

# DAFT! €36K UPFRONT FOR STUDENT HOUSE

Landlord's listing attracts ire as another accommodation crisis brews for students in Limerick  
See page 5



# The Leader

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Wednesday, July 25, 2018

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**LIMERICK ROCKS** Pictures from a host of gigs in city **Inside**

## CULTURE CLUB

Mayors give their backing as debate on Ormston House future continues **P8**



## WINNER NOT ALRIGHT

local Lotto winner hospitalised before he could collect winning ticket **P9**



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# LeadingOff

Setting the agenda in Limerick



**▲ GOOD WEEK**

**Donal Ryan**  
 The Limerick-based author has made the longlist for the prestigious Man Booker Prize



**▼ BAD WEEK**

**UL student union**  
 A rebrand to 'UL Student Life' costing some €20,000 has been met with a hail of criticism online



**☀ QUOTE OF THE WEEK**

"It can wait. It's not a priority. I'm not starving, you know?"  
**EuroMillions €500k winner Shane Maher, from his hospital bed, on the fact he has yet to pick up winnings**

**INSIDE THIS WEEK**



**EMOTIONAL SPENDING**

Liam Croke on your finances  
 Page 28



**FLY OUT TO FOYNES**

Annual airshow this weekend  
 Page 7



**HANDLING A BREAK-UP**

Man About Town  
 PAGE 54



**GAA LOAN FOR GIG**

€150k to put on autumn concert  
 Page 16

## Why hasn't UL president met the whistleblowers?



**UL president Dr Des Fitzgerald, like his predecessor, Don Barry has not met the whistleblowers from the finance department**



**WHAT WE THINK**  
**EUGENE PHELAN**

LEADER EDITOR

WHEN Des Fitzgerald took over as president of UL in May of last year, he did so full of enthusiasm. Many hoped that the long-running saga of two whistleblowers suspended from the finance department could finally be put to bed.

He started like a man who meant business, quickly meeting numerous staff and students, along with plenty of others outside the university.

In November he lifted the suspensions of the employees known as Persons B and C. However, a facilitation process aimed at finding new roles at UL for the two employees has ended without agreement. They have now been instructed to return to their old jobs, even though these positions have long since been filled. Given all that has gone on for over three

years, it is understandable that B and C would dread going to back to the finance department. And they do.

What is baffling is why Dr Fitzgerald has never met the two employees to hear their side of the story. Previous UL president Don Barry also failed to meet them. Was it legal advice? We may never know. But we do know that a sorry saga is still running.

**WEBTOPTEN**

1. Five-bed close to the University of Limerick asks for €36K in rent upfront
2. Off-duty Limerick garda stops drunk driver with over 100 previous convictions
3. Footballer Robbie Keane enjoys 'stunning' stay in Limerick
4. Eye-popping Limerick mural vandalised in 'absolutely worthless statement'
5. Opportunity knocks for long-distance greenway through Limerick and Kerry
6. Limerick hurlers utilising top performance coach ahead of Croke Park semi final
7. Limerick man accused of shoplifting offences remanded in custody pending trial
8. Third special train service announced as up to 50k tickets bought for Limerick-Cork game
9. 'Evil move' by bank to repossess home of sick Limerick mum
10. Limerick GAA to get €150,000 'refundable loan' for major Gaelic Grounds concert



**Eye-popping vandalism: The mural was defaced in a 'worthless statement': Story on Limerickleader.ie**

**WEATHER FOR THE WEEK**

<b>WEDNESDAY</b> Times of clouds and sun with a peak temperature of 22°C	<b>THURSDAY</b> Welcome drop of juice for lawns around Limerick. High of 21°C	<b>FRIDAY</b> Drier than Thursday but still the odd shower around.	<b>SATURDAY</b> Variably cloudy with a shower and temperature high of 21°C	<b>SUNDAY</b> A little rain in the afternoon with temperature peaking at 19°C	<b>MONDAY</b> Low clouds throughout the day with a peak of 18°C

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# MyLimerick

## Mick Dolan

Music promoter and venue owner

### What's your idea of a perfect day, or a perfect weekend, in Limerick?

Running a place like Dolan's with its multiple venues means it's hard to get down time. However, when I do, I make the most of it. I have a passion for boating and try to get out on Lough Derg as often as possible or I use my season ticket to take in a Munster match or a hurling clash during the summer months.

### What's your first Limerick memory?

In a former life, I worked for Irish Shipping and travelled around the world on various ships. My first experience of Limerick was arriving into Limerick Docks back in the 1970s on a ship called Daunt Rock. Little did I know then that I would be running a venue many years later just across the road.

### What's your favourite part of the county/city and why?

Over recent years the riverside walkway has seen a renaissance. They have done a quality job. However, we shouldn't rest on our laurels. There is so much potential to develop this asset further.

### What about a favourite local walk or view?

We regularly take some time out in the early evening to walk our dog in the Baggot Estate. To find such a peaceful and tranquil spot in the heart of the city is rare. It is an unsung asset.

### What do you think gives Limerick its unique identity?

The River Shannon is Limerick's heartbeat. Limerick is a passionate place. Whether you are a fan of culture, sport, history or politics you won't find a more enthusiastic city.

### Do you have a favourite local restaurant?

As a restaurant operator it would be unfair to single out a competitor! However I do think it is vital that we support local suppliers. The team at the Milk Market and the Eat in Limerick group have done Trojan work to showcase the wonderful food assets we have on our doorstep. They need to be supported more.

### How would you describe the people of Limerick?

Discerning, passionate, generous and welcoming. As Dubliners we were once considered to be blow-ins! It takes time

but when Limerick people get to know you they become the best and most loyal friends in the world.

### How important do you think music is to Limerick?

Music is critical to the overall fabric of what Limerick people are. Just look at the vast array of groups supporting young up-and-coming talent - choirs, musical societies, stage schools, bands and traditional musicians. It is no wonder the city has produced so many artists who have made names for themselves on the national and international circuit.

### If you could add one amenity to Limerick what would it be?

It was heartening to see the recent announcement regarding the future of Limerick Docks. As a former seaman and now a business owner on the Dock Road I am convinced that the future development of the Docks could be the key to unlocking the success of our city's economic, social and cultural future.

### What's the biggest challenge facing the city/county today?

With a thriving economy there is always the risk that we place too much emphasis on big business. We must remember that small, indigenous business, a quality cultural offering and world class urban attractions are what really give heart to a place. The resurgence of job creation in Limerick is great but the powers that be mustn't forget the other factors that really give a place its soul.



## FRONT PAGES OF THE PAST

22 YEARS AGO  
DATE JULY 27, 1996

IT would appear from one on the photographs on the front page of the Limerick Leader in 1996 that we got at least a few good days of sunshine with a photograph titled: A post card from Kilkee. It included a page of photos of Limerick people enjoying their summer

holidays there. There was also a striking photo of golf professional Barbara Hackett with a story headed, Fore! Golf book knocks Limerick.

The Olympic games were on in Atlanta and the lead story had the people of Limerick cheering as rowers Sam Lynch and Tony O'Connor took on the best in world.



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## LEADER NEWS BULLETIN

## POLITICS

## FG Senator placed largest order on Oireachtas printer

NEW FIGURES have revealed that Limerick senator Maria Byrne placed the single largest order at the publicly funded Oireachtas printing facility, at a cost of more than €1,000, writes Jess Casey.

Ms Byrne, who has been selected to run for Fine Gael in Limerick City in the next General Election, ordered 44,000 A4 colour newsletters at a cost of €1,100 from the facility, according to figures released to the Irish Examiner under the Freedom of Information Act.

Ms Byrne told the



newspaper she strongly believes in keeping "as wide a constituency as possible" informed of her work. "It is a vital part of participative democracy."

Speaking to the Leader, Ms Byrne added: "I have a big constituency and I keep in touch with the people in Limerick. I like to get any messages out there and certainly I do it through different means." She uses print, social media and newsletters, she added. "It's important to get the message out there and people expect you to tell them what's going on in the area as well."

## EMERGENCY SERVICES

## Fire service sees increase in 'ambulance assist' calls

CREWS from Limerick Fire and Rescue service are being deployed to assist ambulance personnel, more than five times a week, new figures have revealed.

Figures obtained under the Freedom of Information Act show crews from fire stations across the city and county provided assistance to the National Ambulance Service on 115 separate occasions between January 1, 2018 and May 31, 2018.

The nature of the 'assist calls' has not been disclosed but it is likely the majority relate to road traffic accidents.

According to Limerick City and County Council, there were 180 such calls during 2017; 167 in 2016 and 164 in 2015.

The local authority says no monies were received in relation to the attendance of fire crews at the calls.

## NEW ROLES

## Barrister appointed chair of Limerick Civic Trust

Three new appointments to the board of Limerick Civic Trust have been announced.

Thomas Wallace O'Donnell, a practicing barrister, has been appointed as chair for the next two years.

Solicitor Alec Gabbett of Leahy & Partners Solicitors, has been appointed as vice-chair while John Leonard of professional services firm Grant Thornton has been appointed chair of the Finance Committee.

Haris Makedonopoulou from LIT has also joined the Executive.

"The future of the Trust is



in good hands as everyone looks forward to driving our agenda and making sure our work (protecting our heritage and environment) has a greater impact on the region," said a spokesperson for Limerick Civic Trust adding that all of those appointed are doing so on a voluntary basis.

Limerick Civic Trust is a self-funding charity, which initiates and undertakes a programme of projects for the general improvement of Limerick's environment in conjunction with the local authority and other state agencies.

Limerick Civic Trust is a self-funding charity, which initiates and undertakes a programme of projects for the general improvement of Limerick's environment in conjunction with the local authority and other state agencies.



Alan Clancy, Garrett Gunnigle, Brian Ormond and Robbie Keane enjoying a round of golf at Adare Manor last week

## Robbie Keane's praise after golf stay in Limerick

**FOOTBALLER** Robbie Keane stopped by Limerick last Thursday, to sample a round of golf and a round of drinks at some of the city and county's hospots.

The former Spurs and Irish international footballer Keane started the day golfing with some friends, including presenter Brian Ormond, at Adare Manor.

That evening, accompanied by pals, the soccer star posted his whereabouts - House Limerick - on social media.

After teeing off in Adare, Keane remarked on the "beautiful" course to his 443,000 Instagram followers.

"What a golf course," he said.

"Stunning." Brian Ormond posted on social media: "What a fantastic few days golfing." The course has hosted its fair share of celebrities since reopening in April. NFL superstar JJ Watt played the new course, which was completely redesigned by Tom Fazio.

And American professional golfer Pat Perez played the course before the British Open and praised it on Sky television noting that it was tipped to host the Ryder Cup in 2026. Irish international footballer Robbie Brady tied the knot at the venue in June.

## Boy, 14, accused of having stolen gun

## Shotgun: Weapon and ammo hidden behind fireplace

DAVID HURLEY  
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THE teenage son of a convicted murderer has been refused bail after he appeared in court charged with serious firearms offences.

The now 16-year-old, who can't be named for legal reasons, is accused of suspicious possession of a sawn-off double-barrelled Beretta shotgun and a quantity of ammunition on February 9, 2017.

The weapon, which had been stolen from a house in Dublin two years earlier, was found hidden behind the fireplace of a vacant house in Ballinacurra Weston. The property was owned by Limerick City and County Council.

It is alleged that when questioned at the time, the defendant told gardai he had the gun for his own protection but would not elaborate any further.

Opposing bail, Detective Garda Barry Moylan said the defendant, who was 14 at the time of the alleged offence, was arrested in recent days after gardai encountered him "by chance".

He said gardai believe the teenager left the



## I believe he is a flight risk

JUDGE MARIAN O'LEARY, BELOW

jurisdiction sometime last summer - before he could be charged - and that a European Arrest Warrant was issued earlier this year.

"He has actively sought to evade the charges," he said.

The detective told Judge Marian O'Leary that gardai have concerns the youth will return to the UK and will not stand trial if released.

Inspector Paul Reidy said a file was prepared for the Director of Public Prosecutions following the seizure and that she has directed that the matter proceed on indictment at the circuit court.

Solicitor Sarah Ryan said while there is a "complex family dynamic" her client's mother would ensure he attends court.

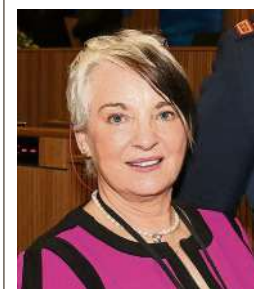
"He's a good child, he respects me," the woman told the court.

Being questioned by Insp Reidy, the woman said she did not know where in the UK her son had been living and that she did not know how long he was back in Ireland before his arrest.

Refusing bail, Judge O'Leary said she was concerned by aspects of the woman's evidence.

She said she was satisfied the youth "is a flight risk" and that it would not be appropriate to release him.

The 16-year-old was remanded to Oberstown Children Detention Campus in Dublin pending the completion of the book of evidence.







A Castletroy listing on Daft.ie is requesting all rent upfront for the academic year

## Five-bed close to UL requests €36K in rent upfront for academic year

JESS CASEY

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A FIVE-bedroom home, advertising itself as close to the University of Limerick, is requesting €36,000 in rent upfront for the college year ahead.

The Castletroy property, which is currently listed on Daft.ie, states that all rent from this September until May 2019 must be paid in advance per room.

The total rent for a single room is set at €6,500, with €7,500 requested for the ensuite bedroom, according to the listing.

A security deposit of €500 is also required from each future tenant.

This is the first case this year of a property requesting all rent upfront for the year ahead that has been brought to the attention of UL Student Life, the UL student representative body, according to president Ciara Jo Hanlon.

"From a student perspective this would not be welcomed," Ms Hanlon said.

"This method of payment would put increased financial pressures on students and could be a deterrent (or) obstacle for them accessing third level education here in UL," she added.

UL Student Life is to consult with Threshold, the national housing charity, in regards to this property, she added.

The house is advertised as being within "walking distance to Hurlers Pub, Castletroy Shopping Centre, banks, schools and of course, (the) University of Limerick."



**'Don't let the same thing happen to you as in other years get in early,' the listing states**

"Don't let the same thing happen to you as in other years get in early," the listing states.

"Fair usage bills included. They are electricity, gas, bins and internet."

"All mod cons, one shower ensuite. Electric shower in main bathroom and ensuite. gas fired central heating."

The listing states it will not respond to requests to rent for the first semester only.

The listing attracted attention online, with one person on social media saying: "I've carried out work in houses after students lived there. Some of the worst work I've ever had to carry out."

"Obviously not all are the same but a big majority are," the person added.

Another person on social media responded, saying: "Not every student is like that, it's not fair to paint them all with the (one) brush."

"I've known plenty who take very good care of the house they're staying in," they added.

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# Alcoholic lay on road pretending he was knocked down

DAVID HURLEY

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A CHRONIC alcoholic who lay in the middle of the road pretending he had been knocked down has admitted trying to steal the car after the driver went to get help.

Gordon Ryan, aged 57, who has an address at McGarry House, Alphonsus Street, was prosecuted under the Road Traffic Act relating to an incident which happened at Church Street, Johnsgate, on

March 5, last.

After the defendant entered a guilty plea, Sergeant Donal Cronin confirmed the incident, which happened at around 12.40pm, was captured on CCTV.

"It is the most ridiculous and implausible event you will see," he told Judge Marian O'Leary.

He told Limerick District Court that Ryan, who has a large number of previous convictions, slowly lay on the ground directly behind the car as the female driver reversed

into a parking space.

After the woman, who believed she had been involved in an accident, left the scene to get assistance, the defendant then "popped up" and got into the driver's seat of the car.

Sgt Cronin said while he did not drive off, he took possession of the vehicle "for a short period of time" and revved the engine.

Solicitor Sarah Ryan said her client was forcibly removed from the car by a "very well

built butcher" who returned to the car with the woman a short time after Ryan got in.

She said the defendant was "playing the eejit" and that he "more than met his match" on the day.

Ms Ryan said that her client was anxious that the CCTV footage of the incident be shown in court to show how foolish and stupid he had been.

"It doesn't do him any favours," she stated.

While the video footage was not shown in court, Judge O'Leary described what happened as a "nasty offence".

She said it was a shocking ordeal for the woman who believed she had knocked someone down.

Noting an undertaking from Ms Ryan that no (civil) action is to be taken against the woman or the butcher, Judge O'Leary adjourned the matter to facilitate the preparation of a victim impact statement.



Three children had been waiting over a year for outpatient appointments at UHL as of the end of June

## 356 children waiting at UHL 'inexcusable'

**Decrease:** Waiting lists shrink by 2.5% in local hospitals

FINTAN WALSH

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FIANNA FAIL's Willie O'Dea has said that the number of children waiting for appointments at University Hospital Limerick is a "damning indictment" of Minister for Health Simon Harris' record in office.

At the end of June, there were 365 children waiting for more than three months to see a consultant, 114 children waiting for more than six months, and three children waiting for more than a year for an outpatient appointment.

The UL Hospitals Group has told the Leader that appointments have been arranged for the three children.

According to new figures published by the National Treatment Purchase Fund, there has been a 1,112-patient drop in waiting lists across acute hospitals in Limerick.

In total, there were 42,529 patients waiting for treatment and appointments at University Hospital Limerick, Croom Orthopaedic Hospital and St John's Hospital in June - a 2.5% drop on May figures.

University Hospital Limerick was the only hospital to see a decrease in both inpatient and outpatient waiting lists. There were 2,725 inpatients and 30,907 outpatients on a waiting list at UHL.

Regarding the number of children on a waiting list, Deputy O'Dea described it as "simply inexcusable".

In a statement this Tuesday, the UL Hospitals Group said that since January this year, the number of paediatric outpatients waiting for more than six months at

UHL has "reduced in absolute terms by 150 and now represents 14% of patients compared to 25% in January. We will continue to focus on improvements in wait times. All patients who are waiting are prioritised according to clinical need. UL Hospitals Group will continue to focus on seeing and treating those who have been waiting the longest.

**1,112**  
Drop in  
no. of  
patients  
on  
waiting  
lists in  
Limerick

"Of the paediatric patients waiting to be seen, the vast majority (97%) are waiting less than nine months. The proportion of paediatric patients waiting longer than 12 months has reduced from 6% to 0.4% since January 2018 and appointments have been arranged for the three patients waiting over 12 months."

## Wine bar fined for breaching smoking ban

DAVID HURLEY

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A WINE bar and restaurant in the city centre has been fined €2,500 for breaching the smoking ban.

Still or Sparkling Limited, which trades as the Copper Room, O'Connell Street, was prosecuted by the Health Service Executive for an offence which was detected on November 11, last.

Solicitor Barry Kelleher, representing the HSE, told Limerick District Court the charge, under Section 47 of the Public Health (Tobacco) Act 2002 was brought after two Environmental Health Officers visited the premises at around 7.30pm.

Judge Flann Brennan was told when they entered the premises three women (customers) were observed smoking under an enclosed space next to one of the alcoves which is located under the main road.

While the area is outdoors, one of EHOs said it was roofed and fully enclosed on three sides - meaning it was in breach of the regulations.

She added that it was not possible to make the area compliant.

Eight ashtrays were observed in the immediate area and Judge Brennan was told there was also signage indicating the area was the "designated smoking area" for customers.

While an ashtray was observed in another area at the rear of the wine bar,

nobody was observed smoking there on the night.

Judge Brennan was told there is a cigarette vending machine in the premises but that no sales were observed during the inspection.

The court was told that having informed staff of their presence, there was a general discussion in relation to what was described in court as the "history of non-compliance" at the Copper Room.

While just one offence was before the court, evidence was outlined in relation to a number of other



breaches before and since last November's inspection.

Solicitor Alec Gabbett said there has been a dispute in relation to the

designation of the alcove and that his client has engaged an engineer in recent months.

He told Judge Brennan the breach was "largely down to a misinterpretation" of the regulations and that the directors and management have introduced measures to ensure there will be no more smoking the area.

Imposing sentence, Judge Brennan said the only mitigating factor in the case was the company's guilty plea.

He said the non-compliance since was an aggravating factor which he had to consider.

He imposed a fine €2,500 and directed that the costs of the HSE, which totalled €3,700, also be paid.

Recognizance was fixed in the event of an appeal.



# Foynes Air Show set for take-off this Saturday

**MARIA FLANNERY**

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THE FIFTH Foynes Air Show is set to take off this weekend, promising to be a party in the air and on the ground.

More than 20,000 people are expected to descend on the maritime village to view the spectacle this Saturday. Street entertainment begins at 12pm, while the air show will start at 2pm.

The day-long family event celebrates Foynes' aviation history, and forms part of the IAA's #AviationIreland weekend along with the Bray Air Display in Wicklow.

This year the acrobatic displays will not be limited to the daredevil pilots in their aircraft.

The Bloodworth Barnstorming Bizarre will feature internationally-renowned aerialists on the streets of Foynes from noon.

With the support of the Limerick City and County Council's Culture and Arts Office 'Festivals and Events Grants Scheme', a never before witnessed carnival of events and entertainment – including circus shows, aerialists, walk up acts, and music – will entertain the crowds free of charge.

In an exciting addition

**23**  
Number of aircraft to wow the crowds at Foynes Air Show



The Irish Air Corps will participate in this year's Foynes Air Show, the fifth year of the event, for the first time

to the Foynes Air Show schedule, the Swedish Air Force Historic Flight team will return with the supersonic attack aircraft the Saab Viggen, also known as Thunderbolt. The Irish Air Corps will also participate for the first time ever.

"We are delighted to have a total of 12 awe-inspiring acts by 23 aircraft take to the sky from 2pm for a two hour show, which will include shock and awe displays and breathtaking aerobatics by Ireland and Europe's most experienced aviators, as well as the return of

some of the crowd favourites including the flying cow and the flying dentist," said Margaret O'Shaughnessy, Foynes Air Show festival director.

Full details of the Foynes Air Show 2018 can be found on [www.foynesairshow.com](http://www.foynesairshow.com).

# WEEKEND RACING NOW ARRIVING QUICKER!

## Thursday racing starts 26th July

**THURSDAY IS THE NEW FRIDAY.** From 26th July, weekend racing at Limerick takes place on Thursdays and Saturdays. That means your weekend arrives sooner ...and you can take a breather on Friday!



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[www.limerickgreyhoundstadium.ie](http://www.limerickgreyhoundstadium.ie)

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# Frustration from the bench as delay to hear cases grows

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A JUDGE has expressed her frustration at the growing delays in assigning dates to hear criminal cases which are listed before Limerick District Court.

Despite the availability of additional judges and the holding of a large number of 'special courts' over the past 18 months, contested matters are now being listed for dates during May 2019.

"It's too long for people to be waiting," commented Judge Marian O'Leary during a recent court sitting. "It's an anxious time for people – to be coming before the court," she added.

Judge O'Leary, who presides over criminal sittings of the court in Limerick and in Kilmallock on an almost daily basis, also questioned why a large number of cases which were listed before a visiting judge earlier this month had not proceeded.



**Judge Marian O'Leary: "It's too long for people to be waiting."**

Many of the cases, she noted, had been listed for hearing months earlier.

In response, solicitor Ted McCarthy said there were no guarantees that cases will get on – for a variety of reasons.

"Some days things proceed and, sometimes, the flush of time resolves issues. It's part and parcel of life," he said noting that a number of the defendants had pleaded guilty to the charges before the court.

