, hives, itching, and eczema; swelling of the lips, tongue, or throat; tingling in the mouth; wheezing or nasal congestion; trouble breathing; dizziness or lightheadedness. The best way to know is to test for food allergies and intolerances; you can find more info on my website.

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PARENTING ADVICE

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For more parenting advice see
www.loveparenting.ie

Keep your child safe

Safely Internet Day was last week, and we shared some useful resources from www.webwise.ie on helping children to stay safe on-line. There is a much bigger issue around safety, however, and how we support our children to make good choices to keep themselves safe on-line and in real life.

We all want our children to be able to make their way in the world, to take chances and to really enjoy their lives. This will inevitably include making some mistakes and poor choices. Our instinct as parents can be to try to protect our children at all costs and shield them from the risk of failure or hurt. Below are some ideas on how to get the balance right—protecting our children while allowing them the freedom to make their own choices and take responsibility for their actions.

• **Communication.** It always comes back to this with parenting. The more time we spend with our chil-

dren really listening to what they are saying (verbally and non-verbally), the better able we will be to really understand and respond to their needs. This doesn't mean grilling them every day for the full details of their day; it just means finding some time each day to check in with them and. It means stopping what we are doing when they approach us and giving them our full attention.

- **Get to Know their Friends.** One of the best ways to really understand what is happening in your child's world is to get to know their friends and welcome them in to your home. Your child will see you supporting their need for a life outside the home and you will get to see another side of their life
- **Share your Experiences** (within reason!) As parents, we sometimes feel like we need to be wise, old rocks, when the truth is that most of us are still trying to figure everything



out. We were all young once, and most of us have plenty of mistakes in our past. Talk to your children about a time when you were confused about the right thing to do and what you did—let them see that even if you made mistakes, you learned from

them.

- **Don't Judge.** You want to make sure that your child will come and talk to you when they have made mistakes or poor choices. Your instinct might be to panic or shout, but try to take a deep breath, listen to what they are saying

and let them know that you are on their side. Then, you can start to talk to them about making things right

- **Have Consistent and Fair Consequences.** Talk to your child beforehand about what you expect from them and let them

know what will happen if they don't follow the rules. Be consistent with consequences and follow through, but make sure that the consequence fits the crime. Try not to threaten punishments in the heat of the moment.

Top Tips - For Helping your Child to Concentrate

Pediatric Occupational Therapists (OT) help children with different needs develop skills to perform the activities that make up everyday life. Occupational Therapists aim to help children be as independent as possible in their everyday lives. They might provide help for children in the areas of self-care - dressing, toileting, feeding; movement and coordination - balance skills, ball skills, hand-eye coordination; sensory processing; handwriting and planning and organising skills at home or school. Talk to your GP or Public Health Nurse if you think your child might benefit from working with an OT.

Below are some tips from Occupational Therapists on helping your child to pay attention and concentrate.

- Talk to your child in a soft, calm, slow voice. Use eye contact. Ask child to repeat instructions
- Move from a concentration activity to a physical activity e.g. take a short break from homework to run around. Move alternately between difficult and easy tasks, and tasks they like better to those they like less
- Break daily activities into simple steps and write a checklist of steps
- Praise your child when they are concentrating on something or paying close attention
- Involve yourself with your child's games
- Decrease the amount of time your child watches T.V./plays computer games
- Encourage relaxation and calmness both in yourself and your child
- Find topics that interest the child, remove distractions (e.g. TV, other toys) and create a calm environment.



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- ✓ Breakfast

Full payment required at time of booking!

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MADRID CITY BREAK

6, 15, 16, 17 & 20 OCTOBER 2018 (€299)

PRICE INCLUDES

- ✓ Return flights from Dublin to Madrid
- ✓ Taxes and security charges
- ✓ Hand luggage only
- ✓ 3 nights' accommodation in the 4* Petit Palace Preciados
- ✓ Room only

Full payment required at time of booking!

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13, 14, 15, 17 & 22 OCTOBER 2018 (€299)

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- ✓ Return flights from Dublin to Rome
- ✓ Taxes and security charges
- ✓ Hand luggage only
- ✓ 3 nights' accommodation in the 3* Lirico Hotel
- ✓ Breakfast

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Don Bosco and his dog

Mary Queen of Ireland Girls national school, Caherdavin open day first class pupils showing their Don Bosco portraits they made PICTURE: ADRIAN BUTLER



Mary Queen of Ireland Girls national school, Caherdavin open day: Mariam Alade, Analeigh Carroll and Sarah Wallace showing their knitted poodle bottle covers and hairbands



Mary Queen of Ireland Girls national school, Caherdavin open day: Natalia Manska, Holly Ryan and Lilly Royce showing their Ogham pendants



Shirley Kearney, Caherdavin with her daughter, Lucy, who will be joining the school next year

PICTURE SPECIAL

DOORADOYLE: FUSION RESTAURANT CELEBRATES CHINESE NEW YEAR



Hong Ying Group Limerick celebrating Chinese New Year at the Fusion Chinese Restaurant ALL PICTURES: BRENDAN GLEESON



Peter, Barbara, Anna and William Malone



Fusion staff, Dooradoyle and the Hong Ying Group



Adrian Kearns, Hong Ying Limerick, keeping the Dragon in tune



Michael, Deirdre, Chris and Annmaire Kett at the celebrations



Ailbhe and Tadhg Mulvihill get close to the dragon



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Richard Lynch

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Well done, Sr Helen!