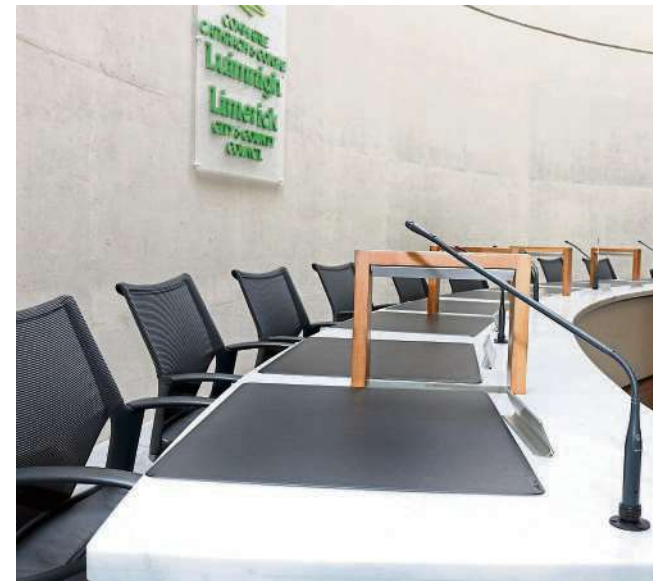
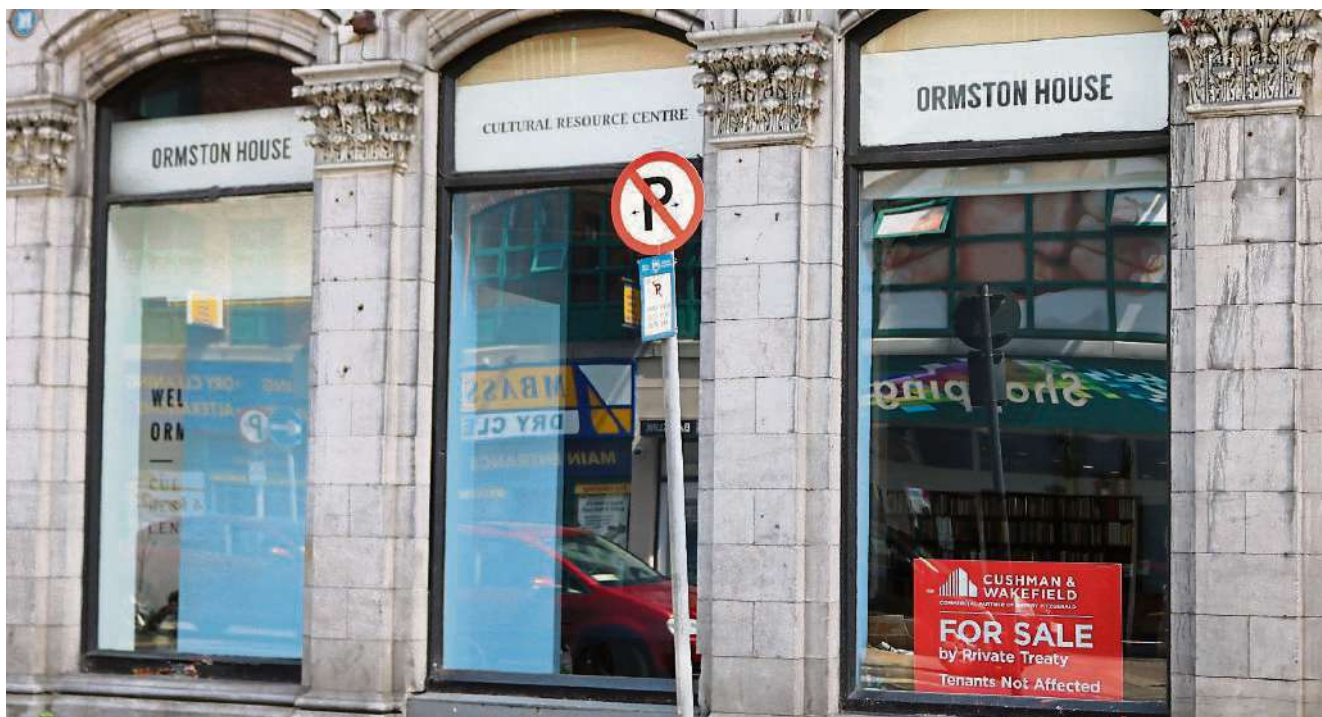
One option Sergeant Donal Cronin suggested was the listing of additional cases on each court date. However, he accepted this could be problematic if each of the cases were to proceed.

It has also been suggested that

there would be merit in introducing some form of case management system – involving gardai, legal practitioners and Courts Service staff.

It was agreed by all parties that a meeting should be arranged in the near future although it was noted that some flexibility will be needed for any new system to work.

With the summer vacation starting later this week, it is unlikely a solution will be found before September.



The future of Ormston House was discussed at a full meeting of the council on Monday, where metropolitan mayor Daniel Butler said the Patrick Street cultural space was "probably the most successful artistic venue in the city"

# Wave of support for Ormston House as solution is sought

**Funding:** Fate of gallery space discussed as Council CEO says 'we are interested'

FINTIAN WALSH  
AND NORMA PRENDIVILLE

THE TWO Mayors of Limerick have pledged their support to Ormston House, whose seven-year existence in the city is now under threat with the building on the open market.

It comes after the board of directors informed The Leader that the gallery and cultural space was facing possible closure as it does not possess the funds to match the market price of the sale of a block of units on Patrick Street.

It is understood that the owner of the site is looking to sell units 9 to 11, which includes a commercial premises, for around €500,000.

Council CEO, Conn Murray told councillors at a full council meeting on Monday that the authority had tried to purchase the site, but that a possible deal was "taken away" and was then placed on the open market.

What went on sale, he added, was not the one block the council was

interested in, but three blocks.

"We are not interested in three blocks," he said. But the council, he stressed, was still interested in Ormston House.

"We haven't gone away. We are still interested," he declared, and he reminded councillors that it was the council that had made Ormston House available for creative and artistic purposes in the city in the first place.

There has been an outpouring of support for Ormston House and much discussion on its future, with a number of well-known and eminent individuals calling on Limerick City and County Council to purchase the site.

The Rubberbandits took to Twitter to call on the council to step in and to "please do the right thing here. Placing art and culture in a prominent position of pride, in a decent location, isn't just good for tourism. It collectively benefits our sense of identity, self esteem and

mental health".

LIT tweeted that Ormston House "epitomises Limerick's growing reputation as a model of best international practice which we strongly support and we look forward to its future being secured".

Likewise, LSAD said Ormston is a "source of inspiration" to the college and it "is a shining example of good practice within visual arts and culture in Ireland".

Mark Mulqueen also tweeted: "As chair of @OrmstonHouse board, I'm heartened with public support to keep this unique space open and welcome @DanielButlerFG & @LimerickCouncil response to the issue today - it is the unique places that make a city and Limerick's regeneration needs Ormston. #saveormstonhouse."

Mayor James Collins and Senator Maria Byrne have both contacted the Minister for Culture, Heritage and Gaeltacht, Josepha Madigan to help save the space.



**We haven't gone away, we are still interested**

**CONN MURRAY, CHIEF EXECUTIVE LIMERICK CITY AND COUNTY COUNCIL**



Metropolitan mayor, Cllr Daniel Butler said he was working with the council to ensure Ormston's future.

"At this point it's clear to me that this community resource has generated real and meaningful trust from the public and it has grown a community that places real value in the project," he explained.

"To that end I am committed to work with Limerick Council executives to do what I can to encourage them to not just purchase Ormston House but explore the idea a full or at least part time staff member is required to support those who voluntarily run the project."

He called on the council to consider Ormston House on the list of suitable projects for funding under the national €2bn fund. But Mr Murray said it was "not a suitable project of scale" for this particular scheme.

Mayor Collins has formally invited Minister Madigan to "visit the centre and see the work it has done".





Shane was hospitalised when he went to Dublin to pick up his €500k PICTURE: ADRIAN BUTLER

# EuroMillions man says picking up €500k 'can wait'

**FINTAN WALSH**  
fintan.walsh@limerickleader.ie

A LUCKY Limerick EuroMillions winner has chosen his health over his wealth as he has yet to claim his massive €500,000 winnings in Dublin.

Shane Philip Maher was popping the champagne last week when his prize-winning quick pick numbers came up in the EuroMillions Plus draw, worth a whopping half a million. But when the 48-year-old travelled to Dublin to collect his cheque, he fell ill with chronic pain in his knee at Busaras and immediately called an ambulance for treatment.

He was later admitted for treatment at South Tipperary General Hospital in Clonmel, and it is hoped he would be discharged on Tuesday.

When asked when he hopes to pick up his €500,000, Mr Maher said: "Well, my first priority is health. I hope to be discharged tomorrow [Tuesday] and then get the necessary painkillers I need. And health is wealth, you know? People think money is

“Well, my first priority is my health”  
**SHANE PHILIP MAHER, WINNER**

important. This is only money, you know? It's a piece of paper."

He added: "It can wait. It's not a priority. I'm not starving, you know?"

He said he has been waiting for an operation on his left knee for five years, and following a procedure in September, has been on Tramadol and Panadol to deal with the pain.

He has praised the staff at the hospital in Clonmel.

"The hospital here in Clonmel is one of the most excellent hospitals I have ever witnessed in my life with the way they function. They are highly efficient, extremely courteous and they get the job done," he said.

He said that he plans on putting his winnings in a trust fund.

The numbers on the EuroMillions draw were 2, 6, 15, 34, 44, with the two bonus numbers 4 and 5.

Meanwhile, the lucky person who won €111,271 in the Lotto draw of Saturday, July 14, the winning ticket for which was sold in the Gala store at Sheare Street, Kilmallock, has yet to make contact with Lottery HQ.

## Gaelcholáiste Luimnigh moves another step closer to new campus

A LIMERICK city school has moved another step closer towards a state of the art new school campus on Clare Street, writes Jess Casey.

Gaelcholáiste Luimnigh has received notification of the decision to grant planning permission to proceed with enabling works for its new school at the former Dawn Dairies-Kerry Group

processing plant, on Old Clare Street

The move has been warmly welcomed by Fine Gael senator Maria Byrne, who sits as the chairperson on the school's board of management.

"It's fantastic news for the school and the door is now open for them to go ahead with their planning application. I know they

have been speaking to many of their neighbours in the area beforehand and its certainly a good news story for them. The school has grown from strength to strength. At the moment, our waiting lists are always over subscribed but now with the new school coming on stream it will give great scope to increase numbers," she added.

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## Comments from online readers

What you're saying about stories on [limerickleader.ie](http://limerickleader.ie) and our social media platforms

LL

Limerick Leader



### FIVE-BED CLOSE TO THE UNIVERSITY OF LIMERICK ASKS FOR €36K IN RENT UPFRONT

#### Ella Healy

This is just disgraceful! Interesting to see if they get away with it.



#### Jamie O'Donoghue

If my calculations are correct, if they get 5 people, that equates to €200 per person, per week, for 9 months. That's mental.

#### Aislinn Leahy

The state the houses are left in I don't blame them

#### Una Singleton

One word....RIDICULOUS

### FAST FOOD WORKER ASSAULTED NEAR LIMERICK CITY RESTAURANT

#### Katie Rainbow

All the takeaways stay open late on the weekend McDonalds have security at night where were they?



#### Caroline Lynch

Should not have staff working at that hour of the morning, their safety is at risk!

### LIMERICK CITY CULTURAL CENTRE ORMSTON HOUSE 'FACES POSSIBLE CLOSURE'

#### Stephan Roche

Integral to the cultural infrastructure of Limerick. It would be a sin if this incredible organisation loses their beautiful home. What can be done?!



#### Aisling Mooney

Such a shame if it closes

#### @Rubberbandits

During the Tiger. This building was a shop that sold T Shirts for €100. During recession, when town was barren, it was a brilliant hub for art and culture, a beacon of hope in all the depression. Please let's not go back to €100 T shirts. Save this place

### GOOD SAMARITAN FROM TIPP COMES TO AID OF STRANDED LIMERICK FAN

#### Deirdre Purcell Fitzgerald

A true gentleman. Well done to the lovely Tipp man



#### Kevin Hanly

We are even helping Limerick people. Tipp GAA is the best

#### Kathleen Coffey O'Connell

Well done from a Limerick/Tipperary woman

#### Dave Buston

What's this...some Tipperary people are human??? Fair play decent thing to do, there's a lot more good than bad in the world



Huge Limerick hurling fan Pa Buckley, Weston, will be beating his bodhrán on Sunday PICTURE: DIARMUID GREENE / SPORTSFILE

# Croke Park to hear the Limerick roar

**Motorists:** Warning over roadworks on the M7

#### DONAL O'REGAN

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OVER 55,000 tickets had been sold for Sunday's All-Ireland semi-final as of this Tuesday afternoon.

Limerick County Board secretary, Mike O'Riordan said: "Everyone is talking about the game and people want to be there."

This tallies with what Christy Williams, manager of Limerick Sports Store, is seeing on William Street. Limerick jerseys are flying out of the shop.

"It's going well. We are quite busy. There is a great old buzz. There has been a steady flow since the Kilkenny game - there is great expectation. We have a great following in Limerick so fingers crossed for the weekend.

Everybody wants the green jersey - the traditional one," said Christy.

For those heading to Dublin, Irish Rail have put on three special trains on Sunday for Limerick fans.

As they obviously don't have trains out the back of Colbert Station lying idle they have to bring them from other parts of the country.

Jim Gallivan, business development manager, Limerick, said they have to schedule train paths for the additional train services between regular scheduled trains.

"We are fortunate that the term Sporting Limerick applies to our staff in Limerick and we have staff volunteering to work train specials on Saturday and Sunday. Similarly we get great support from our scheduling people in our head office

in Connolly station," said Jim, who advises that they will not be allowing alcohol on any train services out of Limerick on Sunday morning or returning from Heuston from 6pm on Sunday evening.

Those planning on travelling on the M7 are warned of the ongoing roadworks around Naas.

Kildare County Council advises that two traffic lanes are maintained in both directions on the M7 during the day and there are "no detours in place at this time".

"Motorists should be aware of speed restrictions on the M7 which may result in longer travel times," they say. Gardai are patrolling the 60km limit between between J8 Johnstown and J10 Naas South regularly with speed cameras.

## LAP holds fundraiser in Dolan's Warehouse

Environmental action group Limerick Against Pollution is holding a fundraising concert in Dolan's Warehouse on the Dock Road this Friday, July 27.

The concert is being held to raise money to pay for professional fees relating to the objection of an

Industrial Emissions Licence to Irish Cement from the EPA to burn industrial waste at its Mungret plant.

The following acts will be performing on the night: DJ Olivia Chau; Jane Fraser; Post Punk Podge & the Technohippies; Elanay; Stone

Free (Johnny Fean Guitarist & Band).

Irish Cement has been granted planning permission for the structure and the group is objecting to the granting of a licence by the EPA, which must receive a submission by September 5.

Tickets €10, doors 8.30pm



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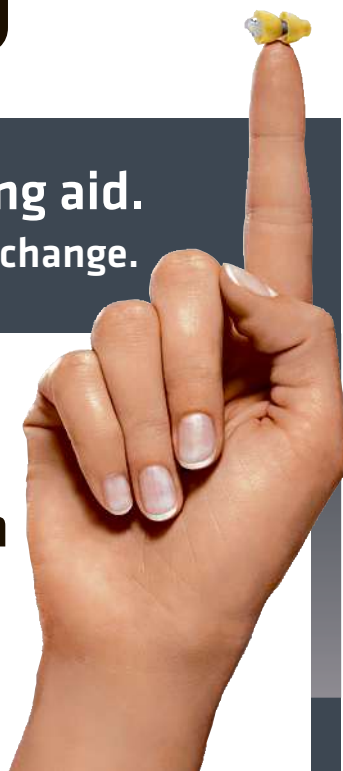


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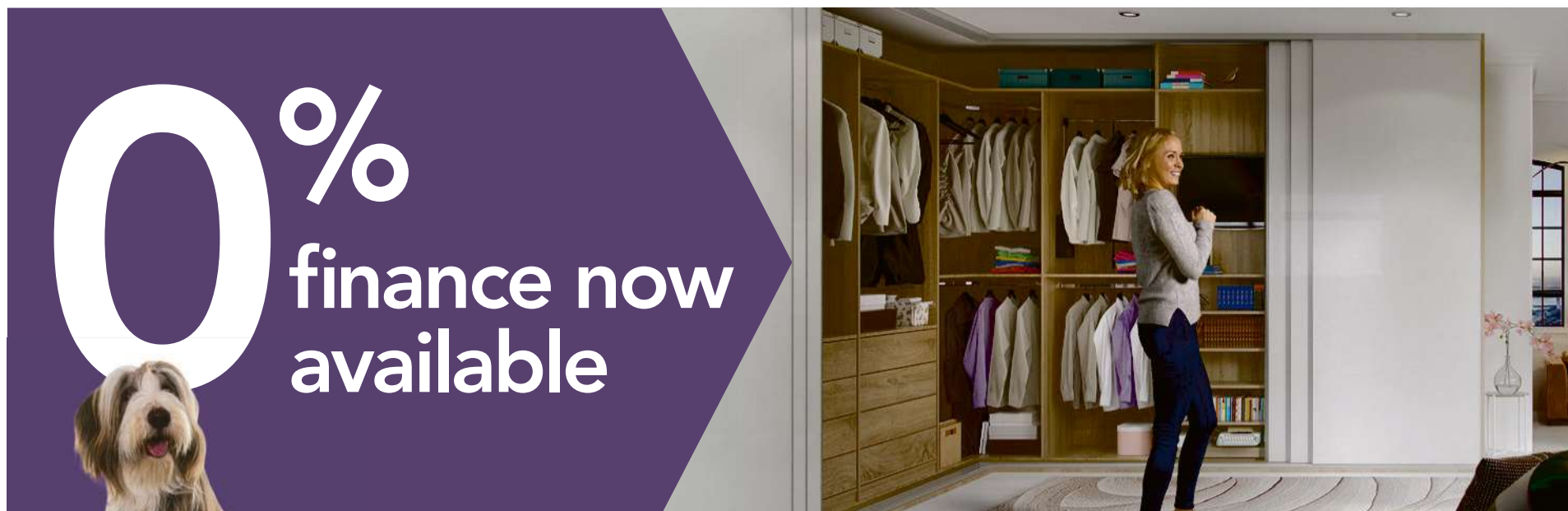


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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Fast food worker assaulted near city centre restaurant

INFORMATION is being sought after a worker at a fast food restaurant in the city centre was assaulted at the weekend.

According to gardai, a member of staff at McDonald's, Cruises Street was attacked while on a break at around 3.20am on Sunday.

"He was at the side of the building on a break when he was attacked. He received injuries of a minor nature," said Garda John Finnerty who is appealing to anyone who was in the area to come forward.

"There would have been a number of late night



The assault happened near McDonald's, Cruises Street

revellers around this location last Saturday night, so if you recall seeing a disturbance or a male being attacked please contact the gardai at Henry Street who are investigating," he said, CCTV has also been obtained and viewed as part of the investigation.

Anyone with information is asked to contact 061 212400

## Purse taken from parked car by 'opportunistic' thief

A PURSE was taken from a car which was parked in the city centre at lunchtime last Saturday.

The incident happened at around 1pm at William Street. "The car was an Audi A4 which was grey in colour. Unfortunately a window had been left down and an opportunistic thief took the purse which had been left on a seat. If you were around William St last Saturday at lunch time, you may have noticed this purse being take," said Garda John Finnerty.

Gardai from Henry Street are investigating and can be reached at 061 212400.

## Gardai have holiday advice for overseas destinations

GARDAI are encouraging anybody who will be travelling abroad in the coming weeks to take basic measures to ensure they have a safe trip.

While most people will be travelling to holiday resorts they are familiar with, some more exotic locations may present challenges.

"Find out about the place that you are visiting. Is it safe for visitors? Are there any local laws or customs, which are different to home," said Garda John Finnerty.

Holidaymakers visiting



People should be prepared if travelling abroad

such destinations are also being encouraged to familiarise themselves with any security measures at airports or seaports, so they won be caught out when the arrive.

It is also advised that a trusted neighbour or relative is aware of the travel arrangements in the event of an issue arising.

## Car keys stolen from ignition

GARDAI are appealing for information following an unusual crime on the southside of the city.

The keys of a silver Nissan Juke car, which had been left in the ignition, were stolen but not the car itself.

According to gardai, the owner left his car running for a short time as he returned to his home. The incident happened last Thursday at Ryan's Cottages, Rosbrien.

# Senator hits out at representation of females in politics



Sen Maria Byrne, the only female Limerick Fine Gael politician in Leinster House, hit out at a story in last week's Leader, quoting Social Democrats' Sarah Jane Hennelly, who criticised political parties' spend on women in politics

**€134k:** The amount spent by parties on women in politics

FINTAN WALSH  
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SENATOR Maria Byrne has hit out at an article published in The Leader focusing on the lack of female Fianna Fail and Fine Gael TDs in Limerick.

More than €134,000 was spent by political parties in promoting women in politics.

Last week's edition of The Leader quoted Social Democrats general election candidate Sarah Jane Hennelly, who criticised Fianna Fail and Fine Gael for spending large sums of money promoting women in politics, yet neither party having a female Limerick TD in Dail Eireann.

There have only been two female TDs to ever represent Limerick; Labour's Jan O'Sullivan, and Kathleen O'Callaghan, who represented Sinn Fein from 1921 to 1923.

In a public statement, Sen Byrne criticised the Leader headline "No female FF or FG voice despite spend", calling it "misleading and disingenuous as to how Limerick is represented at national politics".

Sen Maria Byrne is the only female senator in Limerick.

"I represent Limerick every day in the Oireachtas in Leinster House so our region, and the people I proudly serve, certainly have a voice when it comes to key discussions and decisions for Limerick.

**“We have the most female members of any political party”**

SEN MARIA BYRNE

"So too for that matter, Limerick and the Fine Gael party - which have vastly improved the fortunes of the Mid-West region since 2011 and away from the dark depressing days - certainly have a female voice here in Limerick when it is called needed," Sen Byrne said last week.

She added: "I can't speak for any other party but Fine Gael in Limerick city is running a gender balanced ticket for the next General Election - myself and Senator Kieran O'Donnell. Fine Gael in Government has done more than any other party before it in terms of gender equality in politics. Fine Gael introduced gender quotas, cutting funding to political parties if they failed to run at least 30% women candidates at the election.

"We have the most female members of any political party and are committed to increasing that. More than half of the Fine Gael women who serve in the Dail are Government Ministers. Show me another party that can display such a predominant role when it comes to the advancing the role that women play in Irish politics at the highest level."

But teh former Mayor of Limerick felt that Fine Gael can do more to include women in politics, and is calling for a more balanced representation in the Dail.

Fine Gael spent €50,098 on promoting women in politics in 2017, more than any other party's expenditure.

So far, three women are to run for general election in Limerick; Sen Maria Byrne, Deputy Jan O'Sullivan and Sarah Jane Hennelly, all for the Limerick City constituency. The date for this election has yet to be announced.



# Ryan makes Man Booker longlist for £50,000 prize

**ALAN OWENS**

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**ACCLAIMED** Limerick-based author Donal Ryan has made the longlist for the prestigious Man Booker prize.

The Castletroy resident and University of Limerick creative writing lecturer is one of 13 authors in contention for the prize.

A former writer-in-residence on the creative writing programme at UL, the Nenagh native previously made the longlist in 2013 for his novel *The Spinning Heart*.

Three Irish authors are on the list for the £50,000 Man Booker prize, with Sally Rooney and Anna Burns also in contention.

Ryan's *From a Low and Quiet Sea* was a Guardian First Book award winner and charts the stories of a

Syrian refugee, a crooked accountant and an angry young man with a broken heart.

Sales of the selected books can increase hugely with a nomination, while a win could increase sales by 1,000%, according to various estimates. Speaking on radio on Tuesday morning, a delighted Ryan said he hadn't contemplated winning the prize at this stage.

The award-winning author published his first novel in 2012 and has since been catapulted on to the best-sellers lists and into the world of literary prizes.

The longlist was chosen from 171 submissions – the highest number in the prize's 50-year history – published in the UK and Ireland between 1 October 2017 and 30 September 2018. The Man Booker Prize for Fiction, first awarded in



**Donal Ryan: On the Man Booker longlist for his novel *From a Low and Quiet Sea*** PICTURE: ADRIAN BUTLER

1969, is open to writers of any nationality, writing in English and published in the UK and Ireland.

This is the first year that novels actually published in Ireland are eligible for the prize, following a change in rules announced at the start of 2018 that "recognised the

special relationship between the UK and Irish publishing markets".

Chair of the 2018 judges, Kwame Anthony Appiah, said "every one of these books is wildly distinctive. It's been an exhilarating journey so far and we're looking forward to reading them again. But now we'll

have thousands and thousands of people reading along with us."

A shortlist of six books will be announced on September 20, while the 2018 winner will then be announced on October 16 in a ceremony which will be broadcast by the BBC.

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# Greenway from Castleconnell to Montpelier

## LEADER REPORTER

news@limerickleader.ie

Some €200,000 has been allocated by Limerick City and County Council for a tourism and leisure amenity in the north of the county.

The money will go towards the development of a greenway from Castleconnell to Montpelier.

A number of greenways in Limerick have been developed in recent years, but thus far, they have all been in the west of the county.

There are three kilometre greenways operating in Rathkeale and Abbeyfeale and a 4.5km greenway loop in Newcastle West.

"I'm delighted that Limerick City and County Council has approved €200,000 in funding for the greenway," said Mayor James Collins.

"The money will be allocated from a €2.3m fund to support rural communities in County Limerick.

"The greenway will add to Limerick's tourist offering, as well

as offering healthy leisure options for local residents, who can cycle or walk along an area of natural beauty," he added.

The greenway will be almost 4kms long and is one of eight projects approved by the Council under the fund.

The others include: Patrickswell Village Renewal (€200,000)

Lough Gur tourism projects at Solstice Garden and Bouchiers Castle (€131,000)

Refurbishment works to the stone mansion in Kilmallock (€331,625)

Essential improvement works for Askeaton Pool and Leisure (€92,736)

Askeaton Urban Renewal works (€200,000)

The Barnagh Tunnel Project/Greenway Development along the Great Southern Trail (€400,000)

A regional athletics track in Newcastle West (€200,000).



**Mayor Collins: greenway a boon to tourists and locals alike**



**Gaelcholaiste Luimnigh is one of the first schools in Ireland to offer PE as a Leaving Cert subject** PICTURE: ADRIAN BUTLER

# Grants announced for new LC subjects

**Education:** Six Limerick schools set to receive funding

## JESS CASEY

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SIX Limerick schools who are among the first schools in the country to offer Physical Education and Computer Science as Leaving Certificate subjects are set to receive grants to support the rollout of the courses.

The Department of Education has now announced €450,000 in grants to 104 secondary schools around the country which will implement PE and Computer Science as exam subjects this September.

John The Baptist Community School in Hospital, Colaiste Mhuire in Askeaton, Colaiste Íde agus Iosaef in Abbeyfeale, Villiers Secondary School and Gaelcholaiste Luimnigh are among the first schools to offer PE for the Leaving Cert, with Colaiste Chiarán in Croom among the first to offer Computer Science.

"We know how important it is to be physically active and engage in sports, not only for our physical health but also as a means to encourage team building, develop confidence and for our mental health," Education Minister Richard Bruton said.

"The introduction of Computer Science as a Leaving Certificate subject is part of our ambition to make Ireland a STEM leader among our European colleagues.

"The experience of these two new subjects will inform both the national rollout of these subjects but also, the possibility of incorporating digital technology more widely in the assessment of other subjects."

The schools offering PE for the Leaving Cert will receive a grant towards the purchase of digital devices for use by students in completing the course assessment, as well for hardware required for

uploading of material.

A grant of €350 per digital device will be payable, with one device for every two students who takes up the subject in September 2018. A payment of €750 per school will also be made for the uploading hardware.

Schools offering Computer Science will receive a grant of €3,000 towards the purchase of digital connector devices.

Physical education as an exam subject focuses on both theory and practice, including a written assessment worth 50% of students' overall grade, plus a physical activity project and performance assessment.

Computer Science for Leaving Certificate will focus on the application of programming and computational thinking to the solution of problems, and the impact of computing technology.

# Illicit drugs were hidden in boxing bag

## DAVID HURLEY

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A JUDGE has been urged to exercise leniency in the case of a Southill man who has admitted storing quantities of heroin, cocaine and Alprazolam at his home.

Timothy Casey, aged 40, who has an address at Bay 4, Clonlong halting site, O'Malley Park, pleaded guilty in May to three charges relating to a seizure on February 14, 2017.

Detective Garda Damien Kennedy of the divisional drugs unit told Limerick Circuit Court that a heroin with a street value of around €1,800; cocaine worth €456 and 440 Alprazolam (Xanax) tablets worth €880 were recovered during a pre-planned garda operation.

The cocaine was divided into 26 deals while the Alprazolam tablets were in blister packs. Other items including self-sealing bags and a weighing scales were also recovered during the search.

All of the contraband, he said, was found concealed in a boxing bag which was located in a shed near the mobile home where Casey lives with his wife and children.

Judge Tom O'Donnell was told the defendant made admissions at the scene and that he told gardai, during interview, that another unnamed man had called to his home a number of days earlier and asked him to store

the drugs.

"He admitted physically handling them and placing them in the boxing bag," said Kenny Kerins BL who added that his client had agreed to store the drugs without thinking of the consequences.

Mr Kerins said his client has not been in trouble with gardai since. He said while Casey has four previous convictions, he asked the court to note that none are for drugs offences.

Judge O'Donnell was told the defendant is heavily involved in the local community and a substantial number of testimonials were submitted to the court.

"He has a big impact in the community, he had brought shame on his family, he had

learned a salutary lesson," said Mr Kerins.

After Judge O'Donnell questioned why the matter was prosecuted on indictment given the "relatively low value" of the drugs, John O'Sullivan BL, prosecuting, said it was a "systems case".

Adjourning the matter to October 25 next, Judge O'Donnell commented that it was the defendant's actions which had landed him in trouble. "He has brought it upon himself," he said.

He added that those caught with illicit drugs – particularly heroin and cocaine – must face the consequences.







An additional 23,000 seats—an increase of 28%—will be added to the Shannon-Stewart International schedule next summer, Norwegian Air International announced

## Airline's summer boom for America

FINTAN WALSH

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SOME 23,000 seats have been added to the Shannon to Stewart Airport, New York schedule for summer 2019, Norwegian Air International has announced.

This follows a strong performance in its inaugural year at Shannon Airport, with increased operations already announced for the winter season.

The increase in seats is a 28% increase on this summer's figures.

Welcoming the announcement, Shannon Airport managing director, Andrew Murphy said, "Getting Norwegian Air International on board in the first instance was a strong statement about Shannon's potential and this has most definitely been backed up by this latest increase.

"We will have nine services in all next summer, five to Stewart and four to Providence, Rhode Island, more than double

what we had last year when Norwegian Air International commenced its Shannon operations with four services in total.

"This is a really strong statement about Shannon Airport and reaffirms its popularity for transatlantic services.

"There's a very strong traditional market out of Shannon to the east coast of the States and there's certainly a huge demand for services out of the US to Shannon. The Shannon brand resonates very well in the US," he said.

Shannon Group CEO, Matthew Thomas said the 23,000-seat increase will be a major boost for the airport in 2019.

There are currently six airlines flying to seven transatlantic destinations from Shannon Airport. Mr Thomas said that it has been Shannon's busiest summer in 17 years.

"It's not just summer season success as we have year-round services to the east coast of the US. This is proving to be a very positive year for Shannon."

## Education at risk of becoming 'elitist' luxury- Ó Ceallaigh

JESS CASEY

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WITH education costs in Ireland now reaching almost €14,000, a Limerick councillor has expressed concern that low-income families do not have the same educational opportunities.

The Zurich Life Assurance 'Cost of Education 2018' revealed that putting just one child through school can easily run into tens of thousands of euro.

The report found that completing school up to second level costs on average €13,858.

Zurich also found that completing a third level education costs an additional €22,186.

"With a third of secondary school parents being forced to get into debt, it couldn't be clearer that the Irish education system is at risk of becoming an elitist and unaffordable luxury," Sinn Féin's Seighin Ó Ceallaigh said.

"From voluntary contributions to



Cllr Seighin Ó Ceallaigh: calling for an end to 'voluntary contributions'

school books, parents are paying extortionate prices for the fundamental basics of education."

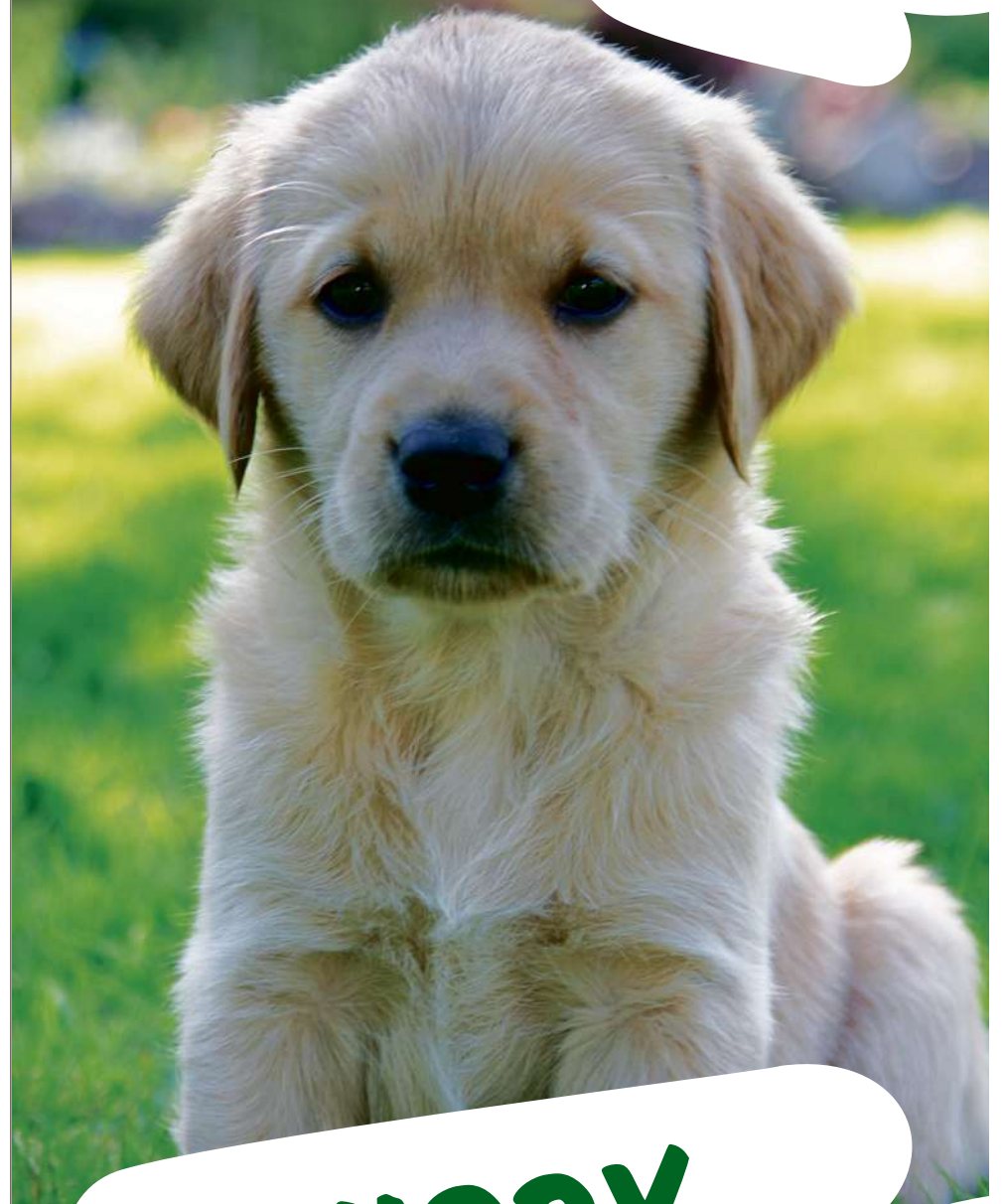
"That's before they have to go on and fork out €3,000 per year just to attend third level education."

Sinn Féin hopes to see the end of 'voluntary contributions' and proposed a €50 increase in its alternative budget to go towards education costs, he added.

"We hope to see the end of parents being forced into paying so-called 'voluntary contributions', which many parents and children are pressured into paying."



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# Limerick GAA gets €150k 'refundable loan' for major Gaelic Grounds concert

**Norma Prendiville** reports from a full meeting of the council and a 'coup for the city' in concert terms

LIMERICK GAA is to get a €150,000 "refundable loan" from the council to stage a major concert at the Gaelic Grounds.

Limerick City and County Council agreed to the loan this Monday at a full meeting of the council for the National Geographic symphony orchestra show, taking place at the stadium on Saturday, September 29.

The decision was welcomed as a coup for the city by the majority of councillors although a number of representatives warned it could set a precedent. But councillors were assured the money was a loan and payable by the end of the year.

Mayor of Limerick, Cllr James Collins, welcomed the decision of the council to provide a €150,000 refundable loan to the Gaelic Grounds, on behalf of Limerick GAA, to "facilitate the staging" of the Symphony for our World concert.

He said that the feedback

received from the recent discussion about a lack of concerts for Limerick since Bruce Springsteen played Thomond Park in 2013 was "this idea of a refundable contribution - whereby the Council could give a sum of money to help a promoter secure a major act.

"The Council would share in any upside, through a small premium percentage, and also be protected in the event of the concert not being profitable, as the money is invested as a refundable loan," he said.

"The idea was the sum made available by the Council to the National Geographic Concert would be recycled into this fund to promote other major concerts and events for the city," he added.

Estimates suggest the concert could be worth up to €6m for the city. Mayor Collins said approval for the loan would "give confidence to international promoters that Limerick is a city where you can do business and pleasure".



**John Cregan, Limerick GAA, Mayor James Collins, Paul Boland, CWB, Laura Ryan, council, Supt Gerry Roche and Andy Lee at the launch of the Symphony concert at the Gaelic Grounds** PICTURE: OISIN MCHUGH/TRUE MEDIA

## ROUNDUP

### UCH's 25th birthday

University Concert Hall is set to celebrate its 25th anniversary with a gala concert this September 8.

Featuring the RTÉ Concert Orchestra, together with special guests from the worlds of trad, musical theatre, classical and choral music, the event is a celebration of UCH's contribution to the arts in Ireland.

### Book train for pope

**Iarnród Éireann has told those attending World Meeting of Families events, including the Papal Mass in the Phoenix Park on Sunday August 26, to be aware that advance booking of Intercity train travel is mandatory. Intercity train tickets will not be available for sale on See [www.irishrail.ie](http://www.irishrail.ie) or call 018366222**



### Mayoral receptions

LIMERICK City and County Council has confirmed Mayoral receptions in honour of Phil McCarthy (Limerick Community Games), Patrick O'Brien (Limerick GAA and Mungret community) and Patrick Halpin (Limerick Football) will take place later this week. The joint reception will take place at City Hall, Merchant's Quay on Thursday.

### 40 treated on trolleys

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Tuesday morning, there were 40 patients being treated on emergency department trolleys and on additional trolleys, beds or chairs in the wards at University Hospital Limerick. Cork University Hospital had the highest rate with 61 patients on ED trolleys and in the wards.

### Autism-friendly

**The village of Birdhill is planning to become more 'autism-friendly'. The committee behind the 2017 Tidy Towns victory said it wants to create a community that meets everybody's needs and raise awareness of the challenges**

experienced by persons with autism. This includes educating the community about the condition and creating a more inclusive setting and environment to enable families to access amenities and services in the village.

### Claims report

**ISME, the group representing small and medium sized businesses has welcomed the news that the Personal Injuries Commission has submitted its analysis of insurance pay-outs to Minister Heather Humphreys.**

The fact that Irish personal

injuries awards are on average 4.4 times the level paid out for similar injuries in the UK and the unjustifiably high levels of settlement, especially for minor injuries. Awards, they say, are a major driver of the cost of insurance in Ireland and want action.

### Exhibition continues

CROSSING the Salt, a solo exhibition by Irish artist Gabhann Dunne focusing on the wildlife of the Shannon Basin, continues at the Limerick City Gallery of Art until Sunday September 2.

More than 100 paintings and a wall drawing of the Shannon Basin will run through the galleries in Pery Square over the summer months.





## HAPPY CAMPERS IN COONAGH

Boys from an U-7 group at the FAI Summer Soccer Camp in Coonagh Football Club  
 PICTURE: DAVE GAYNOR

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# Limerick and Proud

**NIGEL DUGDALE**

Speaking his mind on our city

## Ormston House needs to be retained

**T**he side window of Ormston House has become legendary for those with an interest in Limerick's cultural scene.

In a city where a quality 'what's on guide' can be hard to come by, the Ormston House window on the Ellen Street side is pasted top to bottom with a smorgasbord of cultural posterings inviting our citizens to partake in whatever takes their fancy.

The space within is even more important. Opened in 2011, Ormston House is located in a former retail unit and was created to act as a centrally located cultural space.

Since its inception it has become a thriving space, a hive of creative activity where local artists can interact and develop, a space where audiences can experience cutting edge exhibitions, talks or community engagement initiatives.

Now the building that is home to the Ormston House cultural space is up for sale with an asking price of €500,000.

The agents for the sale describe the space as a 'city centre investment property...located in an established retail location directly adjacent to the proposed Project Opera Development'.

The sale will also include the River Deep Mountain High retail unit located next door to the Ormston House culture space.

Despite the fact that the Ormston House sale states that tenants are not affected, there have been widespread concerns that the future of the gallery and cultural space is now in doubt.

The outpouring of support on social media for Ormston House over the past few days is testament to the work it has done over recent years.

The space is seen by many as an important cultural asset in the city centre.

It is one of the rare on-street cultural institutions in a city that recently pitched to become a European City of Culture in 2020.

Ormston House was created at a time when economic woes created huge challenges for young artists. The cultural space and gallery found a home in one of the many retail units left empty as a result of the downturn. It replaced soulless consumerism with free thinking, creative magic.

In fact it could be argued that culture and the arts have played a pivotal role in helping Limerick overcome recession. When Minister Jimmy Deenihan naively commented that City of Culture in 2014 was a "rebranding opportunity", it was considered an insult to artists.

In hindsight our year as City of Culture did make a huge impact in



**Either Ormston House is assisted in negotiating a suitable deal allowing it to remain in its current home or we witness the demise of a much-loved cultural institution. If it does go, it will undermine the vision of Limerick being a truly liveable city centre**

terms of how we perceive our city. It engaged people who previously weren't engaged. It helped us overcome negative perceptions and paved the way for a new economically sound city.

The many hundreds of artists, theatre makers, musicians, historians and producers deserve great credit for playing their role in the creation of the new Limerick we witness today.

Ormston House has been a crucial focal point for such work, a space where all of the above have gathered at some point to share ideas and thoughts.

Thankfully the bad days of recession are behind us. The boom is back. Perhaps we haven't learned our lessons from the recent past.

It's easy to see why the Ormston House building might be an attractive investment opportunity. It is on the doorstep of one of most significant urban development sites in the country.

The reaction to the Ormston House story on social media seems to be pointing a finger at City Hall. This isn't fair. Ormston House is a private



**Thankfully the bad days of recession are behind us. The boom is back. Perhaps we haven't learned our lessons from the recent past**

building that has the right to be sold on the private market. The Chief Executive of the Council has in fact highlighted the fact that attempts were made to purchase the property.

If the wealth of cultural information wasn't blocking the view, the same poster in the window in Ormston House would reveal the Patrick Street HQ of the Council's Economic Development division as well as the Limerick Twenty Thirty company. Both of these Council-owned companies are in place to oversee the economic development of the city as well as the principles outlined in the Limerick 2030 Economic and Spatial Strategy.

A vision of this strategy states that: "The City Centre will be at the heart of this...an attractive magnet for retail, leisure, residential, commercial, educational and cultural growth. Growth will benefit all citizens across the City, County and Mid-West Region".

Note how culture is equally placed alongside education, residential and commercial in this blue sky vision. Yet how true are we to that vision?

There are some things that money can't buy. Ormston House, its team and its seven-year legacy of cultivating one of our city's most important and well-respected cultural institutions, cannot be allowed to wither under the frosty blanket of commercial greed.

The Council has expressed support for Ormston House. Let's hope this isn't purely lip service. Any suggestion that our Council should purchase the property to save the Ormston House cultural space might not necessarily be intelligent use of public funds.

Where the solution lies is anyone's guess but one thing is certain - relocating the Ormston House cultural space won't work. Any attempts at relocation will undo seven years of graft and dilute the impact it has made in its Patrick Street home.

Either Ormston House is assisted in negotiating a suitable deal, allowing it to remain in its current home, or we witness the demise of a much-loved cultural institution.

The latter would be a travesty and one that undoes any confidence in Limerick's future as a truly liveable urban centre.



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**Just a fan!** "I think it's pretty cool to have it outside because everyone can just stand outside and enjoy it and not be stuck inside and also the whole town can hear it," said Stacey Kelly (left, pictured with Jack Griffey and Beth Mercier)

# Metal hits right notes

The inaugural Dagda's Eve metal festival took place at Chez le Fab, Arthurs Quay at the weekend. The Leader went along to check it out

**Pictures:** Gareth Williams **Words:** David Hurley



## New Age Messiah

**Unreal experience:** Ger O'Riordan from Ballybricken (pictured left with Reece Lowe and Aaron O'Neill) is a Godson of the late Cranberries singer, Dolores O'Riordan. He says it was an "unreal experience" to play outdoors in front of people who would not normally be into metal. "It was great to get them to experience alternative music, because of the stigma surrounding it (metal), people generally tend to stay away from it," he said. New Age Messiah, which formed just over a year ago, was one of the first bands to perform on Saturday.

## Eoin O'Connor, Imrama (left)

**Dream come true:** Band member Eoin, who hails from Garryowen, revealed how he used to drink cans with his friends at Arthur's Quay Park when he was younger. "We were always laughing, joking and smoking and saying that one day we would play a gig here and it finally has come to fruition, I feel like I have just achieved one of my main goals in life, it's brilliant," he said. "The metal scene is massive in Limerick. After Dublin, I think Limerick is the second in Ireland," he added.



**Kieran Grace (right), drummer with Tooms**

**Outdoor gig:** "It's really cool because it's the first thing like this that Chez le Fab has had so it's deadly. We have played a few festivals in Tipperary and other places but we have never played outside in Limerick and it's normally indoors so it's pretty cool."





### Imrama

#### Let's rock:

Limerick-based group Imrama was one of the first to perform during Dagda's Eve. Pictured are three of the four band members – Eoin O' Connor, Artur Falborski and Jack Ahern.

# Candid Comment

## By SPARTACUS

● There's a sort of delicious irony about those who say that our beautiful landscape is being ruined by solar farms and wind turbines.

When the Limerick Leader reported on new plans for a solar farm in Foynes last week, it gained quite a reaction online.

"It's a beautiful area near Adare Manor but will be destroyed if they have their way!" wrote one commentator.

Another wrote: "Our landscape is being ruined between those horrible wind turbines and now acres of solar panels."

Sure, people may have legitimate fears about glare, the state of the vegetation underneath, house prices, and even health concerns about the electromagnetic field. But in a world where climate change, rising sea levels, melting ice caps, the loss of animal habitats, increased flooding and extreme weather events have become the norm, it's a wonder people don't embrace the renewable lifestyle even more.

One person rightly responded to the begrudgers online: "Would you rather a countryside full of coal or oil power stations pumping out noxious gasses, or worse still, incinerators or nuclear power stations? We all need electricity, but we also need clean air."

It seems to Spartacus that the less we use fossil fuels like coal and gas, the more our planet is preserved. And solar, wind and wave energy is the way to go. But it's true what they say: people only care about what's happening in their own back garden.

● It appears our politicians are leading double lives. Last week, Deputy Maurice Quinlivan said that his office in Swords was inundated with queries on home care packages. Spartacus checked, the Sinn Fein TD does not have an office in Swords.

On Sunday, Deputy Niall Collins wrote: "Ministers Harris and Daly need to up their game, and come back to the table with a strategy

to support our older citizens," concluded Butler."

It then dawned on Spartacus that the cause of this confusion is template statements drafted and sent by political party press offices. Deputy Quinlivan was quoting Louise O'Reilly TD, while Deputy Collins was quoting his parliamentary colleague Mary Butler.

They're not the first to fall victim to political copy-and-pastism.

● There seems to be no end to the chaos of overcrowding at University Hospital Limerick, which again saw severe, winter levels of overcrowding this Monday morning, according to figures published by the Irish Nurses and Midwives Organisation.

The daily statistics show that there were 61 patients being treated on emergency department trolleys and on additional trolleys or beds in the wards at UHL. And this comes with news that UHL is likely to wait another year for the green-light on an interim 60-bed block.

While chaos ensues at UHL, other hospitals in the region are relatively benign, as a case in point proves. A friend of Spartacus relayed her story after suffering a fall. Instinctively making her way to UHL, a quick thinking relative told her she had a number of options. Her leg was bruised and she was afraid there might be a break.