Sr Helen Culhane named Limerick Person of the Year 2017

THE founder of a local support service which has helped more than a 1,000 children affected by loss through death, separation or divorce, has been named Limerick Person of the Year 2017.

Sr Helen Culhane received the top honour for her dedication and commitment to providing grieving children and young people with a place and spaces where they are given the opportunity to examine feelings associated with loss and learn that they are not alone.

Sr Helen founded the Children's Grief Centre in 2009, which sees around 30 children a week, aged four to 18 years. Seventy percent of the children who attend have separated parents while 30 percent have suffered bereavement.

In total, there are approximately 30 volunteers attached to the centre. The volunteers include a retired career guidance teacher, a play therapist, psychologist, psychotherapist, and an art therapist.

Accepting her award Sr Helen said: "I'm shocked to be quite honest and very humbled to receive this award. Thanks to every one of you and to all those who organised the event today."

"The work that I'm involved with, we see it as very important work as we are supporting children who are impacted by loss due to bereavement, separation and divorce, and if by winning this award it draws attention to that [work], it will be a goal achieved."

At the gala event in the Clayton Hotel in Limerick today former Minister for Finance, Michael Noonan TD was also honoured with a Lifetime Achievement Award.

Now in its 17th year, the Limerick Person of the Year Award was set up to honour the achievements and success of local people.

Past winners of the title include philanthropist JP Mc-

"The work that I'm involved with, we see it as very important work as we are supporting children who are impacted by loss due to bereavement, separation and divorce"

-Sr Helen Culhane
 Limerick Person of the Year

Manus, world champion boxer Andy Lee, rugby stars Paul O'Connell and anti-bullying campaigner Luke Culhane. Watch an interview with Sr Helen on ilovelimerick.com now.

Support 16-year-old Limerick girl Ciara Micks Fight for Life

Sixteen-year-old Ciara Micks hopes to raise more than €100,000 for a surgery in Barcelona that could save her life.

Rheumatologist Brian Mulcahy in Cork diagnosed Ciara with Ehlers Danlos Syndrome (EDS) in 2015, but since being diagnosed her condition has deteriorated dramatically. Due to a lack of expertise in Ireland, Ciara and her mother Anne were forced to travel to London, as are most EDS patients.

EDS is a condition affecting the connective tissues in the body, which provide support in the skin, tendons, ligaments, blood vessels, internal organs, and bones.

Raising funds for a life-saving surgical procedure, Ciara hopes to make the trip to Barcelona, Spain which is the only European city to carry out the cervical fusion surgery Ciara needs.

After the surgery, aged just 16, Ciara will never be able to move her neck again, or move her head up, down, left or right.

Ciara's surgery is now booked for Thursday, March 8. Ciara and her mother, Anne will travel to Barcelona



Pictured at Limerick Person of the Year awards, Luke Culhane, Limerick Person of the Year 2016, Richard who won Limerick Person of the Year in 2011, Sister Helen Culhane, Limerick Person of the Year 2017 and Celia Holman Lee who was a Lifetime Achievement Winner in 2014.

PICTURE: CIAN REINHARDT/ILOVELIMERICK

in the next fortnight and the hospital must be paid a week prior to Ciara's surgery. The intention had been for Ciara to attend as an outpatient for pre-op tests, which is normal procedure. However, due to her complex history and bleeding disorder, the surgical team has decided that Ciara should be admitted to hospital as soon as she arrives in Spain. Unfortunately, this will also increase costs. Anne tells me, "We are incredibly grateful for the response we have received as every euro counts and I am confident that they will get there with the support of the amazing Limerick people."

Fundraising efforts for Ciara's surgery continue to go ahead. Tesco in Roxboro has

dedicated one of their community pots to Ciara. There are also collection points at Widdess Pharmacy, Bella Italia, Irwin Jewellers, La Cucina and Snack Shack in Ennis. If you would like to donate to Ciara's EDS surgery fund, you can visit www.gofundme.com/ciaraeds or contact Anne at annedmicks@gmail.com. See www.facebook.com/ciarasfight for more info.

Novas Denis Allen Tribute Night to raise funds for homelessness

Since the 60's Denis Allen has been involved in the music scene in Limerick and his most famous song, 'Lim-

erick you're a Lady' has become the city's enduring anthem. On Thursday, March 1 at 8pm, Denis and a variety of musicians will perform at a tribute night in aid of Novas at the Greenhills Hotel.

Allen played with a number of showbands throughout the sixties including The Berwyn, The Jack Glynn Quintet and Ding a Ling and wrote many songs for a range of artists throughout the decades. The Novas Denis Allen tribute concert will acknowledge Allen's contribution to music, especially in Limerick. Bryan Meehan is the musical director for the event and will introduce artists including The Hub Big Band, Shaun O'Dowd, The Anchor

Chamber Choir and the O'Rourke School of Dancing, as well as many more. The MC on the night will be RTE's, Lorcan Murray.

Tickets cost €20, with all proceeds going to Novas. They can be purchased from Steamboat Music on Steamboat Quay, Hook and Ladder on Sarsfield Street and SuperValu in Corbally. For further information on this event, you can contact Chris O'Connor on 061 370325.