"You can go to Nenagh, St John's Hospital, Mallow or Ennis, and you will be in and out in no time," She was told. Sure enough she went to Ennis, was seen to immediately, had an Xray and was bandaged up and on her way home in 35 minutes. One to remember as summer begins to dwindle and the winter approaches.

Meanwhile, the interim bed block will not be delivered until late 2019, after another busy winter season with Labour TD Jan O'Sullivan calling on the HSE not to hold up funding. Time for action.



Lesley Anne Liddane, co-owner Chez le Fab

**Eclectic picnic by the Park:** "I'm a metal fan myself and we just said we would set a date and we didn't expect the weather to be so good and the place is mobbed so it's fantastic. We are trying to be the eclectic picnic by the park and it's another tick."



Aaron Loughnane and Colin Bolger

**Organisers:** According to Colin, Dagda's Eve is about giving an opportunity to younger bands to showcase their talents. "What I find is there is an infrastructure there for bands that have their own money to organise gigs but there is not much for young people," he said.

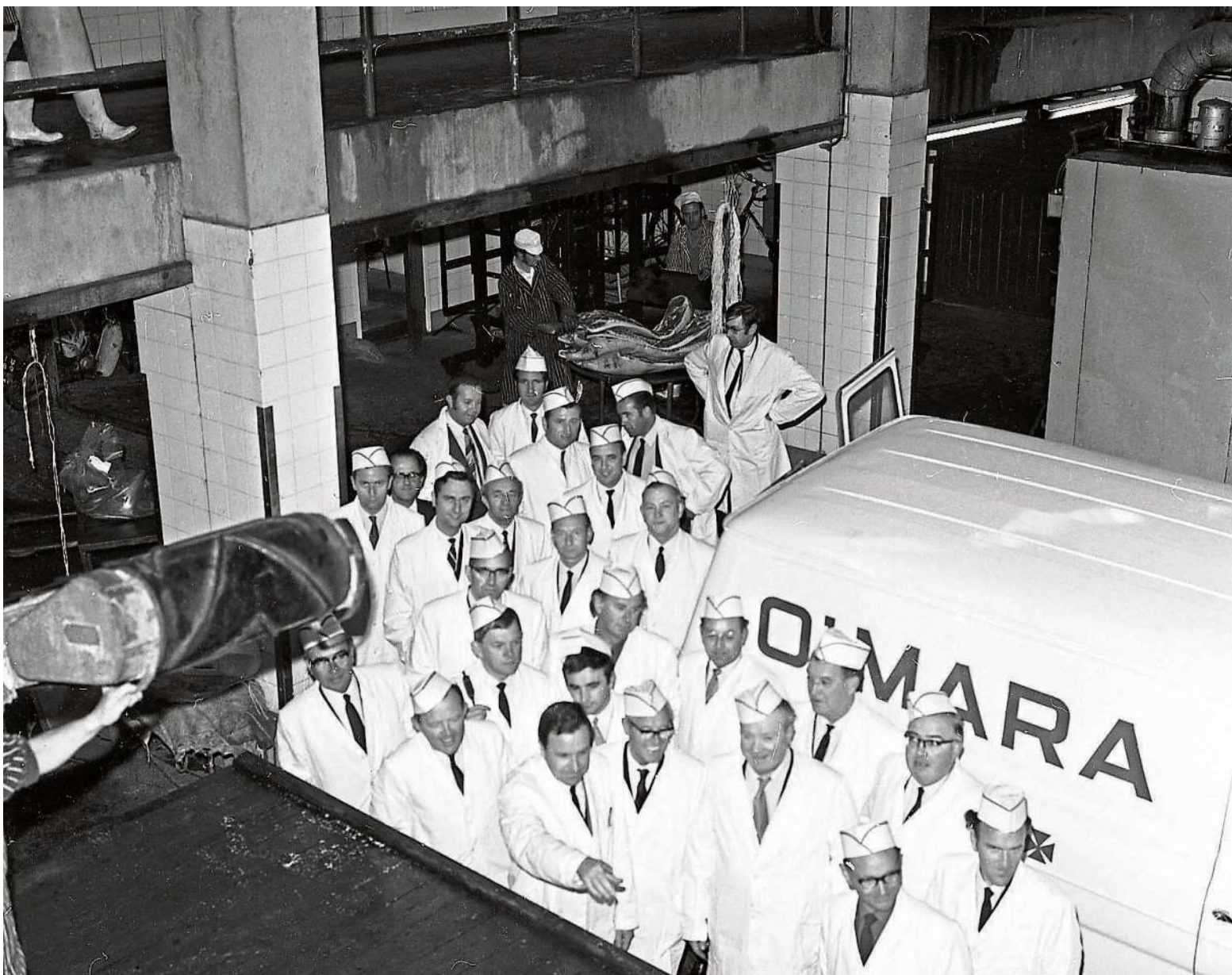


Johnny Clancy, Janesboro

**Music fan:** "I like all kinds of music and it's nice to see live bands around the city. I like it down here and it has drawn a good crowd into the city centre, it's brilliant and it's good that they are making use of the city centre."



## Flashback: From the Chronicle's archive

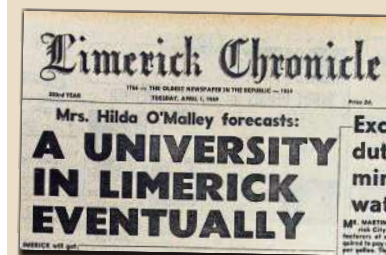


Who links the O'Mara family, renowned locally as one of the great bacon factory dynasties, with the Von Trapp family of 'The Sound Of Music' fame?

**LIMERICK CHRONICLE**  
Celebrating 200 years  
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**Don't miss a feast of local nostalgia and history in the Limerick Chronicle, which is now FREE inside the Limerick Leader weekend editions**



## Heartfelt Cardio Screening clinics at the Radisson Blu

Heartfelt Cardio Screening will be holding clinics at the Radisson Blu Hotel on three dates in August.

Members of the public will be able to avail of the revolutionary BPro pulse wave analysis device, providing affordable and accurate heart and artery screenings.

The BPro and A-Pulse Casp has been developed by Healthstats in Singapore. The A-Pulse has been validated in clinical trials to have an accuracy of 99.17%, as compared to the angiogram.

The BPro Cardio Pulse-Wave screening measures the aortic pressure as well as the flexibility of your arteries. Screenings are carried out by a Healthstats certified

technician and a full printout of the results are given on the day which can be brought back to your own GP or cardiologist if necessary. The procedure is non-invasive and completely pain-free.

The cost of an individual BPro test is €50 per adult with a 10% discount (€45) for a couple. There is also a 20% discount for groups of 12 or more people e.g. Sports Clubs, Business Screening etc.

Clinics at Radisson Blu Hotel, Limerick, August 2, 16 and 30. Appointments are essential and are available from 11am until late. To make an appointment, contact: Anna on 0864135555 or Jimmy on 0862566422 or email [heartfeltcardioscreening](mailto:heartfeltcardioscreening)

## Leprechauns ready to return to the sand

**DAVID HURLEY**  
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THE famous Limerick Leprechauns rugby side is set to return to the beach at Kilkee next month for its annual charity match on sand.

However, there will be a tinge of sadness this year as the fixture – at 2.30pm on August 11 – will be dedicated to the memory of teenagers Jack Kenneally and Shay Moloney, who tragically drowned in a quarry near Ennis at the end of May.

The two friends were talented and skilled rugby players and were members of Ennis rugby club, and significant members of their youth squad.

Limerick Leprechauns Rugby Football club is unique in Irish rugby. The club comprises former players from all of Limerick's clubs, whose normal relationship is one of fierce sporting rivalry.

Since the club's formation during the season of 1985-86, over €1m has been donated to a variety of local charities and good causes with



The Limerick Leprechauns annual charity match will take place on the beach in Kilkee at 2.30pm on August 11

emphasis on children's needs.

The families and friends of Jack and Shay, together with members of Ennis RFC, have been asked to nominate the charities to benefit from the funds raised at this year's beach match.

Limerick Leprechauns president Keith Moore is appealing to people to

support next month's match.

"I would encourage as many people as possible to come and along and support the match. It is always a fabulous family day out for former greats of the game to participate in what is both a tough physical encounter but a fun event as well," he said.



# Fáilte Ireland recruits academics to bring conferences to Limerick

**JESS CASEY**

jess.casey@limerickleader.ie

FÁILTE Ireland has joined forces with the Shannon Region Conference and Sports Bureau to recruit academics in Limerick and Shannon to bring more international conferences to the area.

Experts in the fields of sports, science, engineering and medicine were given a special briefing on how they can help to bring more major international events and conferences to Limerick through Fáilte Ireland's Conference Ambassador Programme, an initiative supporting those who want to host conferences here.

According to Fáilte Ireland, 80% of all international conferences that come to the Shannon region do so following a direct invitation from a local Irish member or host.

"We already have great Conference Ambassadors for the Shannon and Limerick region who have secured excellent conferences in their area of expertise," Paul Mockler, of Fáilte Ireland, said.

"Conferences like these are not only lucrative in terms of generating significant revenue for the region, they also leave a lasting legacy in terms of being recognised as a centre of innovation and excellence in these fields."

"We are always looking to recruit expert Conference Ambassadors to help bring future business like this to Ireland."

The tourism development authority has already worked with



Experts were given a briefing in Limerick's Medieval Quarter on how to bring more major international events to Limerick PICTURES: OISIN MCHUGH TRUE MEDIA

Shannon Region Conference and Sports Bureau to bring major conferences to the region worth €4.5million this year alone, he added.

This includes 'The Network Towards Unity For Health' conference, which will see 800 delegates come to the University of Limerick in August. This follows a successful bid driven by Dr Khalifa

Elmusharaf from UL's Graduate Medical School.

Professor Elfed Lewis from UL has also attracted the IEEE Internet of Things Symposium to Limerick, bringing 1,000 delegates to the city in 2019.

Karen Brosnahan, Shannon Region Conference and Sports Bureau Manager, said

: "Ambassadors are hugely important in sourcing and winning this lucrative tourism business for Limerick."

"Over 80% of international business coming into the region is attracted through the conference ambassador programme," she added.

"Fáilte Ireland's support really

helps shoulder some of the financial costs associated with bidding for international business, while the Bureau is on hand to offer practical advice from the start to end of the bid journey."

To find out more about the Conference Ambassador Programme, visit: [www.meetireland.com](http://www.meetireland.com)



Left to right are Ross Anderson, UL, Azeta Seery, Failte Ireland and Lena Anderson, Limerick

Left: Karen Brosnahan, Shannon Region Conference and Sports Bureau, Lorna Horgan of UL, and Holly English, Shannon Region Conference and Sports Bureau

Right: Azeta Seery, Brian Carson, UL and Phil Jakeman, UL





# PET RESCUE



**Limerick Animal Welfare** based in Kilfinane, rescues animals in distress and helps to find pets a new home. Below are some dogs and cats available. LAW is open seven days a week from 12pm to 3pm. An adoption fee ensures that all pets come vaccinated, wormed, microchipped and neutered, and home checks apply. For more information, phone 087 6371044.

## Looking for a new home



This playful pooch is named Woody.

A two-year-old Jack Russell terrier, Woody would suit all types of homes and is very adaptable.

He is great to get on with other dogs and absolutely loves going for his walks.

Woody loves to play and really just wants a seat on the couch with you.

Just look at this adorable calico kitten!

This little one is named Sapphire, and she is definitely going to steal someone's heart soon when they come to choose a pet at the sanctuary.

"Sapphire is irresistible and playful – she would make the perfect pet," said LAW.



This is a spaniel mix named Cilla, who lives at the sanctuary in Kilfinane while awaiting her forever home.

Cilla is a very sweet and affectionate girl, and like most spaniels, she loves her walks and being outdoors.

But most of all, Cilla would love nothing more than to be spoiled by her new owner.

## Adopt 'super cute' Jazzy

Our final stray this week is a gorgeous tabby kitten named Jazzy.

Just look at her there, staring out into the sanctuary hoping that someone will come and adopt her.

"Jazzy is super cute and playful," said her LAW carers.

She is waiting now for her forever home.



Alison Crummy, Brona Mulqueen, Hillarie McGuinness and Shannon Heritage's Brian Nevin, at the GTM in Florida.

## Shannon Heritage shines in Florida

**SHANNON** Heritage joined seven Irish tourism companies in the annual Global Trade Marketplace (GTM).

The three-day event took place in Hollywood, Florida, and allowed tourism enterprises from Ireland to network with advisors from North America.

Last year, the country welcomed nearly 1.83 million North American tourists, a 16.7% increase from 2016.

Alison Metcalfe, Tourism Ireland's Head of North America is confident the continuous increase of tourists and the new flights available from Shannon and Norwegian Air will continue to encourage American tourists to Ireland.

"The strength and competitiveness of the vacation experience right around the island of Ireland will deliver further growth," she said.

# Job threat eases as US softens stance

## Aughinish: Three months left to dodge sanctions

**MARIA FLANNERY**  
maria.flannery@limerickleader.ie

THE THREAT to up to 1,000 jobs in Limerick has eased somewhat with an announcement that the US may consider dropping severe sanctions on a local plant.

Aughinish Alumina, which is owned by embattled Russian company UC Rusal, has been under threat since April, when the US Treasury Department announced harsh sanctions against its controlling owner Oleg Deripaska, along with a handful of other Russian oligarchs.

The company had been tasked with jumping through a number of hoops before the October 23 deadline, most notably the reorganisation of the ownership to ensure that Mr Deripaska reduced his majority share. That process is underway.

But now, US Treasury Secretary Steven Mnuchin has said that the department would be open to removing Rusal from the list of companies which were due to be hit by the sanctions.

According to a report in Reuters, Mr Mnuchin added that the objective of the punitive sanctions was "not to put Rusal out of business".

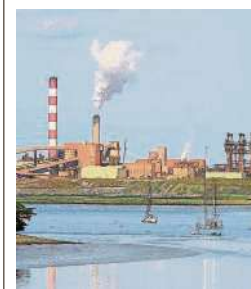
"If we can find an acceptable solution, that is our objective," said Mr Mnuchin.

And since his comments, shares in the



**If we can find an acceptable solution, that is our objective**

**STEVEN MNUCHIN, US TREASURY**



company rose 15 percent on the Hong Kong stock exchange.

The prospect of a softer approach by the US is good news for Askeaton's Aughinish Alumina, which found itself at the centre of the controversy as the largest alumina refinery in Europe.

There are 450 people employed on site, and another 500 working locally within its orbit, as contractors, suppliers and spin-off industry.

It is one of the biggest employers in County Limerick.

The sanctions list, announced in April, was a US attempt to punish Russia for "malign activity around the globe", including the country's activities in Crimea and Syria, its alleged involvement in a poisoning in the UK, and suspicions surrounding US election meddling.

Billionaire Russian businessmen were specifically targeted because they were seen to have 'benefited' from the regime.

And Aughinish owner Mr Deripaska is said to have close ties to the Russian president.

He has his shares in UC Rusal through his holding company EN+, but has made moves in the last two months to divest his interests in the company, to save it from the sanctions.

And a series of other steps have been taken within the company, too. Mr Deripaska and several other top managers and directors stepped down from the Rusal board. A new board of independent directors was elected last month.

This month, Rusal's acting CEO Evgeny Nikitin said the company is doing everything it can to avoid the sanctions.





# HEROES ALL.

Just some of the countless individuals who have been recognised through the years by Limerick Person of the Year for the incredible work they do in our community. They are the inspiration that we all need, to make Limerick the very best that it can be.

## LIMERICK PERSON OF THE YEAR



CLAYTON  
HOTELS

Limerick's Newspaper since 1889  
**LIMERICK LEADER**  
BECAUSE LIFE IS LOCAL

**southern**  
marketing design media



# An ode to the traditional pub:



Blessed with the clientele, owner Rocky O'Shea says he has transformed a prime site on Catherine Street into a homely, comfortable environment PICTURE: ADRIAN BUTLER

**'This must be the place':** More than 10 years after Daffy's Hotel shut, Rocky O'Shea gives the site a new lease of life in the culture-rich The Commercial bar

AT THE young Commercial Bar, there are no ostentatious bright lights, no signs, and no major marketing drive, like most new bars would have in their infancy.

According to the owner Rocky O'Shea, the newly-renovated and revamped building—that was once Daffy's Hotel—is meant to be slightly hidden in its city centre location.

And the charming aspect of Rocky's vision is seen above the fanlight of the Catherine Street pub—a sign that reads "This must be the place."

"When you find it, I hope you always know it's here. That's why it is up to me to look after who comes through the door," says Rocky, while petting his well-behaved labradoodle Gina, who is a bit of an icon for those who walk through the doors of The Commercial.

From day one, Rocky wanted to start off with 15 nice people, turn it into 30, then 60, and so on. "I didn't want to rely on social media, I wanted it to be word-of-mouth. I wanted it to sell itself."

And the results have been immensely positive for the Clancy Strand man, who has had an extensive portfolio of pub experience on his CV, having started at the Curragower Bar at 15, then becoming a promotion manager at Trinity Rooms, and then running the former Blind Pig bar on Thomas Street.

"The reaction in the first couple of months has been great. But you don't

know where you are really at for the first two or three years, and hopefully we can keep that momentum going," explains Rocky, who has been responsible for transforming a disused former hotel building, which had closed down more than 10 years ago.

But Rocky is fond of its history, and so are the previous owners and customers who frequent at The Commercial, which opened its doors in late 2017. This new establishment is an ode to the olden days.

"The goal was always to bring it back to what it would have been like. I felt enough pubs through the boom had modernised and torn down the kind of pub I was into, which was very traditional. I basically wanted a local in the city. That was the goal from day one."

After managing The Blind Pig, he explains, the only way his new venture was going to work was if he purchased the site and invested in it.

And without his strong network of family, friends and his partner Erin Hartigan, none of this early success would have materialised, he says.

"I left myself no other choice. I am all in. You either sink or swim. There wasn't a fear. You know what it's like? You know when you go to throw a party, will people turn up? There was almost that element, but I was confident in the team that we had around," he enthuses, as Gina eyes his pint of Guinness.

Another feature that Rocky is embracing is an exhibit of local artwork in the pub. "Artists need their place to hang their stuff, and it's great that people can come in and they will see the paintings, and they will know to contact [us]. I feel that that's needed. It used to happen years ago, and I feel it should still happen in bars around. It's a public house at the end of the day."

And in the basement is the Record Room, a cosy music venue that has grown in popularity in recent months, showcasing original up-and-coming artists, comedians and even drag shows. He says it's important new artists are given a platform that is not always available in the city.

Rocky says he benefits from the large web of nightlife venues nearby, including the White House, Tom Collins', Jerry Flannery's, 101 and many more. "There's a circuit. If I was up here by myself, it would be a different kettle of fish. Busy makes busy. Without a doubt, there's more potential in the city for nightlife [venues]."

And Rocky, most of all, is blessed by his clientele, who are the main source of banter. And it is the Commercial's homely atmosphere that the delighted owner enjoys the most.

"When I used to go home after work, the first thing I do is put on music I like, light the fire and have a glass of wine in an environment that I like. So I suppose I was trying to do the same here."



The newly-renovated Commercial Bar on Catherine Street



Gina, The Commercial's labradoodle, ready to take a big gulp of a pint of Guinness PICTURES: ADRIAN BUTLER



# Rocky's commercial vision

## Operation Transformation: Bringing The Commercial back to life



**BEFORE**

**AFTER**

A pictorial view of the huge work transforming The Commercial from near dereliction to a thriving hub in newly revived Catherine Street





# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

Email: [Liam@harmonics.ie](mailto:Liam@harmonics.ie) Twitter: [@liam\\_croke](https://twitter.com/liam_croke) LinkedIn: [liamcroke](https://www.linkedin.com/in/liamcroke) Facebook: [liam.croke.96](https://www.facebook.com/liam.croke.96)

## Magic multiple helps keep our emotions in check

There are many reasons put forward by people when I speak to them about their finances and ask them to explain a particular decision they made in the past, or why they are so much in debt, or why they haven't as much as they would like to have in savings etc.

They don't earn enough, or they don't have the financial knowledge, or their just bad with money are examples of excuses I hear all the time. And some, in fairness are reasonable and do play a role, but I have been around long enough and met enough people of all different income levels, to know one of the biggest factors that is preventing them from moving forward with their finances is a factor that is hard to identify, but it's there and its impact is as great, if not greater, than any other reasons you could come up with.

Before I tell you what it is, let me give you an example of how it works and its potential impact on your finances.

I carried out a financial review for a client about 12 months ago, and one of his objectives from the outset was to make sure he was saving enough, because he wanted to build up a fund that would support his three kids if they decided to go to college in the future.

We identified the amount he should be saving each month, and he followed through by setting up a new account.

Three weeks ago, I got a call from him to say he wanted to withdraw €3,000 from the account, because he wanted to buy a ride-on lawnmower.

The weather was great, and the ride-on was something he always wanted, and as he got older he would find it harder to cut his lawn with an

ordinary lawnmower.

I know where he lives and I know the size of his front and back lawns and there really is no need for a ride-on lawnmower, but he was coming up with reasons to validate his decision to raid the kids' education account. That is an example of how our emotions take over and interfere with our financial lives.

I can put together a great plan for anyone, but if it's just based on numbers alone, it may not work. You have to be cognisant that we all feel emotions, both good and bad, and how they play a pivotal role in the success of our finances, and some, if not recognised and dealt with, can hamper the things that are really important to us.

The emotions of envy, or feeling you deserve it, or both, took over the gentleman who called me, and he just wasn't thinking about the impact it could have on his kids in the future. He was thinking in the now, and it was clouding his judgement. It was going to be something he would regret doing in a month's time, when the excitement wore off, when the rain returned, and when he realised he had no use for it for eight months of the year, and it began to gather dust in his garage.

So, the way we feel at one time or another can affect the decisions we make, and whilst they may last for only a short period of time, the impact they can have on our finances can be felt much later and for much longer.

The key to overcoming them, is to first recognise when they are happening or about to.

I believe one of the preventative measures people use who suffered from depression in the past, and don't want to



**Some of those emotions we need to be aware of include anger, fear, envy, stress and happiness**



### DID YOU KNOW?

The most expensive bottle of wine ever sold at auction was in 2015, when a Cabernet Sauvignon fetched \$350,000.

again, is to recognise the signs and the thoughts they begin to feel, and to cut them off as fast as they can.

The same applies to your finances.

We need to be aware of the emotional triggers that affect us and our ability to make good decisions about money. Once you know which ones affect you most, you can identify them and deal with them.

Some of those emotions we need to be aware of include anger, fear, envy, stress and happiness.

The key is to recognise when they happen, but that may not be enough in itself which is why I use a technique with some of my clients, which helps them when those self-destructive thoughts occur, and they have an urge to spurge.

I give them a number (it will vary from person to person), and they multiple the item they are thinking of buying by it, and that is the future value of what it will cost them.

So, if someone is buying an item for €3,000, their multiplying number might be 3.6, and what that means is if they spend that €3,000 now, they are taking €10,800 away from what they would have in 10 years' time.

This is a really good way to help people make a decision and something they can use and weigh up against, when they are looking at buying something.

I used it with the man who called me, and it put things into perspective for him, so he cancelled the withdrawal from the account, and bought a good petrol lawnmower for €400 instead. And, guess what - he's happy out.

P.S. I'm happy to share those multiplying numbers with you if you want them.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: I took out a mortgage (tracker) of €580,000, 11 years ago, and with nine years left, I owe about €219,000. I have recently received an inheritance which would allow me to clear it in full, but I'm not sure if that's the right thing to do or not.**

A: Based on the original term and amount you borrowed, if your mortgage was to run for another nine years, the amount of interest left to pay is c. €12,688. So, this is the amount of interest you have left to save.

If you did clear your mortgage, this is what your net return on a lump sum of €219,000 would be over the next nine years. It's only a net return of 5.8% over nine years which is 0.64% per year.

Can you get a better return for your money on deposit than what your mortgage is costing you? There are a number of low risk accounts available that could return at least 3% net per year, and if you invested the €219,000 rather than clearing your mortgage, and earned 3% each year for the next nine, you would have earned c. €67,785 in interest.

By investing your funds rather than clearing your mortgage you could earn 5.34 times more in interest earned than the interest saving you would achieve by clearing your mortgage.

## SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

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# LEADER BUSINESS

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## Plassey firm hits the jackpot with win in Vegas

**Technology:** Company awarded at Microsoft Inspire annual conference

**NICK RABBITTS**  
 nick@limerickleader.ie

A HIGH-TECH Plassey company has taken home two prestigious international awards.

Action Point, which exists to provide IT infrastructure, systems and support, won the awards at Microsoft Inspire, the global tech conference for partners of Microsoft.

This took place in Las Vegas, Nevada this week.

The first award placed Action Point as the technology giant's 'Data and AI Partner of the Year' and recognises the firm's work developing 'Internet of Things' (IoT) solutions for the manufacturing sector worldwide.

The second award, from the

International Association of Microsoft Certified Partners (IAMCP US) was in recognition for an innovative software project in partnership with California based company, General Networks.

The head of IoT at Action Point, Ivan O'Connor said: "The world of connected devices is growing rapidly from 25 billion connected devices globally to 75 billion by 2025, according to Statista.

"We have already shipped our product IoT-Predict to more than ten countries in three continents since its launch this year and can clearly see that the manufacturing market recognises the opportunity that IoT brings.

"We are delighted to be at the leading edge of this technology with our US partners."

ActionPoint has been developing



**At the Microsoft Inspire conference are Cathriona Hallahan, the managing director of Microsoft Ireland, Finian Nally, head of Microsoft Cloud solutions in ActionPoint, with Action Point co-founders John Savage and David Jeffreys**

custom software for over a decade and is no stranger to awards, including a Tech Excellence award last month for the innovative online passport renewal system on behalf of the Department of Foreign Affairs and Trade, which has transformed Ireland's passport system.

The firm employs over 80 technology specialists at its headquarters in the National Technology Park, and also has offices in Dublin, Cork and LA.

It has been a Deloitte Fast 50 winner for the past four years, and a Deloitte Best Managed firm in 2018.

ActionPoint also won Microsoft's SMB partner of the year award in 2017 and has twice won Dell's Country Partner of the Year Award.

## Quality award for enet

Enet, Ireland's largest wholesale network operator, has been awarded a prestigious industry quality certification.

The company, which has its head office in Limerick, was granted ISO 9001:2015 certification for its "commitment to best practice in the telecommunications sector.

It is among the first companies in the industry to achieve this certification which specifies a set of requirements for the creation and implementation of a Quality Management System (QMS). Organisations use the standard to demonstrate the ability to consistently provide products and services that meet customer and regulatory requirements.



**enet CEO Bartly McElroy**

Enet's certification was achieved as a result of the development of an automated online portal that streamlines order provisioning for its customers. The portal aggregates enet's own extensive national fibre network, as well as third party infrastructure, to present a unique network offering to the market. Retail service providers can now log on to see where there are broadband connections, who is providing the connection, as well as the price of connectivity.

Enet CEO Bartly McElroy said: "We are delighted to have achieved the certification as it underlines the culture of continuous improvement here at enet. The award should highlight that we are very much focused on customer satisfaction."

Mr McElroy added, "The portal which underpins the accreditation enables all retail service providers with access to the same high-quality fibre footprint through one simple integration with enet; and this in turn allows them to utilise enet as a one stop shop for all their wholesale network requirements."

## Big increase in new start-ups locally

MORE than four new companies were formed in Limerick every day during the first quarter of this year, new figures show.

According to credit risk analyst CRIF Vision-net, 440 new start-ups were established in Limerick between January and June - representing a 23.2% on the same period in 2017.

The figures indicate the economic recovery is taking solid root outside of the Dublin which, as expected, accounted for the majority of new start-ups.

CRIF Vision-net says the increase in the number of new start-ups outside Dublin bodes well for the Government's 2040 National Development Plan which aims to provide balanced regional development.

"The large increase in the number of start-ups in Limerick indicates that the cities and counties outside of Dublin are increasingly benefiting from the economic recovery. This is a welcome development and an indicator that Ireland's other regions can provide a counterweight to Dublin. Targeted investments, such as the M20 Cork-Limerick motorway, should enable sustained regional development



**Christine Cullen, managing director of CRIF Vision-net has welcomed the figures**

for the years ahead," said Christine Cullen, Managing Director of CRIF Vision-net.

According to the figures there was growth in the number of new companies

in the construction and real estate sectors while there was a decline within the motor industry. There was a 48.3% drop in insolvencies in Limerick between January and June.



# Recruitment

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**BREAKING NEWS**

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Lotto Draw held Monday 23rd July 2018

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No winner

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Next weeks Jackpot 2,200

Draw will take place in Portley's Bar

**CLAUGHAUN LOTTO**

Result for Monday 23rd July 2018  
Jackpot 1400  
Numbers 4- 15- 19 - 24  
The following won 30.00  
G Russell, Dennis Wallace  
Kieran Cronin, Eamon Walsh  
Billy O'Sullivan

Next week's jackpot 1500

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WEEKLY LOTTO DRAW HELD ON 23/07/18

This Week's Jackpot: 2,900  
No's: 2-4-13-20

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**SITUATIONS VACANT**

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**BREAKING NEWS**

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# KEEP IT LOCAL!

Limerick businesses in the spotlight



**A family business tradition: Sheila Brazil, co-founder Limerick Travel, Peter Brazil, MD The Bedford, Tony Brazil, co-founder and chairman Limerick Travel, Denise Brazil, GM Sales and Marketing Director The Bedford and Tony Brazil Jnr, Limerick Travel, at the opening of The Bedford Café on Bedford Row** PICTURES: ALAN PLACE

## New café opens on Bedford Row

THE Bedford Townhouse & Café on Bedford Row, is delighted to announce the opening of The Bedford Café.

Part of the Limerick Travel Group, The Bedford Townhouse project was launched last November and has been under development over recent months. The Bedford Café is the first phase in unveiling this exciting new brand in Limerick.

Soon to follow is the 12 bedroom boutique Townhouse, which is in the final stages of completion and will open this autumn.

Continuing the family business tradition associated with Limerick Travel, Peter Brazil and his wife, Denise, have joined forces to make The Bedford a reality. Their vision is to create a boutique Limerick Townhouse, offering guests a central location to stay and eat in the stylish surroundings of an historic property.

Housed in a building that dates back to 1830, The Bedford Townhouse & Café showcases some of the original features of the property and its rich industrial heritage. Bedford



**Open for business: Shannon Ryan, food and beverage assistant, Denise Brazil, GM Sales and Marketing Director The Bedford and Denise Grace, manager of The Bedford Café**

House was once home to Peter Tait; founder of the Limerick Clothing Factory and former Limerick Mayor.

One of the original stone walls is on display in the Café area – showcasing the classic

contemporary style of The Bedford.

The interior of the Café was designed by well-known interior designer, Tullio Orlandi, and provides the perfect backdrop for the

speciality Ponaire coffee and the light and healthy food menu on offer. Supporting local, the Café's menu is supplied by many local artisan food and beverage providers and the Ponaire

Indian House Blend is being served.

The Bedford will also be putting their best green foot forward by providing 100% compostable takeaway cups for their customers.



Commenting on the opening, Peter Brazil, Limerick Travel MD said "It is hugely rewarding to open the doors to The Bedford Café and provide a first window in to The Bedford brand.

"It is also very much business as usual for Limerick Travel and we see the Café complimenting the Limerick Travel business and vice versa," he explained.

Denise Brazil, GM and Sales & Marketing Director for The Bedford added: "The Bedford brings old and new together in quite a unique setting.

"For our new café, it's very simple – great service, great coffee and great food. Operating alongside Limerick Travel, we see huge synergies between the two businesses and we aim to extend the same high level of service and a personalised customer experience across both."

With more to come on The Bedford Townhouse & Café and the heritage which has inspired it, those interested can follow the completion of the development on The Bedford's social media.



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Bridget Kelly and Debbie Long, City Centre



Noel and Catherine Breen, City Centre



# Out & About

## WALKING ON CARS PERFORMANCE AT KING JOHN'S CASTLE

Pictures: GARETH WILLIAMS



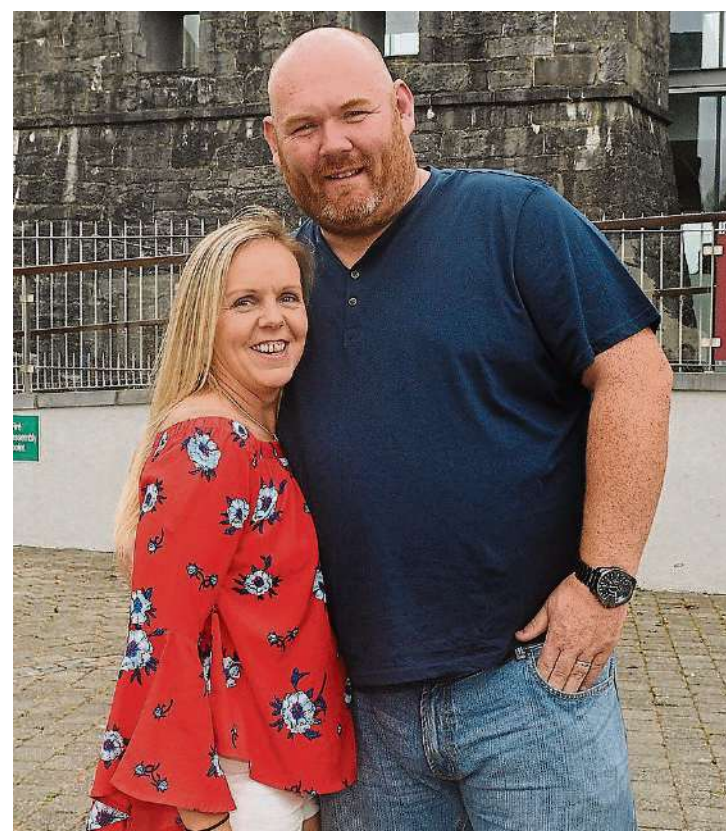
Patrick McCarthy, Rathkeale and Nabil Bilo, Raheen



Shannon Pembroke and Siobhan O' Connor, Meelick



Stephanie Bourke, Thomondgate and Brian Fitzgerald, Assumpta Park



Lisa and Eamon Butler, Castletroy





**LEFT: Attending the Walking on Cars gig at King John's Castle were Luke Kennedy, Shelby Pembroke, Meelick, Anna Deane, Garryowen and Dean Pembroke, Meelick**

**ABOVE: Sorcha Meehan, Anne Downes, Pallaskenry, Emma Downes, Kildimo and Stephen Mernagh, Foynes**

**RIGHT: Patrick Dundas, Ardnacrusha and David O' Sullivan, Parteen**



**Catherine and Aisling Kelly, City Centre**



**Zoe Gillis and Emma Carroll, City Centre**



**Gabriel Seth and Grace Keely, Killaloe**



**Happy campers:** Every week, now that school is out, The Leader hears from Limerick children enjoying summer camps in the city



# Making impressions at Limerick Printmakers!

**This week:** The Leader visits a group of young campers at the Printmakers studio, who are hard at work creating treasure chests, fish and musical instruments

## JESS CASEY

jess.casey@limerickleader.ie

A COLOURFUL explosion of craft paper, markers, stickers and buttons greets The Leader as we visit the Limerick Printmakers at their studio in John's Square, where a lively summer camp is in full swing.

This week, campers between the ages of four and seven are being guided through a series of art and crafts projects by their teacher Rachel Lynch.

Summer camps have been a part of the Printmakers educational programming for more than 15 years.

This very popular series helps to support children in developing a variety of creative skills including printmaking, painting, crafting and 3D work across a wide range of media, all while making new friends in a supportive environment.

With themes like 'Under the Sea', 'At the Seaside', 'Music', 'Gifts' and 'Nature', campers this week will use

buttons to create fish, clay to make treasure chests and recyclable materials to make musical instruments.

The campers have loved designing their own instruments. Ailis, age 5 ½, tells The Leader.

"I'm learning loads of nice stuff, like making friends," she says.

"I'm also learning to make stuff," she adds.

"We made a drum! My favourite thing I made this week were the

drums, they're my favourite. I love them.

"We have really nice teachers and I've made new friends," she added.

Campers are also learning all about how everyday objects, like tinfoil, can be transformed in creative ways, according to Liam K, age 5.

"I love this summer camp," Liam K tells The Leader. "My favourite part was making the painting of the square," he explains.

"We took a piece of square tin foil and then we painted on it with green, and blue, and red," he added.

"And then we folded it, rolled it and we took the tinfoil off and we made a design on a big piece of paper. I love art," he added.

The Limerick Printmakers has a series of summer camps, for both children and young adults.

For queries and booking please contact Niamh at [limerickprintmakers@gmail.com](mailto:limerickprintmakers@gmail.com) or call 061 311806.





Left are this week's cohort of campers at the Limerick Printmakers Summer Camp, and above are Tiffany, Aisling and Freya working on their art PICTURES: ADRIAN BUTLER

## What we think: Children have their say on...

**AILÍS**

"My favourite thing about my summer camp is all of the new friends I made here."



**LIAM**

"I really liked making the drums, I'm going to play music with mine."



**LOTTIE**

"I love summer camp. Making the drums was very fun, we used a tin and then we decorated them. I put smiley faces on mine, love hearts and I made loads of friends."



**MAGGIE**

"I really like making drums ourselves, we decorated them with stickers and colours. We will put rice into them to make noise."



**VINNIE**

"My favourite thing about summer camp has been painting. I love painting dinosaurs!"



**KIRA**

"My favorite part of the summer camp is the art. I love art. I have it at home and I'm going making tomorrow, using lollipops sticks and pom-poms and glitter."







Luke Kennedy, Killeely, Catriona and Kevin Barry, Knockainey at the Gavin James concert in King John's Castle last Saturday



# Out & About

## GAVIN JAMES PERFORMANCE AT KING JOHN'S CASTLE

Pictures: GARETH WILLIAMS



Eve Kelly and Oga Kaimasava, Bruree



Claudia Cardarelli and Aiden Commons, Limerick



Soricha Carter, Dooradoyle and Gavin James



Pauline and David Hurton, Corbally



Natallie and Iryna Pontus, Caherdavin



Ellen and Mary Brasseur, Dooradoyle





**LEFT: Attending Gavin James at King John's Castle were Chelsea Collins, Kilfinane, Sean Griffin, Lee Estate and Carrie Collins, Kilfinane**



**ABOVE: Attending Gavin James at King John's Castle were Kieran and Michelle Nash, Athea**

**RIGHT: Attending Gavin James at King John's Castle were Ellen Cotter, Garryowen and Ellen McGrath, Clonlara**



**Sarah Shine and Eleanor Considine, Bengal Terrace**



**Sinead Ramsbottom and Patrick Morrissey, Limerick**



# ENTERTAINMENT

YOUR **WEEKLY GUIDE** TO WHAT'S GOING ON IN LIMERICK

## Pop fever as Marti Pellow books in for a show at the UCH

**THERE** will be Wet, Wet, Wet fever and pure, unadulterated pop happiness as Marti Pellow makes a trip to Limerick for a show later this year.

The man with the iconic voice comes to the University Concert Hall for the first time ever on Friday, October 12, with tickets now on sale.

Having achieved the highest accolades with one of the most successful bands in UK pop history, Marti Pellow is now achieving that rare position of a highly successful career as both a solo artist and as a leading musical theatre star.

His career spans the record for the longest Number One in UK chart history - the smash hit Love is All Around, one of the four biggest selling songs in the UK of all time - consistent chart topping multi-platinum album sales, he honour of having the White House proclaim a day be named after him, the breaking of box office records and playing to both hundreds of thousands on international Arena tours and selling out more intimate venues.

The BRIT and Ivor Novello award-winning singer-songwriter released solo album Mysterious last year.

In Limerick, he will sing the songs that made him famous, accompanied by a full 10-piece band, at the University Concert Hall in October - expect tickets to fly out the door.

See [www.uch.ie](http://www.uch.ie) for more details and to book tickets.



### WEDNESDAY, JULY 25

#### Trad Music

The Glen Tavern, 9pm

#### Open Mic

The Old Quarter, 9pm

#### Tiny Giants

Smyth's Bar, 10pm

### THURSDAY, JULY 26

#### The Olliam

Dolan's Warehouse, 8pm. €20

#### Rover

The Glen Tavern, 10pm

#### Area 51

Smyth's Bar, 10pm

### FRIDAY, JULY 27

#### Love Our Air 2

Dolan's Warehouse, 8.30pm. €10

#### Oraculum

Kasbah Social Club, 9pm. €10

#### 1710

The Old Quarter, 10pm

#### Michael Leonard

The Glen Tavern, 10pm

### SATURDAY, JULY 28

#### We Come In Pieces

Kasbah Social Club, 9pm. €7

#### All Our Exes Live In Texas

Dolan's Upstairs, 9pm. €15

#### The Prophets

The Old Quarter, 10pm

#### John Solo

The Glen Tavern, 10.30pm

### SUNDAY, JULY 29

#### Musical Chairs

The Old Quarter, 7pm

#### Jason Hennessy

The Glen Tavern, 10pm

### MONDAY, JULY 30

#### Trad Music

Locke, nightly at 5pm & 9pm

### TUESDAY, JULY 31

#### The Acoustic Club

Charlie Malone's Bar, 9pm



**The Olliam: Live in Dolan's this Thursday night**

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# PUNCH'S

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# BAR



**You Can Come In, But Don't Start Anything: Jason Byrne**

## Byrne returns for gig at the Warehouse

A HOST of leading Irish comedians are heading to Dolan's for shows.

The venue has announced that Jason Byrne is set to return to Limerick to perform his new show at Dolan's Warehouse on Thursday, January 31, with tickets on sale now.

And two of Ireland's leading comedians are set to take to the Limerick stage later this year with Bernard Casey and Fred Cooke performing a double headline gig at the Kasbah on Thursday, October 4.

Byrne brings his new show You Can Come In, But Don't Start Anything to the

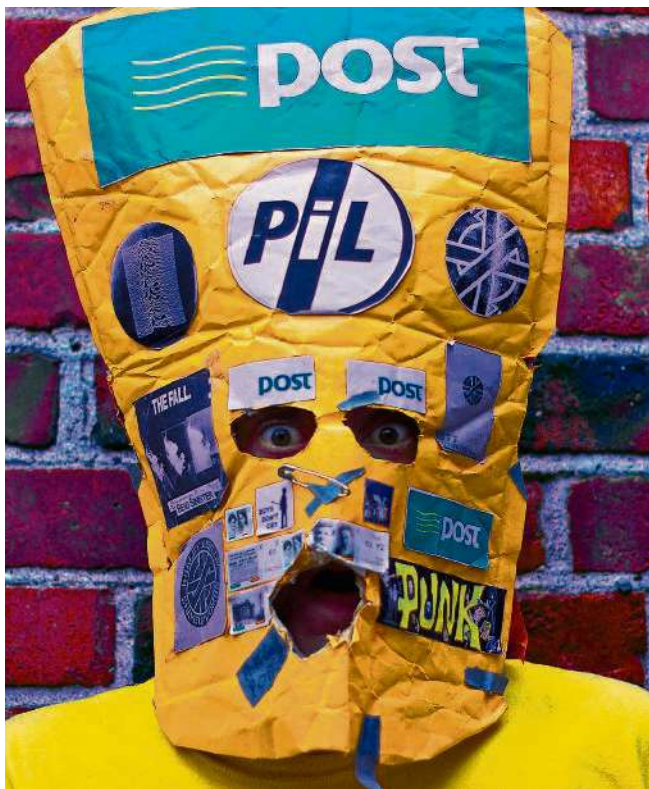
venue early next year, with his inspired, original brand of high-energy intelligent lunacy guaranteed.

Neil Dolan said: "A Jason Byrne comedy experience is something that is hard to explain to anyone who hasn't witnessed it. His performances have become legendary on the international comedy circuit.

"We are delighted to welcome him back to Limerick and invite Limerick audiences not to miss the chance to become part of this unique comedy experience."

See [www.dolans.ie](http://www.dolans.ie).





Post Punk Podge & The Technohippies headline the Love Our Air gig at Dolan's on Friday

# THINGS WHAT ARE ON IN LIMERICK



The Patrouille Tranchant jet team are a highlight of the Foynes Air Show



The Ollam are in Dolan's Warehouse on Thursday

**P**LANES bursting through the sky over Foynes, some genuinely marvellous city gigs and a chance for even the least-artistic among us to make a piece of art guaranteed to be on display in an actual art exhibition... ah, that's what we love about Limerick. Here's your highlights list for the weekend:

## Thursday (July 26)

If you feel like getting your hands dirty (and who doesn't), you can take part in an art workshop with Mary Conroy at **Ormston House** this Wednesday and Thursday. It's part of the Museum of Mythological Water Beasts series, which explores the river Shannon and its legends. You'll be working with mud and clay to create tiles from moulds of the Shannon riverbed. Best of all, your tile will become part of an exhibition in August, so you can legitimately tell your friends that you made an art. Zero experience is required, though having at least one working hand is an advantage. Drop in any time between midday and 5pm, it'll take you about 20 minutes. It's free.

The first Limerick **Swim & Run Aquathon** takes place this Thursday, forcing competitors to swim from St Michael's Rowing Club to Sarsfield Bridge and back and, if that wasn't enough, sending them on a 5k run along the river before they'll give them a towel. As someone who still takes ironic pride in my childhood cert saying that I can swim two metres, still the longest distance I've ever swum, I'm very much in awe of people who can swim 750 metres and not die. It'll start at 7pm and the best vantage points for the swim are the Shannon Bridge or the cityside quays.

There's a marvellous night of trad and jazz fusion at **Dolan's Warehouse** this Thursday from Belfast/Detroit combo **The Ollam**. Not content with just

It's another #WeekendInLimerick — and what a weekend! **Seamus Ryan** has the lowdown



All Our Exes Live In Texas play Upstairs Dolan's on Saturday

putting the two genres together, the group likes to break Irish trad apart and reassemble it as jazz funk.

They've solidly honed their craft over the past half-decade and put on a spectacular show. They're good enough that you might just walk away from the performance with a willingness to reconsider your long-standing view that the tin whistle was invented by the devil to annoy Irish people. This is the gig that you shouldn't miss this week. Doors at 8pm, tickets are €20.

## Friday (July 27)

Limerick's first **Critical Mass** event is this Friday at 6pm. It's a

mass cycling occasion so doesn't require you to be religious in any way. Unless you hold bikes to be sacred, and nobody's going to judge you for that unless you cycle on the footpath. Essentially, it's a group bike ride around the city at a slow pace, aiming to promote cycling as an alternative to driving. The hour-long family-friendly event will begin at Arthur's Quay Park.

**Love Our Air 2** is a fundraising gig for Limerick Against Pollution at **Dolan's Warehouse** this Friday night. Post Punk Podge & The Technohippies bring their deliciously-irreverent punk and trad performance to the stage as headliners. They'll be supported

by Jane Fraser and DJ Olivia Chau. Any of those acts would be worth the price of admission on their own. There may be some talk about pollution being bad (which it is) but Dolan's is the sort of venue that encourages people to shut up during the acts so you can just enjoy the music. Doors at 8.30pm, tickets are a tenner.

## Saturday (July 28)

There's plenty of colour and noise in Foynes this Saturday as the **Foynes Air Show** takes to the skies for the afternoon. 12 full aerial acts will take part in the show, including the Patrouille Tranchant jet team from Brittany, a supersonic Swedish Viggen jet and the first appearance in the annual show of the Irish air force. At the quirky end of the day, you can also see acrobatic feats of flight from Eddie Goggins the flying dentist and the Flying Cow, a plane painted like a Friesian. Entertainment isn't limited to the air - the town's streets will be packed from midday on with a carnival of acrobats, clowns and jugglers. The air show begins at 2pm and you're advised to get there early, as over 20,000 people are expected. The entire day is free.

If you're heading back towards Limerick city after the air show, you can catch **gandelow racing** at **Ringmoylan pier** at 6pm. The boats are unique to the Shannon river and have been a Limerick fishing staple for almost 400 years. This Saturday is a rare opportunity to see them competing for speed rather than fish. Extra points if you run down to the shore shouting "Run, run, you wooden horses!" It's a free show.