Deric Ó h'Artagáin is doing the Camino 2018 for Alzheimer's Society of Ireland

By [ilovelimerick](http://ilovelimerick.com) correspondent Chloe O'Keefe
 The Alzheimer's Society

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



Richard pictured with Anne Micks and her daughter Ciara who is raising funds for life-saving treatment in Barcelona

PICTURE: CIAN REINHARDT/ILOVELIMERICK



Richard pictured with Denis Allen who is having a tribute night to raise funds and awareness for Novas on Thursday, March 1 at the Greenhills Hotel PICTURE: CIAN REINHARDT/ILOVELIMERICK



Alzheimer's advocate, Kathy Ryan and TV3 presenter Deric Ó h'Artagáin who have been announced as the leaders of the Alzheimer's Society of Ireland's Deric Ó h'Artagáin Camino 2018 adventure

of Ireland has announced TV3 presenter Deric Ó h'Artagáin and Alzheimer's advocate, Kathy Ryan as the leaders of their Camino 2018 adventure, taking place Spain from September 8- 15. The Camino hopes to raise funds and public awareness for people with dementia in Ireland during World Alzheimer's Month in September.

Deric, a TV3 presenter and weatherman who hails from Limerick, announced the news on Facebook earlier this month and spoke of how he was very happy to be leading as an ambassador, "Delighted to be an ambassador for Camino 2018," he wrote, "I'll

be leading the 150km trek to Santiago de Compostella this September to help shine a light on this dementia with every step we take."

Kathy Ryan, the Vice-Chair of the ASI's Irish Dementia Working Group (IDWG) was diagnosed with younger-onset Alzheimer in January 2014 and is looking forward to the challenge with Deric and a team of like-minded walkers. This will be the first time a person with dementia has taken part in the ASI's Camino Adventure which is a 115km trek from Sarria to Compostella.

Kathy, who is from Tipperary, tells me: "Walking the Camino de Santiago is a

dream come true. When I was diagnosed in 2014, I thought my chances of doing something like this was over. But, thanks to the ASI, I now have the opportunity to take on this challenge and carry a banner for all people with dementia."

Kathy and Deric are now spreading the 'can do' attitude and are hoping that others will follow in their footsteps by signing up to this unique experience along the Camino de Santiago.

The well-known Camino walk is open to male and female participants of all ages, and if members of the public are interested in joining the two, they can do so online,

where they will also receive a copy of the ASI's Camino brochure. Visit www.alzheimer.ie now to register your interest.

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**

Young Filmmaker talks up Limerick's Fresh Film Festival

By I Love Limerick's Ryan O'Connell

IN 2016, Galway-born filmmaker Johnathan Connolly submitted a short film called 'Stranger Danger' to Limerick's own Fresh Film Festival. The film dealt with the dangers of the digital era, portraying a young girl who starts speaking with a stranger online. The film went on to win the Galway audience award. However, its success didn't stop there.

Uploaded to both Connolly's own YouTube channel and Fresh Film Festival's channel, the short hit the internet at just the right time, amassing over 1.7 million views on YouTube alone. The success of the film, Connolly says, is, "just really amazing. I don't know what to say. I never believed that it could reach such an audience online".

The similarly themed 'Unknown Sender', brought even more success for Connolly, winning the young filmmaker the Galway audience award for the second year in a row. The audience award is a "bonus" for Connolly, "you don't know how successful the film will be or how the film is gonna be shown so it's nice to see how well the audience takes it".

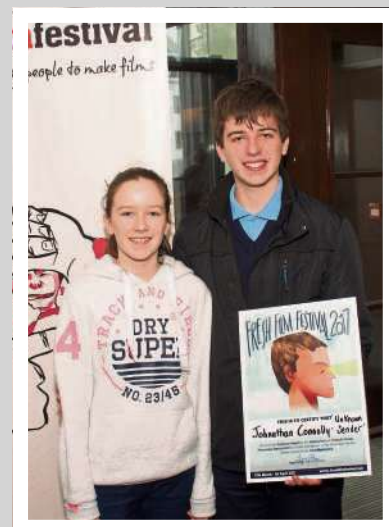
The Fresh Film Festival, which has been running for over 20 years, accepts short films on any topic, style or genre. Connolly is grateful for the opportunity Fresh has given him to connect to the film world, "Fresh gave me the opportunity to connect with others in film. Because I'm independent, before Fresh, I didn't know anyone else doing film".

Connolly first entered Fresh Film Festival in 2011 after doing a Film and Animation course in Galway Film Centre: "I made an animation short up there, which they entered into Fresh. So, that was my first knowledge of Fresh".

Connolly believes that it is important to discuss mature themes, such as those in 'Stranger Danger' and 'Unknown Sender', with young people, "I like to make people more 'internet-wise'. It can just be really dangerous in certain situations".

Connolly's success has brought him insight into filmmaking and advises young filmmakers to not "get bogged down with the technical side and be a bit more creative. Filmmaking is a really great platform to share and influence the audience and influence others".

The Fresh Film Festival 2018 will take place in Limerick from March 20-25. See www.freshfilmfestival.net.