**All Our Exes Live In Texas** play upstairs at **Dolan's** this

Saturday night. The Australian quartet are a genuine delight of harmonic folk and their debut album *When We Fall* is worth adding to any music collection. They provide the best stage sass in the music business so if you're not a backwards sexist monster, you'll love them for their stage patter as much as for their wonderful harmonies. They also provided backing vocals on Kesha's monster 2017 hit *Praying*. None of my exes live in Texas. I feel like I haven't lived.

Applications on an Alamo postcard to the Leader office. Doors at 9pm, tickets are €15.

## Sunday (July 29)

Singers **Sara Ryan** and **Sinead Murphy** play a double-header gig at **Chez le Fab** this Sunday afternoon. It's a perfect pairing for a daytime show, with both musicians carrying strong folk and soul influences. Definitely worth dropping in. Doors at 4pm and it's a pass the hat gig. It would be helpful if you put something in the hat - it's pass the hat, not pass the parcel.

The Calgary-based **Westwinds Music Society** bring their concert band and choir to **St Mary's Cathedral** this Sunday for a concert in aid of Zara Cronin's neurosurgery fund. As Ireland doesn't have a single surgeon who can give the Clare 10-year-old the treatment she needs, Sunday is the perfect opportunity for you to give a child a chance at a decent life as well as enjoying a few tunes. Peak multitasking. Doors at 8pm, tickets are €10/€5 concession.

## All weekend

The **Signals Of Change** exhibition is at the Hunt Museum until September 2. The three exhibitions at Limerick City Gallery also run till September 2. All free to visit. That's your lot for this weekend; as always, if you go to things, there will be more things!





Darren Maher, Itzi Borreguero and James Blake at The Commercial Bar

# On The Town

## LAST WEEKEND THE LEADER VISITED BOBBY BYRNE'S & THE COMMERCIAL

Pictures: DAVE GAYNOR



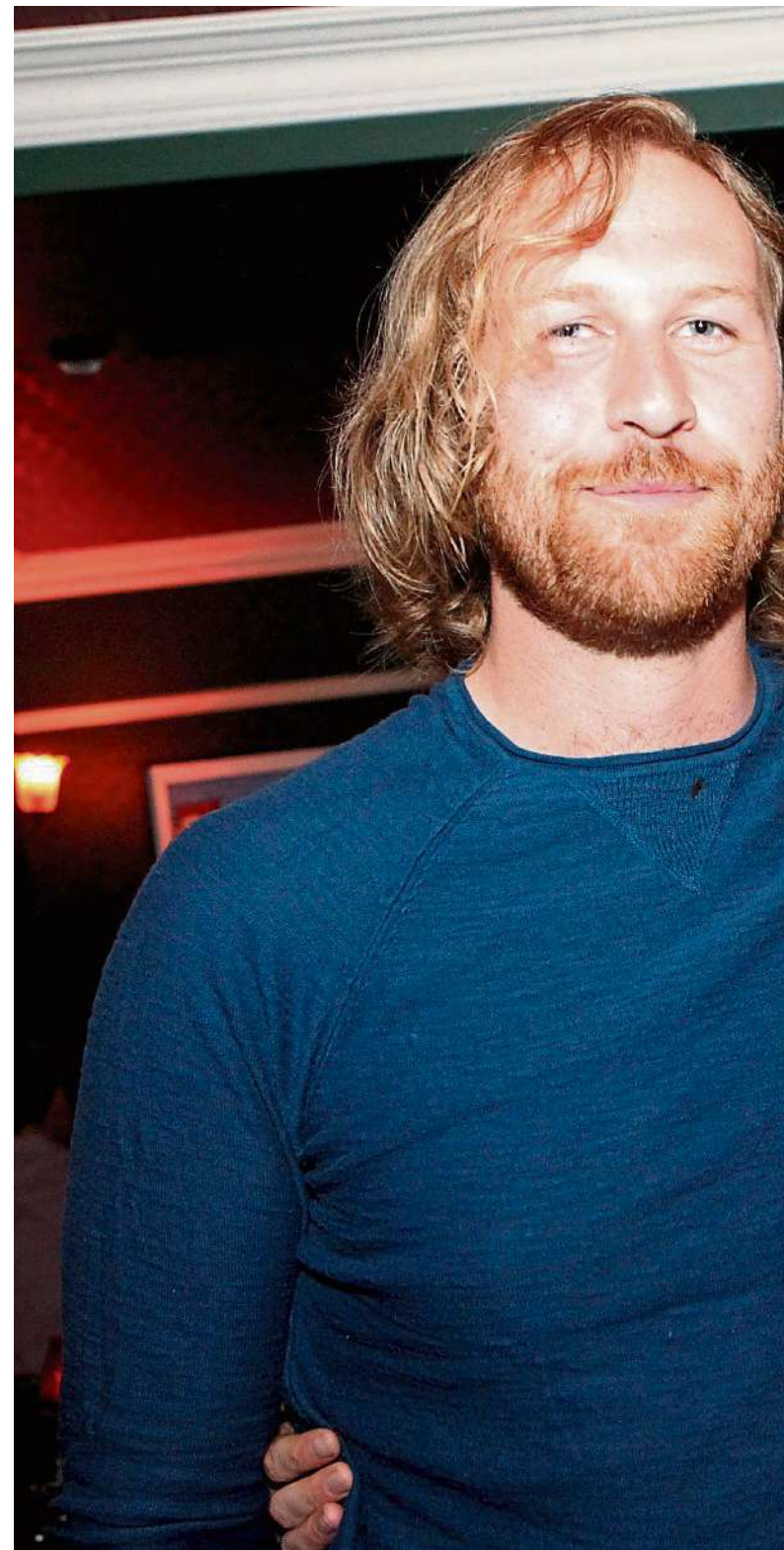
Maura O'Loughlin, Brian Richardson and Suzanne Diviney-Richardson at The Commercial Bar



Eoin O'Driscoll and Tracey Gantley at Bobby Byrne's Bar



Sarah Jane Hennelly, Treasa O'Sullivan and Lynn Kenny at The Commercial Bar



Aileen Sheehan and Ruth Halpin at The Commercial Bar





**LEFT: Criomhthain McCarthy and Liam Foote at The Commercial Bar**

**ABOVE: Cora Peters and Tina Grace at The Commercial Bar**

**RIGHT: Gillian Gleeson and Niamh Higgins at Bobby Byrne's Bar**



**Ivan Casey, Jenny Regan and Pat McConaghy at Bobby Byrne's Bar**



**Jennie Hogan and Rachel Finnin at The Commercial Bar**



**Mahesh Nepal, Roshan Timilsina and Hemant Taipuriya at Bobby Byrne's Bar**



**Rob Bowe and Marian Troy at The Commercial Bar**



**Tracy and Hannah Fahy at The Commercial Bar**

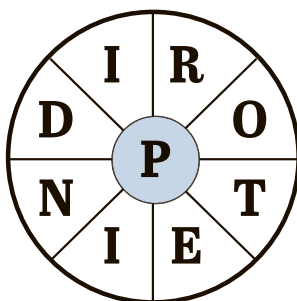


**SUDOKU**

	5		1				7	
		1	4		2			5
2	6		3				8	
1				3	4			
	4	5	2		6	8	3	
			5	8				6
		8					4	3
6				5	3	2		
	7				9			

**WORDWHEEL**

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



**How you rate:**  
20 words, average; 30 words, good;  
40 words, very good; 50 or more, excellent.

**DOUBLE CROSSWORD**

**Cryptic Clues:**

**Across**

- 7. What the marksman may achieve with true arrangement near the ring (5)
- 8. Pub profit is a good deal (7)
- 9. Disturbs frilly pieces of clothing (7)
- 10. Outside cover needed for this kind of stage (5)
- 12. A child of four (10)
- 15. Liberal description of one approaching the palmist? (4-6)
- 18. Do a turn round a country (5)
- 19. French officer to bring all forces together (7)
- 21. Make believe to be a claimant (7)
- 22. Call Violet to take the chair (5)

**Down**

- 1. Footwear at Wimbledon? (5,5)
- 2. Material work as a taxidermist (5)
- 3. Theodora Lawrence takes in a viva voce (4)
- 4. Humbled, as in a place to retire to (6)
- 5 & 17Dn. Utter searches for valuable container (8-5)
- 6. Honours produced by the horticulturist? (7)
- 11. What makes a celebrated person? Not skill! (10)
- 13. Deranged description of a broken-down door (8)
- 14. Discounts are best when revised (7)
- 16. Wanderers producing a variety of damson (6)
- 17. See 5 Down
- 20. Proverbially wander inside (4)

1	2	3	4	5	6				
7				8					
9					10			11	
		12	13						
			14						
15				16					
								17	
18				19	20				
21					22				

**Quick Clues:**

**Across**

- 7. Fatuous (5)
- 8. Strait (7)
- 9. Social worker (7)
- 10. Hotel for motorists (5)
- 12. Affirm (10)
- 15. Make poor (10)
- 18. Leather strop (5)
- 19. Deer meat (7)
- 21. Manage (7)
- 22. Sea (5)

**Down**

- 1. Frustrate (10)
- 2. Judges (5)
- 3. Stupefy (4)
- 4. Rare (6)
- 5. Not injurious (8)
- 6. In place of (7)
- 11. Naval officer (10)
- 13. Barbarism (8)
- 14. Nominate (7)
- 16. Rebellion (6)
- 17. Awry (5)
- 20. Midday (4)

**CODEWORD**

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

13	24	11	7			21			9	10	16	23
	26			1	10	3	11	19		22		25
17	11	16	1	26		6		11	22	11	18	25
	19			2		25		4		7		16
	5	2	16	6	10	7	3	8		10	16	16
15				25		22				16		25
11	5	5	10	5	8		15	26	9	25	6	5
7		21				19		2				5
11	21	25		5	3	11	8	8	25	24	5	
17		13		26		4		4			11	
26	4	8	25	16		8		26	19	10	2	22
16		24		5	10	6	25	20			16	
19	2	25	8			14			12	2	11	14
1	U	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A  
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W  
X  
Y  
Z

**LAST WEEK'S SOLUTIONS**

**DOUBLE CROSSWORD:**

**Cryptic:**  
Across: 1 Stratagem; 8 Lam; 9 Second-sight; 11 Man-made; 12 Nurse; 13 Stitch; 15 Damage; 17 Needs; 18 Patriot; 20 Rallentando; 22 Rue; 23 Strolling.  
Down: 2 Tie; 3 Tonga; 4 Gas jet; 5 Magenta; 6 Alternation; 7 Implement; 10 Centimetres; 11 Misinform; 14 Castles; 16 Appear; 19 Total; 21 Don.

**Quick:**

Across: 1 Plausible; 8 Air; 9 Table tennis; 11 Perfect; 12 Brine; 13 Oberon; 15 Kennel; 17 Ensnare; 18 Trawler; 20 Grand Canyon; 22 Tea; 23 Exonerate.  
Down: 2 Lea; 3 Sieve; 4 Breath; 5 Ennoble; 6 Passion play; 7 Propeller; 10 Barley sugar; 11 Prosecute; 14 Overawe; 16 Studio; 19 Aware; 21 Opt.

**SUDOKU:**

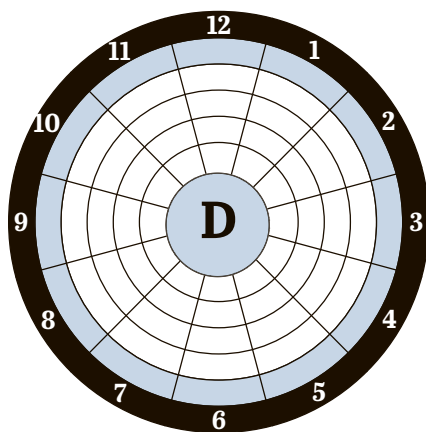
8	2	7	1	3	5	6	4	9
1	9	3	4	8	6	2	7	5
6	4	5	2	7	9	3	8	1
7	5	8	6	4	2	9	1	3
4	3	6	7	9	1	8	5	2
2	1	9	3	5	8	7	6	4
5	8	2	9	1	7	4	3	6
9	7	4	5	6	3	1	2	8
3	6	1	8	2	4	5	9	7

**CODEWORD:**

1=B, 2=R, 3=J, 4=G, 5=N, 6=W, 7=P, 8=F, 9=H, 10=V, 11=K, 12=Y, 13=L, 14=X, 15=M, 16=O, 17=E, 18=A, 19=Q, 20=S, 21=L, 22=Z, 23=T, 24=C, 25=D, 26=U.  
**WORD WHEEL:**  
TRAIPSING.

**CLOCKWORD**

The solutions from 1 to 12 are all six-letter words ending with the letter D in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a US actor.



- 1. Evil
- 2. Task
- 3. Holy
- 4. Mythical story
- 5. Worn away
- 6. Shouted
- 7. Frightened
- 8. Deadened
- 9. Pressed
- 10. Calm
- 11. Engraved
- 12. Unit of time

**NINER**

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

**THE CLUES:**

- 16249 gives a flower;
- 465586 gives a plant;
- 834764 gives a tree.

**KAKURO**

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

	9	8	20				33	9	
11				19		8	10		
25									
		4				13			3
			10				9		
		16	14				21		
		37							
	12				6			8	
3									
4						13			21
11			13	18			11		
						23			9
	27							14	
							12	9	
			26						
			30						

**SPLIT DECISION**

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

Z	G	B	X	A
R	E	T	R	T
O		H		I
E		R		R
O	Z	O	D	U
M		O		S
K		P		N
R	W	M	V	A
S	A	S	B	S

**SUDOKU**

7		1				6		
			4	8				
4				2		5		8
	6		9					
	2	8				4	1	
					6		5	
2		6		5				3
				9	4			
		7				9		2

**LAST WEEK'S SOLUTIONS**

**CLOCKWORD:**

1 Ballad, 2 Intend, 3 Lifted, 4 Lizard, 5 Yelped, 6 Candid, 7 Rancid, 8 Yanked, 9 Shield, 10 Thread, 11 Absurd, 12 Liquid.

CELEBRITY: Billy Crystal.

**NINER:**

SEDUCTION

**KAKURO:**

		5	6		2	5			
	7	1	3		9	1	7		
3	9			4	3	6	9		
9	6			1	5	3	8		
		2	1	5		1	5	2	
		9	8	6	2	3			
1	2	6	7						
2	3	8		4	5	6	5		
4	2			8	2	9	3		
9	5			4	6	7			
7	4			1	2				

**SUDOKU:**

3	5	7	8	6	4	9	1	2
8	2	6	1	7	9	4	5	3
1	9	4	3	2	5	8	6	7
4	8	5	7	1	3	2	9	6
6	3	1	5	9	2	7	8	4
9	7	2	4	8	6	5	3	1
5	4	9	2	3	1	6	7	8
2	1	8	6	5	7	3	4	9
7	6	3	9	4	8	1	2	5

**SPLIT DECISION:**

J	A	U	N	T
E		S		U
A	D	A	P	T
N		G		O
S	P	E	A	R



# LEADER LIFE

\* Fashion, Beauty, Health, Fitness and more from Limerick's Best Columnists

## A Day In My Shoes

**David Corbett**

Owner of the Green Onion Cafe, Rutland Street

# Limerick foodies welcome Green Onion Cafe opening

### What time do you get up?

5.30 am, except on Sundays when no alarm is set.

### What is your normal breakfast?

Porridge with maple syrup and banana every morning, except Sundays when my girlfriend makes me protein pancakes.

### Do you go for a walk or to the gym before/after the office?

Exercise has been on the back foot lately while I was trying to get the Green Onion open. I am hoping to get back with my Sunday morning cycling buddies very soon. I used to do marathon running but cycling is my main form of exercise now, easier on the knees!

### You arrive at office at what time?

I get to the café by 7, we open at 8.

### What are your first duties?

Put the ovens on, start preparing breads, scones and baked goods which are all made in-house daily.

### How many cups of coffee/tea would you drink a day?

Officially two Anam Flat Whites (it may be more!), when the jitters set in I switch to caffeine-free Intelligent Teas which are fantastic, Chillax is my go-to.

### What is normal lunch - do you have a favourite place?

Green Onion Café middle eastern flatbread with Toonsbridge halloumi, Real Olive Company basil hummus and olives. If we are off we love La Cucina Centro where my good friend Diarmuid O'Callaghan is head chef and never disappoints.

### Do you have many meetings during the day?

Most meetings involve talking to exciting new small food producers. We use as many local and Irish food products as we can and are always on the lookout for great new additions



to the menu.

### What time do you finish up at?

The Green Onion closes at 5 and I finish at 6.

### Do you watch much television?

I don't watch TV but we love Netflix on weeknights and movies on our Apple TV on Friday and Saturday nights, Sunday night is family movie night.

### Do you read the newspapers?

I read all news online

including the Limerick Leader!

### What do you do to relax?

Drink wine! Also we live in the countryside so a day in my hammock in our garden sounds so good right now.

### Are you able to leave the office behind?

Because the café has only been open for two weeks I do not leave work behind, but once things settle down I will switch off (sometimes!).

### What is a perfect work day?

**David Corbett takes a break at the Green Onion Cafe, Rutland Street**

When everything goes right in the kitchen. It can be a stressful environment but I have a great team.

### Do you ever lose 'the cool' and if so what would make you annoyed?

As a younger chef in my twenties, I may have been known to lose the cool, but I feel I have definitely mellowed and I don't tend to get annoyed at work, you just have to get on with it, especially when you're co-ordinating a team of staff who are doing their best.

## INSIDE THIS WEEK



### FAB FASHION FOR THE WEST

Celia's trip out to Glin proves fruitful  
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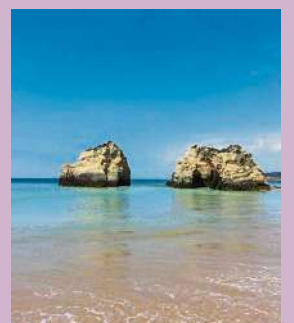
### BREAKING UP IS HARD TO DO

Advice based on Patrick's heartache  
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### HELP OUT ST GABRIEL'S

Funds needed for new facility  
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### LAST MINUTE GETAWAYS

Meghann shares her top destinations  
PAGE 58



# Tolerating uncertainty - Time to take an apple a day!



## ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

**T**HE inability to tolerate uncertainty tends to be a unique feature of people who experience generalised anxiety and excessive worrying.

This is an attitude many people have towards life. When one has this attitude, uncertainty, unpredictability, and doubt are seen as awful and unbearable experiences that must be avoided at all costs. People who hate uncertainty and need guarantees may:

- \* Say things like: "I can't cope not knowing," "I know the chances of it happening are so small, but it still could happen," "I need to be 100% sure."

- \* Prefer that something bad happens right now, rather than go on any longer not knowing what the eventual outcome will be

- \* Find it hard to make a decision or put a plan or solution in place, because they first need to know how it will work out.

You may think that worrying is a way of preparing yourself for the worst – getting you ready for anything that might happen. Worrying is seen as a way of attempting to predict life so that there are no nasty surprises. As such, worrying reduces your experience of uncertainty and unpredictability. And because worrying reduces your feelings of uncertainty, you will continue worrying and worrying and worrying. In other words, you keep worrying because you believe it is your only strategy for making things in life more certain and more predictable – it helps you believe that you have more control.

In reality, has your worrying made anything more certain or more predictable? By worrying, does it change the outcome of what will happen? Isn't life still as uncertain and unpredictable as it ever was? It is only your perception that you somehow have more control by worrying. But is this really true? In fact, all you have done is think of all the worst case scenarios and worked yourself up and made yourself feel really bad in the process. So, ask yourself, is it really worth it? Does having a 'fake' sense of certainty justify all the

negative consequences of worrying? If your answer is 'No', then there are two ways you can tackle your intolerance of uncertainty.

We can deal with uncertainty in two main ways. We can challenge our need for certainty by looking at the advantages and disadvantages of needing to be certain and how it affects us. We can explore other areas of our lives in which we do tolerate uncertainty, or look at how other people deal with uncertainty, such as friends or characters in television programmes.

**DID YOU KNOW?**  
Around 1 in 6 people in Ireland will experience a mental health problem like anxiety each year

### AN APPLE A DAY

The other way is to learn to tolerate uncertainty - to reduce our need for certainty. And we can do this, using the acronym: APPLE  
Tolerating Uncertainty with APPLE:

**ACKNOWLEDGE** - Notice and acknowledge the uncertainty as it comes to mind.

**PAUSE** - Don't react as you normally do. Don't react at all. Just pause, and breathe.

**PULL BACK** - Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think! Thoughts are not statements of fact.

**LET GO** - Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

**EXPLORE** - Explore the present moment, because right now, in this moment, all is well. Notice your breathing, and the sensations of breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right Now.

Then, SHIFT YOUR FOCUS OF ATTENTION to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully, with your full attention.

It's time to ditch persistent worrying, its time to take an apple a day!



\* Dr Eddie Murphy is a clinical psychologist, author and mental health expert. To contact him, call 087 1302899 or go to [www.facebook.com/dr.eddie.murphy.psychologist](http://www.facebook.com/dr.eddie.murphy.psychologist)

Worrying never changes the outcome of an event





# HEALTHY LIVING

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## Discovering real relief for migraines

IT might be the changeable weather with high air pressure, but I get lots more complaints about migraines from clients.

These severe, nearly disabling headaches affect nearly half million people, that is about 15% of the population in Ireland. They can occur anywhere from once a year to three or four times a week and they can last from hours to days, often associated with an aura, light

sensitivity, nausea, vomiting, and severe throbbing pain on one or both sides of the head, even stroke-like symptoms or paralysis in some cases.

What is worse, migraines are hard to treat and very difficult to prevent with conventional approaches. There are a host of preventive drugs — calcium channel blockers, beta-blockers, anti-seizure medications, antidepressants, and more — which work poorly, if at all,



**About 15% of the population in Ireland suffer from bouts of migraines**

and are accompanied by frequent side effects, including strokes. Still other treatments can lead to addiction or dependence.

The problem with migraines is the same one we see so often in medicine: treating the symptoms, not

the cause, which may be very different depending on the person. In fact, there may be more than 20 different causes of migraine headaches! These may be stress, hormonal imbalances, blood sugar irregularities, endotoxicity

with gut fermentation and liver sluggishness, food intolerances or reactions to food additives, nutrient deficiencies or increased requirements for specific nutrients due to genetic or lifestyle individualities and so on.

The good news is that nutritional therapy based on functional medicine can help to identify the root of the problem and support your body getting back to balance. Knowing the timing of the attacks are helpful — is it around ovulation or period times? Is it after a night out or a Chinese take-away? Triggered by processed foods, chocolate or any other particular foods? Is it accompanied by fatigue, muscle pain or brain fog?

In any case it is best to avoid processed foods full of additives — so called excitotoxins; these are sweeteners, taste enhancers

(“natural flavourings”, yeast extracts, MSG, aspartame, etc.), preservatives, sulphites and food colourings, alcohol, processed foods and excess caffeine. Tyramine-containing foods like chocolate and cheese are also well-known triggers.

Migraine relief often results from the flow of serotonin, which elevates moods, relieves anxiety and tension, and relaxes tiny muscles around capillaries in the scalp. The herb Feverfew is well known for preventing attacks — but only as part of a complex therapy.

In most cases, a combination of treatments is necessary, since the root might be a combination of chain reactions in the body. Therefore, it is best to get to the bottom of your symptoms.

Find out more on my website — and get ready for migraine relief.

## LIMERICK LEADER

For news and reviews, go online and check out our new **MOTORS** section.

[www.limerickleader.ie](http://www.limerickleader.ie)







Tommy and Marie Kelly, Gouldavoher at their 50th wedding anniversary party and Tommy's 70th birthday party with their grandchildren, Abby, Michelle, Gary, Sarah, Valerie, Chloe and Anna in the Unicorn Bar, Dooradoyle



Tommy and Marie Kelly, Gouldavoher surrounded by their family and friends at their 50th wedding anniversary party and Tommy's 70th birthday party in the Unicorn Bar, Dooradoyle

# Out & About

## TOMMY AND MARIE KELLY'S 50TH WEDDING ANNIVERSARY PARTY

Pictures: DAVE GAYNOR



Anne and Pat O'Carroll, Gouldavoher



Annmarie O'Carroll and Louise O'Carroll, Prospect and Amy O'Carroll, Weston



Jason and Sarah Benn, Prospect



Liz Keane and Joan Buckley, Gouldavoher



Tommy Kelly at his 50th wedding anniversary party and 70th birthday party with his sisters, Mary Kelly, Prospect and Esther Regan, Birmingham



Brian Flanagan, Prospect and Frank O'Donoghue, Weston





Guests at their 50th wedding anniversary party and Tommy's 70th birthday party in the Unicorn Bar,



Monica and John Ryan, Ballynanty at Tommy and Marie Kelly's 50th wedding anniversary party and Tommy's 70th birthday party in the Unicorn Bar, Dooradoyle



Anna Walsh and Lisa Kelly, Gouldavoher



Mary O'Carroll, Prospect and Geraldine Reidy, Lee Estate



Ger and Roberta Fitzgerald, Gouldavoher



Aidan and Laura Sheehan, Caherdavin and Caroline and Liam O'Callaghan, Ballinacurra



Marie Kelly with her brother, Michael Cronin and sisters, Kathleen Carroll, Margaret Cronin, Martina Boland, Anne O'Driscoll



Liam and Teresa Loftus, Denis Ryan and Brendan Keane Gouldavoher



# POSITIVE PARENTING

LOVE PARENTING 

## Top Tips

### For happy Road Trips with Kids

It's the time of year when many families pack up the kids, the beach gear, the kitchen sink and head off for a long drive. Whether it's an hour to the local beach or a car and boat trip overseas, below are some tips to keep everyone smiling.

#### Safety First

Make sure all car seats are fitted correctly, and the car is serviced. Pack a first aid kit and plenty of water

#### Snacks!

Have breakfast before you leave, and make sure you have plenty of snacks, such as fruit or cereal bars, easily to hand

#### Take a Break

Try to plan a few scheduled stops in places that are convenient but also provide a nice break. Look for any local parks along your route.

#### The All-Important Play List

Music is one of the best things about a road trip. Let everyone in the family pick their favourites. Try to get a balance of upbeat songs to get everyone singing along and quieter tunes to let your thoughts wander

#### Car sick, anyone?

If anyone in the family is prone to travel sickness, make sure you talk to your GP or pharmacist to see if there are any suitable medications you can have on hand. Make sure you have paper bags, just in case.



# Bringing some of your holiday home

Have you ever noticed that getting away from the daily routine and familiar environment-whether it is a day trip to the seaside or a week abroad-- can give everyone in the family the space to relax and enjoy each other's company?

Parents can break free of the usual pattern of racing to keep the household routine on track, refereeing disputes and negotiating with children. A break away gives us the space to focus on those affectionate, positive moments with our children and to really appreciate our children for the unique, interesting people that they are.

Think about how you can capture those happy, positive

feelings and bring them in to your everyday life. We know that calm, relaxed children are more cooperative and better able to learn. In order to achieve this sense of calm, children need meaningful, special time with their parents.

Here are some suggestions to bring some goodwill into your home and make family life a little more relaxed and fun:

- Spend more time chatting: talk about mundane, everyday things. Share your thoughts and opinions on topics and ask for theirs. Even very young children will have their views on favourite foods, colours, animals etc.

- Praise your children for being cooperative, helpful and kind to each other and tell them how this makes you feel. Children respond well to praise and encouragement and they will feel happy if you are happy.

- Do simple activities at home that mean you are spending time together. Try activities like having a picnic in the garden (or the living room), reading stories, playing board games or doing jigsaws.

- Household chores still need to be completed so why not do some of these together? Children can help put laundry away, help with cooking, cleaning the car and

tidying up. If you give each child their own individual task, they will begin to cooperate more and take pride in their task. Remember to praise a job well done

Your child is lots of fun to be with and the most rewarding part of being a parent are those times when we get to spend relaxed time having fun with our children. Both you and your children will be happier and more relaxed in each other's company the more opportunities you have to do this. Create this relaxed holiday feeling at home as often as you can because you and child deserve to be happy every day.





# FIT4LIFE

## LEANNE MOORE

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# Break free of emotional binge eating

**D**O you tend to see a link between what you feel and what you eat? For example - at times when you feel strong emotions like stress, heartbreak, sadness and anxiety - are you more inclined to reach for food as a way of “dealing” with those emotions or as a way of feeling some comfort?

I know for me this used to be very true. I was an emotional eater. I would feel a strong emotion and feel bad and reach for the wrong foods, overeat and then start to feel the guilt. It's a vicious cycle that can be very hard to break. Recognising whether or not you are an emotional eater is the first step to helping break this cycle. After this there are a few things you can do to ensure you don't get caught up in the same old routine again. Take a look.

#### 1: BE AWARE OF YOUR HABITS

It may sound simple enough but this is a massive step to breaking through the barriers that are stopping you from overcoming your unhealthy habit. Journaling - though a lot of work - can be a great

tool to kicking bad habits. When ever you feel a negative emotion, write it down. Be aware of it, what is causing it and understand why you are feeling it. That way if you do reach for the packet of biscuits or the bar of chocolate you are at least aware of the reason why. You can then ask yourself what “comfort” are you really getting from eating what you are eating, and go as far as to ask yourself will you actually feel better or worse afterwards. Being aware is half the battle.

#### 2: DON'T DIET

Do not adopt restrictive diets into your lifestyle. These paired with the feeling of strong emotions are a sure fire way to completely “fall off the wagon”. When you adopt a diet that is restricting you, and then have a day or few days where you are off track, it's too easy to start feeling feelings like guilt and disappointment. Instead just aim to eat as healthily as you can. Everything in moderation including moderation itself.

#### 3: FIND A HOBBY OR INTEREST

For emotional eaters food temporarily makes you feel “good”



Everything in moderation including moderation itself

so finding an interest or hobby that gives you the same feelings will go a long way to helping you break the vicious cycle. Take up a gym class, try a sport, read, take in some nature or anything at all that makes you feel relaxed and puts you in a positive space.

#### 4: KNOW YOUR TRIGGERS

Getting to know what triggers your emotional eating will also help you to reign it in. Go back to the journaling and understand when these instances are happening. You'll soon have a handle on the general pattern and be in a stronger

position to stop it.

#### 5: MOVE ON

If you do succumb to your emotions and indulge - don't dwell on it. Leave it in the past, don't allow yourself the flood of further negative emotions. Simply move on.

## Healthy Recipe Sesame Chia Balls

### What You Need

1/3 Cup Roasted Cashews  
 1/3 Cup Macadamias  
 1 Cup Pitted Dates  
 2 Tablespoons Chia Seeds  
 2 Tablespoons Sesame Seeds  
 1 Tablespoon Maple Syrup

### What To Do

Blitz cashews, macadamias, dates, chia seeds, syrup and 1/2 sesame seeds in a processor until it forms a thick paste-like consistency. Roll mixture into balls



and roll in the remainder of the sesame seeds to coat.

Refrigerate for 30 mins till firm.

## Moore2Life

What I'm loving this week

## Our Go Gym Fitness Meal

Go Gym Limerick and I have teamed up with The Good Food Outlet to create a delicious Go Gym Fitness meal. The meal - which consists of either a pesto salmon or pesto chicken option, is accompanied by baby potatoes and mixed veg and is a perfect grab n' go option for a healthy lunch or dinner.

And now for the best part. For every Go Gym Fitness meal sold from now until September 30 - The Good Food Outlet is going to donate €1 to local charity Clionas Foundation which



aims to provide financial support to families of children with life limiting illness. If you can at all over the next 10 weeks - please

pop into The Good Food Outlet, buy the Go Gym Fitness meal and enjoy a delicious dinner whilst also giving to an amazing cause.





# STYLE & FASHION

**CELIA HOLMAN LEE**

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One of my favourite dresses that I spotted was a vintage satin number with waist beaded detail



Pretty in pink another fab dress from Brides Boutique

## Into the west for fabulous fashion

**T**HE lovely picturesque village of Glin is the site of this week's Leader fashion shoot. Nestled in the heart of the village is Brides boutique which stocks, mother of the bride/groom and special occasion wear as a speciality.

When I visited the store in Glin recently I saw classic tailoring ideal for mother of the bride and mother of the groom. Another look I found very interesting was a black and white with gold lace dress ideal for an alternative look.

The vintage look seems to continue to play a big part when it comes to weddings especially guests and even the bride.

One of my favourite dresses that I spotted was a vintage rose satin dress with waist beaded detail. They stock Irish and international labels and what really impressed me were the hats and fascinations that you can buy or rent for the races or that special occasion and there is plenty of choice.

With the Galway Races fast approaching, lots of new styles to choose from. Happy shopping in Glin.



Simple eloquent is this monochrome dress



Be ready for the races with this lovely ensemble



## CELIA SPOTTED

Looking good out and about in Limerick

**Name:** Jennifer Markham  
**Occupation:** Intern at Keating Connolly Sellors  
**From:** Castletroy

**J**ennifer's style icon is the beautiful Kim Kardashian, a woman known worldwide for her famous curves and infamous 'selfies'. Always ahead of the pack, Kim has really upped the style stakes in recent years and gone from strength to strength. As well as Ms Kardashian West, Jennifer also admires her own mother's glamorous style. "My mom is really my style icon," she tells us. "I know that's very cliché but she's very glamorous."

### CELIA SAYS

**Dress from Willow:** What better way to celebrate a sunny day than with a beautiful blue dress! Jennifer's lovely cobalt and sky blue number perfectly complements her blonde tresses and is tailored perfectly. She picked up this dress in Willow, a gorgeous boutique in both Ennis and Galway.

**Shoes from Shoerack:** A comfortable, but stylish pair of strappy white sandals should be a summer staple in every wardrobe as they can take you right from the beach to a night out. Jennifer's pair here from Shoerack add a lovely pop of contrast against her blue frock.

**Bag from Penneys:** Jennifer likes to pick up bargains in Penneys. "The prices are great and you can still get something nice," she explains. "You can dress it up and then someone could have the same dress as you but you can wear it in a different way, so there's a lot of variety there!"



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# MAN ABOUT TOWN

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One is the loneliest number: Breakups are one of the worst life experiences that we'll have to go through

## Getting over a break up (part 1)

**B**REAKUPS are fairly crap, there's no two ways about it. Even if you're the one instigating the split, breakups are one of the worst life experiences that we'll have to go through.

And the chances are pretty high that you'll have to experience one; studies have shown that by the time

they reach their 30's, a high percentage of men will have endured three serious breakups.

Some breakups are obviously going to hurt way worse than others but a lot of that is down to the level of respect the person ending the relationship displays for their soon-to-be-exes sense of self worth during the breakup. What this

means is that the difference between fleeting hurt and months of heartache lies in whether your partner endorses you or delivers a character assassination on their way out.

Breakups are much worse when people feel that they have been rejected for who they are as a person, rather than a declaration

that two people just aren't right for each other. When you feel that you've been rejected as a person by your former partner the effects on your confidence and self worth are a lot more destructive and therefore will take a lot longer to bounce back from. Consider this the next time you're about to drop the mic on your partner.

Breakups are also another one of those things that women do better than men. While the initial stress of a split is likely just as bad for both parties, women burn hot and fast like an oil fire; they cry, they watch movies and drink wine with their friends, they post memes, they watch Ellen and then they get on with it. We guys on the other hand tend to bottle it up, drag it out, obsess over details, social media stalk and most of all, not talk about it. When sh\*t meets fan, we don't talk and this can trigger an actual condition called abandonment rage. Men are embarrassed to show their true feelings at the best of times but when it comes to breakups, we are more likely to engage in bravado, pretending that we don't care because we "never liked her anyway" or "she was a sh\*t ride" rather than being honest and admitting how we feel inside, especially to other men.

Naturally, the worst kinds of breakups are the ones that involve cheating or infidelity. Cheating makes for a very bitter breakup because on top of the normal feelings of pain and rejection that come hand-in-hand with a split you also have feelings of betrayal and deep emotional hurt.

If you've ever been cheated on you can probably relate to the emotional hijack that occurs. You want to kill the person they cheated with, you want to punish your partner and get back at them for what they've done.

I've been there myself but this behaviour is of no benefit to anyone, especially you, and the



**Breakups are also another one of those things that women do better than men**

emotional baggage that it creates can damage your chances of having a happy relationship with someone else in the future.

I'm writing this because I've recently gone through a particularly painful breakup myself and I find writing about it helps a lot. Not sulking, social media stalking or fixating on the reasons things turned sour – writing. Putting my thoughts down on paper is cathartic and I find that writing about the positives of the relationship serves me better than listing what we both did wrong. I also speak to a counsellor every few weeks, which is something I always strongly advocate anyway but for me, with the breakup coming so close to the death of my dad, I don't think I'd have been able to get through the last couple of months without counselling. I've also had the support of my family and good friends which makes things easier but I'm aware of the reasons that men don't usually talk about their true feelings in these situations (you don't want people to think you're a misfortune and you don't want a slagging from your friends) so I find it a lot easier to thrash it out with a professional. I'm not going to pretend I'm over the whole thing and therefore, in a good position to give tips and advice on getting over a breakup, I'm not. But I've done the research and the reading so next week in Part 2 I'll share some of the best pieces of advice that I could give anyone going through a breakup.

### Look of the Week Jack and Jones

**My look of the week is from one of my favourite local stores, The Jack and Jones store in The Crescent Shopping Centre. I pop in for a look any time I'm in The Crescent and I usually pick up a few bits while I'm there. Check out this classic casual look. The Classic polo shirt costs just €24.99, my Liam original skinny jeans cost €59.99 and my trainers cost €59.99. The Jack and Jones store in the Crescent is the ONLY Jack and Jones store in Limerick so call into Chris and the team and check out their summer range. Photo by Paudie Bourke.**



### Grooming Shiseido For Men

A few weeks ago I received a product to review from Japanese cosmetics company Shiseido.

If you're unfamiliar with the name, Shiseido are the oldest (founded in 1872) and the 4th largest cosmetics company in the world. Shiseido adopt a 'let the quality and efficacy of our products speak for themselves' mentality



and they most certainly do 'speak'. So for the last few weeks I put the Shiseido Men's Total Revitalizer Cream to the

test. The cream is unlike most I've tried recently in that it's very lightweight and doesn't immediately absorb into your skin.

But as with most things worth having, patience is the key; rather than trying to force the moisturiser in, massage it gently onto your face and leave the moisturiser to absorb in its own time.

The texture is light that you feel like you should apply more but after a couple of days use, you'll perfect the

amount you use. In terms of results, the lightweight nature of the moisturiser allows your pores to breathe which is conducive to clear, blemish free skin. The texture gives your skin a slight radiance, without being too shiny.

You'll find it in selected pharmacies nationwide or online for around €80.

If that seems a little steep for a face cream then rest assured that you will see a huge difference after four weeks of use.



# Encore confirmed for concert in aid of mental health charities

**ANTHONY GEOGHEGAN**

anthony.geoghegan@limerickleader.ie

AN EMOTIONAL gig in Limerick that featured an all-star lineup performing for a good cause will return next January.

#MetisMusicForMentalHealth raised over €16,500 earlier this year at Dolan's Warehouse for Mid-West Pieta House and Limerick Suicide Watch.

The event focused on helping people address mental health issues through the power of music.

Metis Ireland's Karl Daly was responsible for putting together a star-studded local line-up.

Voice of Ireland finalist Aoife McLoughlin kicked off the gig and was followed by former Limerick chamber CEO, James Ring and his band the Stray Saints.

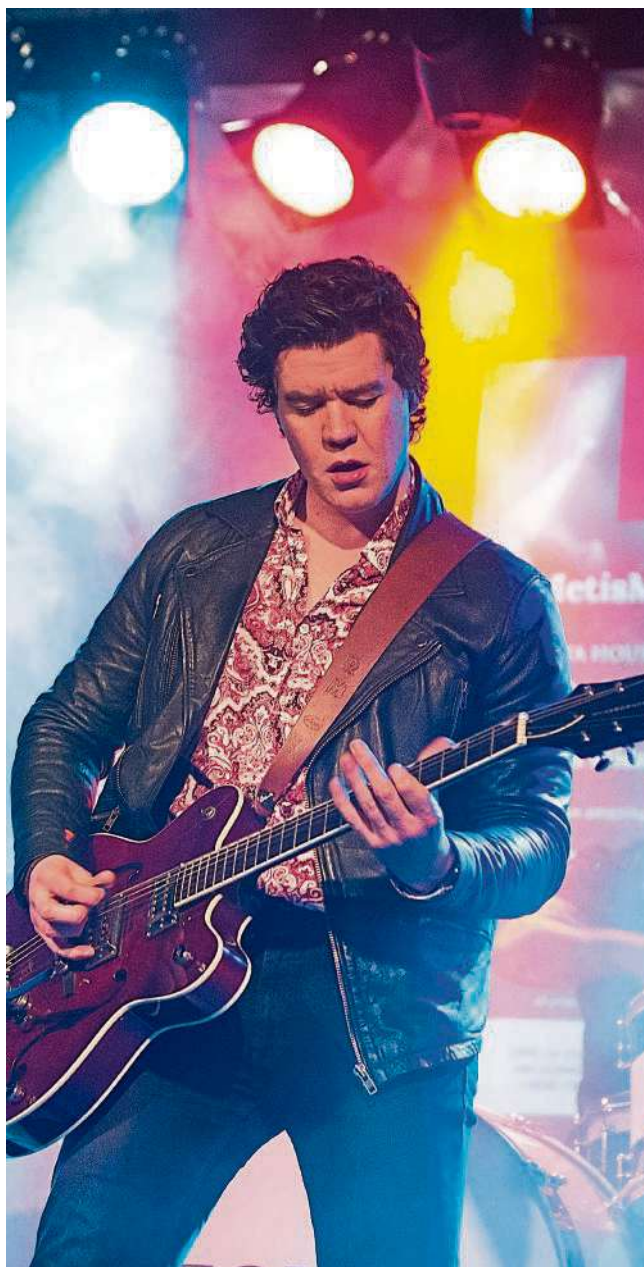
Local stars Nile St James and Fox Jaw also dazzled onstage and were followed by Kamal Ibrahim who presented a short film titled; "If Only" which made a strong emotional impact on the audience.

The event closed with a unique Limerick-flavoured collaboration. Emma Langford, Nile St James, Cein Daly, Hermitage Green's Dan Murphy and Dermot Sheedy and Cranberries guitarist Noel Hogan, collectively known as the 'Greenberries' electrified the audience with their renditions of Cranberries classics.

The concert is set for January 12 2019. Look out for tickets online at dolanswarehouse.ie and follow the hashtag #MetisMusicForMentalHealth.



**Singing their hearts out: Above Emma Langford, Below, Nile St James, Right, Fox Jaw and Aoife McLoughlin all performing for last year's event at Dolan's Warehouse all inspired a second gig for next January** PICTURE OISIN MCHUGH TRUE MEDIA







# I ♥ LIMERICK

## RICHARD LYNCH

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# St Gabriel's campaign to bridge funding gap for new facility

**T**HE first Respite House for children with physical disabilities and complex medical needs in the Midwest will be a game changer for them and their families, one of the over 100 families across the region that will benefit from it has stated.

St Gabriel's Children's Respite House, a special purpose-built facility, will be located in Mungret, on the outskirts of Limerick. This state-of-the-art, six-bedroom facility is being developed at a cost of €2,481,635, with €1m already donated by the JP McManus Foundation.

St. Gabriel's has now embarked on a major fund-raising campaign to raise a shortfall of over €1million for the facility, construction work on which will be completed in the autumn, with an opening scheduled for the spring of next year.

The fundraising campaign was launched last week at the Savoy Hotel and was attended by families with children who will benefit from the new facility.

Among those to address the event was Mary Quinlan, mother of 13 year old Maia Quinlan from Limerick – the



Maia is pictured at home near Patrickswell Co Limerick with her parents Pat and Mary Quinlan and sisters Cara and Amelie

PICTURE: ARTHUR ELLIS

family that has generously allowed its personal story to be the case study for the campaign in order to articulate the great need for this new facility. Mary said,

“at the moment, the only suitable respite facility in the country where Maia can go to is in Dublin and Maia is one of over 100 families across the region that needs

this vital service.”

Of Maia's needs, she said, “Maia is like a newborn baby in the body of a 13-year-old. She has quadriplegic cerebral palsy, so she is

unable to use any of her limbs. She is unable to do anything for herself. We know Maia will be in really good hands at St. Gabriel's. This will be an absolute

game changer for a lot of families.” Those wishing to donate to the campaign can do so by contacting Kate Sheahan at [ksheahan@stgabriels.ie](mailto:ksheahan@stgabriels.ie).

## ‘Ireland meets the Midlands’ workshop benefits region

THE Shannon Region Conference and Sports Bureau are celebrating 15 years in business this year.

The Shannon Bureau promotes the Shannon Region as a location for business and sports tourism and offers an entirely free service to event organisers and local ambassadors to help increase the Clare and Limerick regions share of the lucrative international business and sports tourism market. In 2017 it supported business and sports events worth in excess of €7m to the

economy of the region. Hundreds of ambassadors have been actively working with the Bureau in recent years to help attract thousands of people to the region through a range of business and sports events.

Recently the Bureau travelled to the Midlands in the UK for an ‘Ireland meets the Midlands’ workshop to promote the Shannon region as a destination for international conferences, meetings, and events at the Stapleford Park Country House in Leicestershire,

England.

Thirty-five top UK buyers from all over the UK Midlands enjoyed a taste of Ireland at the workshop last week, which was organised by Meet In Ireland GB, the Business Tourism unit of Tourism Ireland in the UK.

Karen Brosnahan, General Manager of the Shannon Region Conference & Sports Bureau, explained: “The UK market is key for our region, with so much UK access into Shannon Airport on a weekly basis. We were delighted with the response

and interest from the buyers to our offering. There was a lot of interest in the newly reopened Adare Manor. The fact that it has re-opened as a world-class venue was widely welcomed by the agents.

We have a very comprehensive and varied offering in the Shannon Region, with four five-star hotels and many excellent four-stars and we are always excited to show off Limerick to the world.” See [www.conferenceandsportsbureau.com](http://www.conferenceandsportsbureau.com).



Stefanie Meachin, Travel Options, Karen Brosnahan, Shannon Region Conference & Sports Bureau, Joyce McElroy, Tourism Ireland, Helen Ellis, Avid Events and David Wood, Tourism Ireland at the ‘Midlands Workshop’ in the UK



# THINGS I ♥ THIS WEEK

## LIMERICK AUTISM GROUP

### Autism group aim for a goal of a more inclusive society

LIMERICK Autism Group (LAG) provides socially inclusive activities for people with autism and their families.

These activities include camps which take place five times a year with specifically designed weekly movement classes and support groups to aid the siblings of the children with autism.

In June of this year, LAG and Parkway Retail Park teamed up to transform the retail centre to become Ireland's first autism-friendly retail park. They did this by adding autism-friendly initiatives to the retail park. These initiatives included installing autism friendly parking spaces, staff inside the shops that were trained in helping customers with autism. A sensory check out was also installed specifically set up for customers with autism to purchase their items.

LAG also helped to set up the Limerick Autism Camps, developed by a group of parents who believed there was a need for socially inclusive activities for children with autism in Limerick. The camps are "to provide a socially inclusive environment," said Keith Enright, Director and Founder of LAG, for children "to have fun and interact with their peers without the expense on their parents."

LAG was able to get

their feet off the ground with the help of BNest, the first dedicated Social Enterprise Incubator Programme in Ireland which caters to all types of organisations from non-profits to community enterprises to businesses with a social conscience. BNest offers a six-month peer programme at no cost to participating organisations and is dedicated to helping businesses that want to make a social impact. Keith was at the beginning of setting up LAG when he first came in contact with BNest. Keith took part in their six-month incubator programme at no cost and he was then able to make a name for his organisation and set up a small office due to the advice he received from BNest.

"They have been absolutely brilliant. They held us back when we needed to be held back and pushed us forward when we needed to be pushed forward and they've made a lot of connections for us with companies in Limerick," Keith said about BNest's help in setting up Limerick Autism Group.