Actress Laura Connolly and director Johnathan Connolly at the Fresh Film Festival Heats 2017 at The Galway Town Hall Theatre. Fresh Film Festival takes place in Limerick March 20-25

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www.limerickleader.ie

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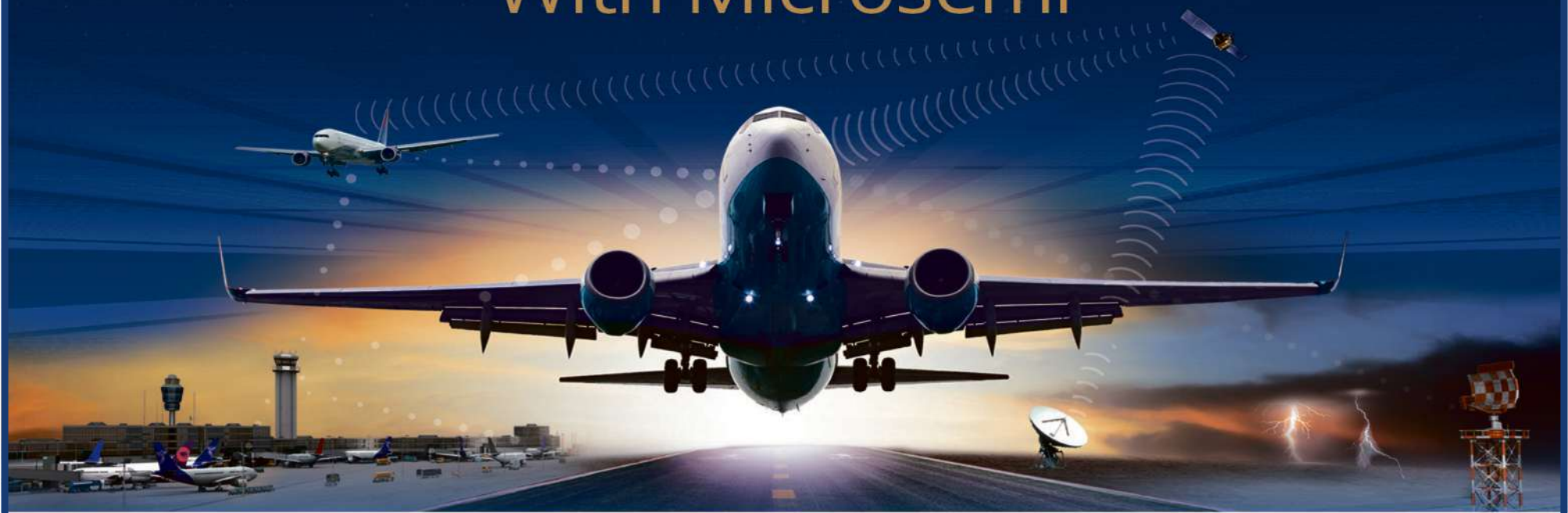
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- Excellent working knowledge and experience of Microsoft Office software, particularly Excel

For further information on the position(s) and informal enquiries contact **Cathy Sheehan, Head of Finance on telephone number 061-485899**

(2) Fundraising Assistant (Grade 3 Clerical Officer)

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For further information on the position(s) and informal enquiries contact **Anne Marie Hayes, Fundraising Co-ordinator on telephone number 061-485860**

Salaries for the above posts will be in accordance with current Health Service Executive Salary Scales.

Job Descriptions and further details for this post are available from the Human Resources Department on 061-201708 or Milford Care Centre website www.milfordcarecentre.ie. Panels may be formed from which all future vacancies (permanent, temporary and part-time posts) may be filled.

Interested applicants should submit a letter of application, and an up to date Curriculum Vitae (unbound), including names, addresses and contact details of three referees not later than 4pm on **Monday 26th February 2018 to Mr Declan Deegan, Head of Human Resources, Milford Care Centre, Castletroy, Limerick**. Short-listing will apply. Applications may also be emailed to recruitment@milfordcarecentre.ie

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IN MEMORIAM



DALY (Sixth Anniversary)



& Birthday Remembrance)

In loving memory of a dear husband, father and grandfather Gerard (Gigi) Daly, late of 46 Monabraher Road, Ballynanty, Limerick who passed away on 19th February 2012 and whose 53rd Birthday will occur on June 4th. Also remembering his mother Johanna Daly whose birthday occurred on 12th February.

To us you were so special,
What more is there to say,
We only wish with broken hearts,
That you were here today,
You were a very special person,
Who will never be replaced,
Since the day you left us,
There has been an empty space,
We still feel you all around us,
You are always on our minds
And when we talk about you,
It's always of happy times,
So wrap your arms around Gigi & dad Lord,
And give him special care,
Make up for all he suffered,
And all that was unfair.

Sadly missed by your wife Geraldine, sons Gary, Dean, Gerard, John, daughters Rita, Lisa, Stacey and Johanna and daughters in law Tasha and Ciara,
Gentle Jesus up above
Give our Granda all our love
From your grand children Katie, Gary, Jake, Jamie, Carla and Molly

No farewells were spoken,
We did not say goodbye;
You were gone before we knew it -
And only God knows why.

From your brothers and nephews Niall and Stephen
They say there is no reason,
They say that time will heal,
But neither time nor reason,
Will change the way I feel,
For no one knows the heartache,
That lies behind my smile;
No one knows how many times,
I have broken down and cried.
From your brother Stephen, Deborah and kids

I remember your smile
And the things you would say,
And treasure the memories of you day by day:
The laughs we had and shared,
The love that you gave me,
And the way that you cared.
I have a million memories,
And a lot of silent tears.

Never forget you from your brother Harry and Sandra.
Happy Birthday Mam, at this time
It only takes a little space,
To write how much we miss you,
But it will take the rest of our lives,
To forget the day we lost you.

Love and miss you from Mairead and Tony
We shared so much together -
Laughter, joy & tears;
For those who thought so much of you,
They were the happiest years.

Love and miss you from niece Samantha, Patrick, Patrick and Tommy. Happy Birthday Nana at this time
The flowers we placed upon your grave
May wither & decay
But the love & sorrow we feel inside
Will never go away.

Love and miss you from Jenny, Dean, Leah, Aaron and Anthony. Happy Birthday Nana at this time

IN MEMORIAM



KEANE (Sixth Anniversary)



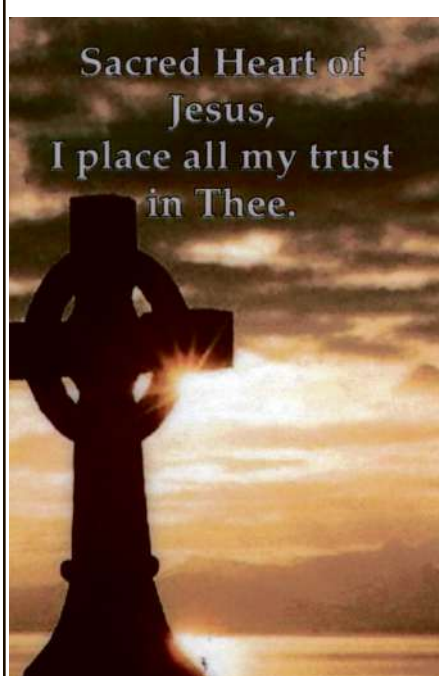
In loving memory of a dear husband, father, grandfather Patrick (Pa) Keane, late of Flood Street whose sixth anniversary occurs 21st February. Mass offered in St. John's Church at 7o'clock on Sunday February 25th.

As I sit here safe in Heaven,
And watch you every day,
I try to let you know with signs,
I never went away.
I hear you when you're laughing,
And watch you as you sleep,
I even place my arms around you,
To calm you as you weep.
I see you wish the days away,
As you beg to have me home,
So I try to send you messages,
So you know you're not alone.
Don't feel guilty that you have a life,
That was denied to me,
Oh, Heaven is truly beautiful,
Just you wait and see.
Please live your life and laugh again.
Enjoy yourself, be free,
Then I'll know with every breath you take,
You're taking one for me.

Deeply missed, never forgotten from your loving wife Mena x x x x.

The lonely way you had to die,
Is always on our minds,
We wonder if you called our name,
We wonder if you cried,
No one you loved Dad was by your side,
To hear your last sigh,
To whisper just a loving word,
And hug you before you died,
You were always there
When we needed you Dad,
No task too great and a loving heart,
For us you did it all,
A memory and song is all we can give,
And these you will have as long as we live..
Sadly missed and always loved from your four daughters
Lorraine, Karen, Lisa and Denise and sons-in-law xx

Little angels robbed in white
Give Granda Pa a kiss goodnight
Too dearly loved to ever be forgotten from your little buddies, grandsons Ben, Briain, C.J., Alex, Kevin, P.J and baby Dean. x x x x x x; granddaughters Princess Mia and Princess Sophie x x .



IN MEMORIAM



HAYES (19th Anniversary)



In loving memory of a dear mother and grandmother, Teresa Hayes, late of 21 De Valera Park, who died on February 20, 1999.

You laughed with us in good times, Mam,
You cried with us in sad;
You always went without for us,
And gave us all you had.
You taught us many things in life,
That we would have to do,
But Mam, you never taught us,
How to cope with losing you.

Sadly missed by your daughter Regina, son-in-law Christy, grandchildren and great grandchildren; daughter Veronica, husband Martin and family; daughter Bernie, husband Joe and family; daughter Lorraine, husband Danner and family; daughter Teresa and family; daughters Betty and Ann; sons Noel, John and Gussie xxxxxxxx Say Hi to our Dad, Breda, Trevor, Alan, Wayne, Stephen xxxxxx

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To Be A Happy One.*

*I'd Like To Leave An After
Glow Of Smiles When
Life Is Done.*

*I'd Like To Leave An Echo
Whispering Softly
Down The Ways.*

*Of Happy Times And
Laughing Times And
Bright And Sunny Days.*

*I'd Like The Tears Of Those
Who Grieve, To Dry Before The Sun*

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SPORT

Tuesday, February 20, 2018

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Munchin's face PBC in Junior Cup semi

SCHOOLS CUP RUGBY

By COLM KINSELLA

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ST Munchin's College take on PBC, of Cork, in a mouth-watering semi-final of the Clayton Hotels Munster Schools Junior Cup this Wednesday at Clifford Park, 2pm.

St Munchin's, who must go back 20 years to their last Munster Schools Junior Cup success, are Limerick's only remaining representative at the semi-final stage of the prestigious U-16 competition.

The Corbally side reached the semi-finals with a run-away victory over St Clement's College on the back pitch at Thomond Park.

St Munchin's racked up 10 tries in all against their city rivals, with their livewire scrum-half Donnacha O'Callaghan himself to a hat-trick of tries.

St Munchin's, with Alexander Wood, son of former Munster, Ireland and Lions hooker Keith Wood at out-half, led 40-0 to half-time after scoring six tries.

Three tries in the opening 10 minutes put St Munchin's on their way, with prop Kean Sheehy scoring a brace for the winners.

The St Munchin's College backroom team this season includes head coach Ger Slatery, of Young Munster, as well as Garryowen scrum-half Neil Cronin and former Munster player Pat Cross.

It is now two decades since St Munchin's won the Munster Schools Junior Cup. That successful side included former Munster centre Barry Murphy.

St Munchin's semi-final opponents PBC overcame Crescent College Comprehensive at the last eight stage.

The second Clayton Hotels Munster Schools Junior Cup semi-final will see Bandon Grammar go head-to-head with CBC at Cork Constitution's Temple Hill grounds also this Wednesday, February 21 at 2pm.

The final of the Clayton Hotels Munster Schools Junior Cup will take place on the week beginning Monday, March 5.



All smiles: Simon Zebo speaks to the press at Monday's conference at the University of Limerick
PHOTO BY DIARMUID GREENE/SPORTSFILE

Zebo says decision to quit will hit home Friday

By COLM KINSELLA

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SIMON Zebo admitted Friday night's Conference A top-of-the-table Guinness Pro14 clash with Glasgow Warriors will be tinged with sadness for him.

Zebo, who swaps Munster for Racing 92 next summer, is set to make his final appearance for the province in Cork at Musgrave Park, 7pm (Live on Sky Sports).

Zebo admitted that his decision to switch to Paris is likely to hit home for him at

full-time on Friday.

Zebo said: "It'll be definitely sad. It'll probably start to hit home when the final whistle goes a little bit, how the days are ticking and counting down unfortunately."

"Hopefully we can end it with a win, at least I will have a smile on my face if we win. But if we lose it will be a bit of a double whammy. That's something I don't want. I'll just do what I have been doing all season."

Zebo hasn't featured for Ireland since announcing his decision to move to the Top 14.

The full-back insists watching Ireland's progress through the 6 Nations Championship from a distance hasn't been as bad as he envisaged.

Zebo said: "It has been okay. I have had the experience of sitting on my sofa in the November series. It hasn't been as bad as I would have thought."

"Obviously, you would love to be representing your country and running out with the lads. And giving it socks during the Six Nations because they are really special games."

"I have come to terms with

my decision and what comes with it as of now. I just wish all of the lads up there (in Ireland camp) the best. You never know what could happen in the future."

Zebo is not giving up on the possibility of playing for Ireland in the future.

"Potentially yeah. I am still young enough, it's not like I will be coming back, if I did decide to come back, at 33 or 34."

"I am still only 27, so if I do come back then I would have no doubt that if I am playing well that I would have a chance."

Munster will be looking to bounce back from their disappointing weekend defeat to Cardiff Blues when they host Glasgow on Friday.

Zebo said of Glasgow: "They are in form and they have so many players missing with Scotland. It just shows the strength and depth that they have as a squad. They are going to be a really tough team to play against."

Also, winger Ronan O'Mahony is to have a scan to assess a shoulder knock sustained against Cardiff.

SCHOOLBOY SOCCER NOTES & FIXTURES



The Geraldines U-12 side who have been in fine form this season

FIXTURES

Saturday February 24

U-10 RED GROUP

Aisling Annacotty 2 v Limerick; 11.am Newtown Park; J. Clancy
Coonagh United v Corbally United 1; 11.am Coonagh; J. O'Halloran
Aisling Annacotty 1 v Regional United 1; 12.30 Newtown Park; J. Clancy

U-10 BLUE GROUP

Lisnagry v Corbally United 2; 11.am Scanlon Park; A. Walsh
Regional United 2 v Mungret Regional 1; 11.am Dooradoyle; R. Broe
Carew Park v Aisling Annacotty 3; 11.am Carew Park; G. Clancy
Caherdavin Celtic v Fairview Rangers; 11.am Greenhills; K. McCormack

U-10 GREEN GROUP

Newport Town 1; v Janesboro 11.am Newport
Ballynanty Rovers v Mungret Regional 2; 11.am Shelbourne Park; M. Bourke
Caherconlish v Newport Town 2; 11.am Caherconlish; T. Mannion

U-10 BROWN GROUP

Mungret Regional 3 v Bridge Celtic 11.am Mungret; J. McNamara
Corbally United 3 v Geraldines 11.am Athlunkard; M. Kiely
Lisnagry 2 v Moyross United 12.30 Scanlon Park; A. Walsh
Star Rovers v Aisling Annacotty 4; 11.am Lee Estate; T. Joyce
Aisling Annacotty 5 v Shelbourne 2; 2pm Newtown Park; J. Clancy

SHANNON ICES, U-12, PREMIER LEAGUE

Fairview Rangers A v Aisling Annacotty B 11.am Fairgreen; F. O'Neill
Newport Town A v Caherdavin Celtic A 11.am Newport; J. Galvin
Limerick v Mungret Regional A 11.am Hogan Park; P. O'Brien
Aisling Annacotty A v Regional United A 2pm Annacotty AWP; B. Higgins

U-12 DIVISION ONE LEAGUE

Shelbourne A v Corbally United A; 11.am Shelbourne Park; D. Brosnan
Summerville Rovers v Bridge Celtic A; 11.am Portland Park; J. Reilly
Granville Rangers v Lisnagry 11.am Glenbrook; F. O'Donovan

U-12, DIVISION TWO LEAGUE

Geraldines v Aisling Annacotty C 11.am Garryowen; B. Higgins
Fairview Rangers B v Ballynanty Rovers 12.30 Fairgreen; F. O'Neill
Regional United B v Mungret Regional B 12.30 Dooradoyle; R. Broe
Parkville v Carew Park 11.am Knockalisheen; A. Keogh

U-12, DIVISION THREE LEAGUE

Newport Town B v Corbally United B 12.30 Newport; J. Galvin
Caherconlish v Caherdavin Celtic B 12.30 Caherconlish; T. Mannion
Bridge Celtic B v Aisling Annacotty D 11.am Bridgetown; K. McNamara
Regional United C v Mungret Regional C 2pm Dooradoyle R. Broe

HYNAN TRAVEL U-14 PREMIER LEAGUE

Caherdavin Celtic v Fairview Rangers A 12.30 Greenhills; K. McCormack
Aisling Annacotty A v Corbally United A 3.30 Annacotty AWP; B. Higgins
Newport Town A v Mungret Regional A 12.30 Newport; A. Galvin

U-14, DIVISION ONE LEAGUE

Fairview Rangers B v Regional United B 2pm Fairgreen; F. O'Neill
Shelbourne v Geraldines 12.30 Shelbourne Park; M. Bourke
Aisling Annacotty B v Corbally United B 11.am Kilonan; J. Mulligan
Janesboro v Summerville Rovers 11.am Pearse Stadium; J. Curran
Carew Park v Newport Town B 12.30 Carew Park; G. Clancy
Regional United C v Aisling Annacotty C 12.30 Dooradoyle AWP; J. McNamara

U-16, PREMIER LEAGUE

Regional United A v Corbally United A 2pm Dooradoyle AWP; J. McNamara

Mungret Regional v Caherdavin Celtic 11.am Castlemungret; D. Power

U-16, DIVISION ONE LEAGUE

Corbally United B v Newport Town 12.30 Athlunkard; M. Kiely
Aisling Annacotty C v Geraldines 12.30 Kilonan; J. Mulligan

Sunday February 25

SFAI SUBWAY, U-12, INTER LEAGUE

Limerick County v. LDSL 12.00 Charleville AWP
U-12, Representative Game
Limerick County, v. LDSL 1.30 Charleville AWP

LDSL Notes

With a large number of fixtures having been cancelled over the past number of weeks due to the severe bad weather, it has been decided by the committee that fixtures will be scheduled for Monday, 19 March, and a full schedule of fixtures will also be played over the Easter weekend.

Important Meeting

A meeting with the FAI/SFAI steering committee on Calendar Season Football will be held with representatives of the Clubs on Monday, 19 February, 2018 at 7.30pm in Mungret Regional F.C Pavilion.
It is of the utmost importance that all Schoolboy/Girl Clubs are represented at this meeting. It is the responsibility of each Club to ensure that their representative/s attending the meeting have the appropriate questions they may wish to ask on the night pertaining to all aspects of Calendar Season Football scheduled to be introduced in 2020.
This will be the one and only time Clubs will be afforded the opportunity to meet with the FAI/SFAI steering committee on this issue so your attendance is essential.

For more see
www.limerickleader.ie



Pictured is the Munster-Ulster squad that beat a Leinster-Connaught selection in the Regions Cup. As winners, the panel will represent Ireland in the UEFA Regions Cup in September. There were three LDL players in last Saturdays squad : Danny O'Neill (2) Kieran O'Connell (19) and Gary Neville (1)

Limerick look to build on terrific start as Bohs visit Markets Field



Huddle Up: Limerick FC players ahead of their clash with Sligo Rovers
PIC: CONOR WYSE

By COLM KINSELLA
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LIMERICK FC will look to build on their excellent opening weekend away win over Sligo Rovers when hosting Bohemians in their first home fixture in the new SSE Airtricity League Premier Division season at the Markets Field on Saturday, 6.30pm.

Darren Dennehy's 62nd-minute header gave Limerick manager Tommy Barrett the perfect start to life in charge of his hometown club as the Shannonsiders deservedly overcame Rovers 1-0 in front of a packed Showgrounds.

Limerick FC captain Shane Duggan was delighted with Saturday night's win and is looking forward to running out in front of their own supporters this weekend.

"I think it is important for

the first game of the season to get a good result and to come away from home and get the three points is brilliant.

"The lads showed a lot of character and played some good stuff, we could probably have had one or two more goals.

"We have a positive bunch. That's one of the things Tommy is trying to drive home to us is to remain positive. I know a lot of people don't fancy us this season, but I know what we are capable of.

"This is an honest bunch of players, they work their socks off.

"Bohs had a great result against Shamrock Rovers. Our fans travelled in big numbers to Sligo and I hope next Saturday they come out in their numbers again."

Looking ahead to Saturday's game, Blues boss Tommy Barrett said: "We

want the supporters to create a good positive mindset and a good positive energy about the place.

"The fans tonight (v Sligo Rovers) were fantastic; it was a great crowd again and they were vocal. They quietened the Sligo crowd, I felt. It was a good atmosphere. I think we can feed off that energy and that atmosphere next week that our home crowd will generate."

The 1-0 win in Sligo saw Limerick record a fifth clean-sheet in Barrett's fifth match at the helm.

He added: "That's down to the lads – they work hard. We're trying to get them as organised as possible. The group is still forming and I think we can only get better.

"Hopefully, we can get better and look more solid, going forward. It's always great to get a clean-sheet and it builds confidence."



Keith Ward of Bohemians celebrates after his side's win over Shamrock Rovers. Bohs face Limerick on Saturday

PHOTO BY MATT BROWNE/SPORTSFILE

IABA ELITE BOXING CHAMPIONSHIPS



Rising star: Kevin Sheehy, St. Francis, Limerick, left, is declared the winner of his bout against Liam Greene, South Meath, County Meath at the 2018 IABA Elite Boxing Championships Semi-Finals at the National Stadium in Dublin

Boxing trio in National Elite finals

By **JEROME O'CONNELL**
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THREE Limerick boxers will bid for Irish titles this Saturday in the National Elite finals in Dublin's National Stadium.

Kevin Sheehy of St Francis and Rathkeale duo Martin Keenan and Nell Fox are bidding to win a national title against the cream of Irish amateur boxing.

St Francis BC heavyweight Kevin Sheehy is one of Ire-

land's rising stars.

The Limerick city man claimed a National senior title last December and then last month he followed that up with a National U-22 Championship success.

Coached by Ken Moore and Jimmy Moore and others in St Francis Boxing Club, Sheehy is line for selection on the Irish squad for March's European U-22 Men's Championships in Romania.

"I'm just trying to win as much as I can. Each one is as tough as the other," said

Sheehy.

"I do see myself as Elite champion, that's the goal. I want to be Elite champion, that's what we're working toward and going to the Olympics. All these championships are stepping stones and trying to win each one to get there," he added.

Nineteen year old Sheehy beat Liam Greene (South Meath) 4-1 in last weekend's 91kg semi final.

In Saturday's final, Sheehy will face Kiril Afanasev (Smithfield).

Rathkeale's Nell Fox will bid to bring a female title back to Limerick. In the 81+kg final, Fox faces Lisa Browne (Agligh).

In the Super Heavyweight final, Rathkeale Boxing Club's Martin Keenan bids to defend his title. In the 91+kg decider Keenan faces Dean Gardiner (Clonmel).

Keenan beat Geoffrey Kavanagh (Glasnevin) 4-1 in his quarter final and then John McDonnell (Crumlin) 5-0 in the semi final.

Limerick also had St

Francis duo Tommy Casey and Myles Casey in the Elite championships but neither reached the finals.

All 2018 National Elite Men's and Women's finals will be decided this Saturday, February 24.

A second edition of the Elite Championships for women (September) and men (November) will be held this year.

Elsewhere over the weekend, Raheen pro-boxer Graham McCormack O'Shea won his second fight in the

paid ranks.

McCormack O'Shea fought in the Waterford IT Arena's Ring Kings show - the first pro show in the Munster city in over seven decades.

The Limerick light middleweight faced Hungarian opponent Jozsef Takacs. It was only in December that the Raheen man debuted in the pro-ranks.

Over the weekend McCormack O'Shea won in style with a knockout to continue his winning streak.

St Michael's Rowing to host city based 'Head of the River'

BUILDING on the success of their 2017 Masters Regatta, St. Michael's Rowing Club are bringing another major rowing competition back into the heart of Limerick city.

The club will run an old school 'Head of the River' which will see over 70 crews take part in a 5.5km time trial event on Saturday February

24.

The race will run from just beyond the Cement Factory bend of the Shannon all the way up past Barrington's Pier, the Dock Wall with the finish line in between the Clayton Hotel and Shannon Bridge.

The head of the river race is a unique event as all crews will launch from the club's

slip with an armada of 70 crews rowing en masse down river to the race start.

NUIG, winners of nine National Championships, will be firm favourites for the Men's 8's race as they have 2 Senior 8's competing for the fastest overall time. In hot pursuit will be UCD's Intermediate 8 and UL's Club 8. In the Women's 8's it's NUIG

who will lead the charge from the front with crews from UL, Shannon and St Michael's vying for the top spot.

Crews from the city of the Tribes have a very strong entry with Galway RC, Col-aiste Iognaid and St Joseph's travelling to the event. St Joseph's are a dominant force in Junior Men's rowing and they have opted to race four

Men's Junior 4's in what will be a battle for crew selection coming into the regatta season. The Men's Junior 4's race is bound to be one of the highlights of the race.

There is a very strong entry from the local crews from Athlunkard, Limerick, Shannon, UL, Castleconnell and of course hosts St Michael's, who have the largest

entry.

The event has also attracted an international entry as St Michael's hosts Societe des Regates Messines (Metz, France), who will compete in the Women's Masters 4x event.

St Michael's clubhouse will be open for tea/coffee and refreshments throughout the day.



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