You can apply for the BNest peer programme now but closing date for applications is August 15. The BNest Social Enterprise Incubator Programme 2018/2019 begins September 7, 2018. Apply at [www.bnest.ie/apply](http://www.bnest.ie/apply)



Kasia Zabinska, BNest and Eamon Ryan, founder BNest with Keith Enright, Director, and Founder of LAG (centre) pictured at the BNest Social Incubator Showcase 2018 PICTURE: CIARA MARIA HAYES/ILOVELIMERICK.



Pictured launch Barnardos Limerick collection day were Cian Wilkinson, Anna Wilkinson, Barnardos Ambassador Jerry Flannery and Kayla Brennan PICTURE: DIARMUID GREENE/TRUE MEDIA

## Barnardos Limerick Volunteer Drive

**BARNARDOS**, with the kind support of Dell and Munster Coach Jerry Flannery, recently launched their local call for volunteers for the Barnardos Limerick Volunteer Drive. The children's charity, which works with more than 15,300 children each year and has two centres in Limerick, needs valuable volunteers for their National Collection Day on September 14.

Barnardos Ambassador Jerry

Flannery explained, "In Limerick, Barnardos works to provide a wide range of supports for children and their families across the county - they give children space to talk and express what is happening in their lives, and also support parents in their day to day family tasks, all to make the home life better for children. Giving your time means the children in communities in Limerick will benefit so I urge the people of Limerick to line

out and join Barnardos as a volunteer this September".

Barnardos National Collection Day takes place Friday, September 14 from 8am - 9pm and volunteers can do any two hour shift. By shaking a bucket or joining an instore bag pack for just two hours, each volunteer can raise up to €100 for vulnerable children in their community. People can register by calling call 01-7080418 or visiting [www.barnardos.ie/buckets](http://www.barnardos.ie/buckets).

## HEROES OF THE WEEK

### Mick & Valerie Dolan



Richard pictured with Mick and Valerie Dolan PICTURE: CIAN REINHARDT/ILOVELIMERICK.

Mick and Valerie Dolan have been running Dolans for almost 25 years and are two of the kindest people I know. Both of them have been involved behind the scenes for so many cultural events such as Limerick Pride and they are always there to give a helping hand to charity events. In March, Mick and Valerie were honoured with a Mayoral Reception by Metropolitan Mayor of Limerick Sean Lynch in recognition of their tremendous contribution to the music and arts industry in Limerick. Just recently Dolans Pub and Warehouse were announced as finalists in two major Irish awards competitions and deservedly so. Good on ya Mick and Val. Legends. Rx



Love  
to all,  
Richard x





# MEGHANN MIX

## MEGHANN SCULLY

CONTACT MEGHANN

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### Pick 'n' Mix

Happenings about town



#### Getting arty up in Galway

If you get a chance to head to Galway then you should check out the Galway International Arts Festival. Events in arts and culture running until July 29.



#### Space series is ready to launch

Nightflyers, which was shot in Troy Studios in Limerick, has released its official first trailer. It follows eight scientists who go on an expedition of our solar system. It will be released in 2019.



#### Good man Gavin: Great castle gig

I went to see Gavin James last weekend for Live at the Castle in King John's Castle gig. He was incredible and the location is so picturesque. We chatted to him after and he was as humble as ever.

# Last minute summer getaways

AS July comes to an end, there is still time to book a last minute sun holiday. If you are looking for sun, sea, sand and adventure, here are my top holiday picks.

#### PORTUGAL

Having been to the Algarve twice, it is becoming one of my favourite destinations in Europe. If you are looking for something more luxurious, Vilamoura is ideal. With expensive yachts moored along the marina and waterfront restaurants, this town oozes class and taste. It's relaxing but also has the usual water sports, bars and activities.

#### THE CANARY ISLANDS

They were once the most popular holiday destinations for Irish people and have become home for many Irish tourists. Tenerife is made up of two islands and is famous for the black sand that is due to the volcano on the island. Lanzarote is another well inhabited island that is very popular for its year long sunshine which attracts quite a number of people for the Winter season.

#### BALEARIC ISLANDS

If you're looking for something livelier and want the party atmosphere then check out places such as Mallorca and Menorca. Magaluf and Santa Ponsa have become firm favourites with the Irish party goers. Clubs and pubs line the streets with beach front and water sports as well. Package holidays can be reasonably priced as well.

#### CROATIA

If you like history and exploring then Croatia is worth the trip. Dubrovnik is beautiful and there is



Can't beat the beaches in Portugal: One of Meghann's holiday snaps from earlier in the year

loads of walking tours to find out the history that is steeped in the walls of the Old Town. It is also where Game of Thrones is filmed. There's a lot of steps around the city so pack comfy footwear and be prepared to hit those steps.

#### MALTA

Having lived in Malta for six months, I have a very soft spot for

this little country. It's a fascinating island. There's loads to do from boat trips to snorkeling. Having been invaded down through the years by so many countries and cultures, Malta is intriguing and interesting. It's a famous movie location with Gladiator, Munich and Assassins Creed filmed there.

#### STAYCATION

If flying isn't your thing then stay closer to home. The Aran Islands are a great place for a holiday. You can stay in a guest house, hostel or camp out with a new faster ferry service.

You can rent bikes to explore the Irish speaking islands. You can take a ferry from Doolin or from Rossaveal in Galway. If you head to Inis Mór then take a bike or pony and cart to Dún Aonghasa.

## Action-packed weekends

IT was a busy weekend of sport from GAA to rugby. First off, the Men's Irish Rugby 7s team won the Rugby World Cup 7s Challenge Cup in San Francisco.

The All Blacks and Black Ferns were crowned the overall champions of the men's and women's final of the sevens.

Onto the GAA, the Super 8's were in full swing.

In football, Galway beat Kildare in Newbridge on Sunday on a scoreline of 0-19 to 0-16.

It was a thrilling game between Monaghan and Kerry as David Clifford secured Kerry's place in the group by getting a late goal to draw the game.

Galway are now through to the All-Ireland semi-final and Kildare are out.

Next weekend is the big one as Limerick take on Cork in the All-Ireland hurling semi-final, while Clare meet Galway. Limerick flags are set in place and ready for the most anticipated weekend of sporting action.



Hannah Tyrrell in action for the Ireland 7s side



# FAMILY ANNOUNCEMENTS

## BIRTHDAY REMEMBRANCES



### † FITZGERALD

(Birthday Remembrance)  
**Birthday Remembrance of Michael Fitzgerald, 2 Ballygreannan Road, Ballynanty, whose birthday occurs on July 27th.**

Though his smile has gone forever  
And his hand we cannot touch  
We still have so many memories  
Of the Dad we loved so much  
His memory is our keepsake  
With which we will never part  
God has you in his keeping  
We have you in our heart  
There were no goodbyes  
When you fell asleep  
Our memories of you we will  
always keep  
Quietly today your memory is  
kept  
No need for words we will never  
forget

**Happy Birthday Dad, love you and miss you always your daughter Tina and son-in-law Jason xxx**

Forget you Granda, we never will  
For in our hearts, we love you  
still  
For every thought there is a tear  
For a Granda we lost and loved  
so dear

**Sadly missed by your grandchildren Meaghan, Dervela, Sorcha, Jason and Ava and great granddaughter Arya xxxxx**

Those special memories of you  
Will always bring a smile  
If only I could have you back  
For just a little while  
Then we could sit and talk again  
Just like we used to do  
You always meant so very much  
And always will do too  
The fact that you're no longer  
here  
Will always cause me pain  
But you're forever in my heart  
Until we meet again  
Happy Birthday Dad

**Sadly missed by your daughter Audrey, grandchildren Samantha, Anthony, Stefan, Paul, great grandchildren Brandon, Jessica and Tori.**

You often said that we would  
miss you,  
How those words have proved  
you true.  
We lost the one and only Dad,  
Dear Dad, when we lost you.  
A beautiful memory, dearer than  
gold,  
Of a father whose worth can  
never be told,  
There's a place in my heart no  
one can fill,  
I miss you, Dad, and always will.

## BIRTHDAY REMEMBRANCES

I never ask for miracles,  
But today just one would do,  
To see the front door open and  
See my Dad walk through  
I miss his smile, his kindly ways,  
With him we spent some happy  
days;  
I miss him when I need a friend,  
On him I always could depend.  
If only he were here today  
Then this to him I could say,  
God bless you, Dad, on your  
birthday.

His nature was loving and giving,  
His heart was made of pure gold,  
And to me who truly loved him,  
His memory will never grow old  
I have lost, Heaven has gained,  
The most wonderful Dad this  
world contained,

There's just one thing that  
makes me glad,  
God chose you to be my Dad.  
The last time I saw you,  
You looked so bright and well,  
Little did I know, Dad,  
It was our last farewell.

Heavenly Father, hear my  
prayer,  
Guide my Dad with tender care,  
Love him in Heaven as I did at  
home,  
The dearest father this world  
could hold  
Remembering you is easy Dad,  
I do it every day,  
And missing you is something  
That will never go away.

There's a bridge of happy  
memories  
From here to Heaven above  
I know I share that bridge Dad  
It's called the Bridge of Love.  
It's my time  
Letter to my family with love  
Where do we go when it's time  
to leave

Through the tunnel of life  
Where it's clear and bright  
My family and friends are  
waiting for me on the other side  
It's my time, I'm a little scared  
But the Angels are at my side  
It's my time, I know you'll cry  
I know you'll wonder why it's my  
time

I can't stay on earth where my  
work is done  
It's my time  
I know you'll always love me  
And I will always love you  
Never forget me, but I want you  
to move on  
Because it's my time  
All good things must come to an  
end

You're in my heart and you'll  
always be my friend  
But it's my time it's not your  
time  
Make me proud as you carry on  
It's not your time  
I'll wait for you 'til you're old and  
grey

I am sorry you have to stay  
It's not your time, life is precious  
And although it's not the same  
It's not your time, life will go on  
I think you'll find  
I want you to promise that while  
I'm away  
You'll love one another  
I hope and pray you will  
Understand my darling it's my  
time  
God bless you all Rest in peace  
dear father  
It's your time.

**Happy birthday Dad, Love &**

## BIRTHDAY REMEMBRANCES

**miss you so much Love Jennifer xxx**

We miss his smile, his kindly  
ways,  
With him we spent some happy  
days;  
We'll miss him when we need a  
friend,  
On him we always could depend.  
If only he were here today's  
Then this to him we could say,  
God bless you, granda on your  
birthday.

**Happy birthday Granda, Love Shane, Kersley, Dylan, Callum, Brooklyn, Jayden and Sophia xxxxx**

Dad  
What I would give Dad  
If I could say hello in the same  
old way  
To hear your voice, to see your  
smile  
To sit and talk with you a while  
Happy Birthday Dad  
So if you have a father  
Cherish him with care  
For you never know the  
heartache  
Till you see his empty chair  
Miss you so much Dad

**Your sons (Pat) Wacker, Tommy, wife Elleen. xxx**

Dad  
I was so very lucky  
Because I know it's true  
To have such a wonderful Dad  
And that Dad was you  
And I try to be so brave  
But sometimes things are fine  
But I'm lost without you  
I take one day at a time  
Because life is so precious  
And now your gone away  
I didn't get a chance Dad  
To tell you how much I loved you

**Happy Birthday Dad, your daughter Mary, grandkids, great grands kids xxx**

## IN MEMORIAM



### † HAYES

(23rd Anniversary)  
**In loving memory of Clement Hayes, late of 23 Donoughmore Crescent, Kincora Park, Southill, who died on 25th July, 1995. R.I.P. Also remembering our brother Clemy Hayes whose 57th Birthday occurs on August 5th**

The midnight stars are shining  
On a grave not far away  
Where we laid a loving father  
Twenty three ago today  
Dad, it's hard to believe  
Twenty three years have passed  
Since that sad day we saw you  
last.  
Your happy face went out that  
door,  
Your loving smile we saw no  
more.  
We didn't get to say goodbye  
Just thinking of that makes us  
cry.  
We miss our talks, your morning  
cheer;  
If we had one wish,  
It would be to have you here.  
Just one more kiss, just one  
more smile,  
Just one last hug, would make it  
all worthwhile.  
We miss you, Dad and love you  
so  
It breaks our hearts, knowing  
we have to let you go.

**Always missed and remembered by your loving daughter Helen, grandchildren and great grandchildren, your daughter Margaret, husband Pat and grandchildren, your daughter Colette and grandson Aaron, your daughter Maisie, Robert and grandchildren, your son Calvin daughter in law Sandra, Calvin and Stevie, daughter Lorraine and granddaughter Shauna xx**

## IN MEMORIAM



### † HEALY

(25th Anniversary)  
**In loving memory of a dear mother, grandmother and great grandmother Mary Margaret Healy, 10 Hyde Road, Prospect Limerick who died on the 26th July 1993. R.I.P. Sweet Jesus have mercy on her soul. Mass offered**

Just like the sweetest rose, your  
petals fell too soon  
But the love you planted in my  
heart  
Will never cease to bloom  
Mam may you always walk in  
sunshine  
And God's love around you grow  
For the happiness you gave to  
me  
No one will ever know.  
Time speeds on, 25 years have  
passed  
Since death its gloom, its  
shadow cast  
Within our home where all  
seemed bright  
And took from us a shining light  
We miss that light and ever will  
Her vacant place there is none to  
fill.  
Down here we mourn but not in  
vain  
For up in Heaven we will meet  
again Mam.  
Mam its been 25 years since you  
went to sleep  
Its been 25 years and we still  
weep  
So be that star Mam that shines  
real bright  
Watch over your family, we love  
you goodnight.  
Will those who think of my Mam  
today  
A little prayer to Jesus say.  
Love you Mam always and  
forever.

**Loved, missed and always remembered by your daughter Ann, son-in-law Christy and grandson Jeffrey xxx**

## IN MEMORIAM



### † NOLAN & RYAN

(20th & 12th Anniversaries)  
**In loving memory of a dear husband, father and grandfather William Nolan and a dear mother and grandmother Mary Ryan late of 9 Sarsfield Gardens, Moyross and 12 New Road, Killeely respectively. Mass will be offered on Sunday 29th July at 10.30pm in St. Lelia's Church.**

Billy thank you for all the things  
you have done for us  
And all the love you shared  
You taught us how to be loving  
and giving  
And understanding to others  
You filled our house with  
laughter  
Everyday of you life with us  
And all the beautiful memories  
For them we are very grateful  
A void you have left us  
That can never be replaced  
Take care God bless we love you

**Sadly missed by wife Gerry, sons, daughters, sons in law, daughters in law, grandchildren and great grandchildren.**

A golden chain called family  
Linked us altogether  
Although the chain is broken  
now  
You're in our thoughts forever  
We shared so much together  
Laughter, joy and tears  
For us who thought the world of  
you  
They were our happiest years  
So on this your anniversary  
As we walk down memory lane  
We are wishing with all our  
hearts  
We could have those times again

**Sadly missed by daughter Gerry and family**

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# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



†  
**DUHIG**

(10th Anniversary & Birthday Remembrance)

**In loving memory of Martin Duhig, late of 95 St. Ita's Street, St. Mary's Park, Limerick who died on 28th July 2008 and whose 61st birthday occurred on 14th July. Masses offered**

Ten years have passed already,  
We cannot believe it's true.  
We hold our memories within  
our hearts,

There you shall remain,  
To walk with us throughout our  
lives,  
Until we meet again,  
So Rest in Peace

**From your son David, wife  
Jackie and kids.**

There never comes a moment  
When I don't think of you  
Or a day passes  
That your face is not in view  
And when I'm feeling lonely  
And tears come to my eyes  
I think of you at peace  
And I know I shouldn't cry.  
So I try to hide the heartache  
As you would want me to  
And when I shed a tear  
No one knows but you.

**From your loving son Dylan  
xxx**

Martin,  
I was thinking of you today  
And feeling very low  
When suddenly a beautiful  
butterfly  
Came in my window  
It came and it sat by me  
And a peaceful feeling filled the  
room  
And when it was time for it to go  
It took away all my gloom  
As it flew up towards the sky  
It's beautiful colourful wings  
shone  
As if to say, even though you  
can't see me  
From you I'm never gone

**Always loved and missed by  
your sister Teresa, brother in  
law Jimmy, Michelle and Billy**

Happy 61st Birthday Martin  
61 Hugs and kisses are sent  
To Martin in heaven above  
And 61 big bright balloons  
We'll send, filled with all our love  
61 wonderful memories we'll  
share  
On this his very special day  
And make 61 wishes that he was  
still here  
On his 61st Birthday

**Loved and remembered today  
and always by all his family  
and wide circle of friends**

## IN MEMORIAM

A golden chain called family  
Linked us all together,  
Although that chain is broken  
now,  
You're in our thoughts forever.  
We shared so much together,  
Laughter, joy and tears.  
For us who taught so much of  
you,  
They were the happiest years.

**Too dearly loved to ever be  
forgotten by you brother Julian,  
sister-in-law Hillary, Sarah,  
Robert, Simon, Craig and  
grandnieces Kaylee and Abah**

We thought of you with love today  
But that is nothing new,  
We thought of you yesterday  
And the day before that two.  
We think of you in silence  
We often speak your name.  
All we have are memories  
And your picture in a golden  
frame.

**Always remembered by your  
loving brother Peter, partner  
Mary, Courtney and Martin.**

If only we could see you  
For just a minute or two,  
You could tell us if you're happy  
And we'd be happy too.  
We would put our arms around  
you  
And kiss your smiling face,  
And the pieces of our broken  
hearts  
Would fall back into place.

**Too dearly loved to be forgotten  
by your brother Johnny, sister-  
in-law Susan, Evan, Kyle and  
Martine**

Time may heal the sadness,  
Like the smile that hides the  
tears,  
But precious memories hold you  
close  
And will throughout the years.  
No matter how I spend the day  
No matter what I do,  
Before I close my eyes each night  
I always think of you.

**Always loved and remembered  
by your brother William, sister-  
in-law Hilda, Niall, Aisling and  
Jemma.**

I think of you in silence,  
I often speak your name,  
All I have are memories  
And a picture in a frame.  
Your memory is our keepsake  
With which I'll never part,  
God has you in his keeping,  
I have you in my heart

**Always loved and remembered  
by your brother Paul**

Loving you is easy we do it every  
day,  
Missing you is a heartache  
That never goes away.  
So on this your anniversary  
We'll walk down memory lane,  
And wish with all our hearts  
That you were here again.

**Remembered and never  
forgotten by your loving  
brother Gerard, partner  
Aisling, Danchelle and Keelan**

## IN MEMORIAM

A TRIBUTE TO MY BROTHER  
A special tear fell today  
That no one else could see  
It was for a special brother  
That meant so much to me  
There's much in life that's new  
But never in a million years  
Will there be another brother  
In all the world like you

**Always loved and remembered  
by your brother Andrew and  
Catherine**

Its lonely here without you  
We miss you more each day,  
For life is not the same to us,  
Since you were called away.  
You left us so quietly,  
Your final thoughts unknown.  
But you left us with memories  
We are proud to call our own.

**Remembered and never  
forgotten by Peter Mac, and all  
your workmates in Mount St.  
Oliver Cemetery and Mount St.**

**Lawrence  
Cemetery. Wonderful  
memories woven in gold,**

This is a picture I tenderly hold,  
Deep in my heart, a memory is  
kept,  
To love, to cherish, never to  
forget.

I did not see you close your eyes  
Or hear you last faint sigh.  
I only heard that you were gone  
Too late to say goodbye.

**Always loved and remembered  
by Geraldine Keogh and the  
Keogh family.**

Heavy are our hearts today,  
Memories bring you back once  
more,  
To the happy times that you  
were with you,  
To the happy days of yore.  
We miss you in so many ways,  
We miss the things you used to  
say,  
And when old times we do recall,  
It's then we miss you most of all.

**Too dearly loved to be  
forgotten by Annette and  
Johnny, Noreen and Gerry and  
families.**

A candle to remember  
May it burn ever so bright  
As we look to the heavens  
On this very night beyond the  
stars

Our dear loved ones shores  
We honour their life  
With the glow of this flame  
So we light this candle  
For our loved ones tonight  
As a symbol of our love  
And their eternal life  
Time slips by life goes on  
But from our hearts  
You are never gone

Jack x

## IN MEMORIAM

The day God called you, Martin,  
And beckoned you to His side,  
Great pains were felt  
Many tears were cried.  
Behind, you left us so sad  
With memories of good times  
That once we had.  
We feel you are still around us;  
You are always on our mind  
And when we talk about you,  
It is always of happy times.

**From his loving cousin Pa, Ber  
and all the family.**

Falling tears and aching hearts  
are things we had to bear,  
But losing you, the way we did  
will always seem unfair.

**Sadly missed by your good  
friends Kathleen and Paddy**

Peacefully sleeping, resting at  
last,  
His weary trials and troubles  
past;  
In silence he suffered, in  
patience he bore,  
'Til God called him home, to  
suffer no more.

**From your good friend Miriam**

My friend was so special,  
I valued him with pride;  
I never knew how special  
Until the day he died.

**From your good friend John,  
Olivia and family**



† **MCCARTHY  
(O'SHEA)**

(2nd Anniversary)

**In loving memory of Catriona  
McCarthy (O'Shea), late of 400  
O'Malley Park, Southill whose  
second anniversary occurs on  
July 26th.**

It seems like only yesterday,  
The wound is still so sore,  
For every hour of every day,  
We miss you more and more,  
I thought of you today Ca  
But that is nothing new,  
For I thought about you yesterday,  
As I will my whole life through,  
You left us lovely memories,  
That make us laugh and cry,  
The short time we shared  
together,  
No millionaire could buy.

**From your loving sister Tracey,  
Anthony and kids xxx**

## IN MEMORIAM

O God in heaven, hear our  
prayer:  
Look after our mummy with love  
& care  
Be a good shepherd, don't leave  
her alone  
This is her second year away  
from home.

**We love and miss you terrible  
from your loving daughter  
Katelyn and your two sons  
Peter and Patrick xxxx**

Ca it's hard to believe  
Two years have passed  
Since that sad day I saw you last.  
Your happy face went out that  
door,  
Your loving smile I saw no more.  
I didn't get to say goodbye  
Just thinking of that makes me  
cry.

I miss our talks, your morning  
cheer;  
If I had one wish,  
It would be to have you here.  
Just one more kiss, just one  
more smile,  
Just one last hug, would make it  
all worthwhile.  
I miss you, Ca and love you so  
It breaks my heart, knowing I  
have to let you go.

**Sadly missed by your loving  
friend Hubba and daughter  
Kayleigh xx**



†  
**O'NEILL**

(Second Anniversary)

**In loving memory of our dear  
mother, grandmother and  
great-grandmother.  
Kathleen O'Neill (nee Keegan),  
late of 102 Donoughmore  
Crescent Kincora Park,  
Limerick  
whose 2nd anniversary occurs  
on July 26th.  
Mass offered July 29th at 12pm  
at Holy Family Parish Church  
South Hill.**

July is here with sad regret,  
The day, the month we won't  
forget.  
Silently, sadly, came a call,  
Without farewell you left us all.  
No matter how life changes,  
No matter what we do,  
A special place within our hearts,  
Is always kept for you.  
Life goes on without you Mam  
But things are not the same  
It's hard to hide the heartache,  
When someone speaks your  
name.

**From your loving sons,  
daughters, grandchildren,  
great-grandson, sons-in-law,  
daughters-in-law, sisters,  
brothers, sisters-in-law,  
brother-in-law, nieces,  
nephews, family and friends.**

# In Memoriam

*Rest in Peace*





# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



### † MCNAMARA

(First Anniversary)

**In loving memory of a dear son, brother, father and uncle Michael McNamara, late of 69 Shanabooley Road, Ballynanty Beg, Limerick, whose first anniversary occurs July 24th. Also remembering my son David at this.**

#### MOTHER AND SON.

I would give my life to have you back, said his Mum  
I know you would, said her son.  
I cry each night for you, said his Mum  
And I catch all of your tears said her son  
I pray for the day that I can see you again, said his Mum  
Close your eyes and you can see me, said her son.....  
You are the first person who loved me,  
and you are the first person I loved.  
You were always there when I needed you,  
and you always knew when I needed a hug.  
I am here for you now, mum  
In your heart and in your soul.  
I did not take your heart with me  
instead I left mine with you to hold.  
One day I will take your hand  
and lead you to paradise,  
but until then my beautiful mother,  
when you want to see me  
you only need to close your eyes.

**Happy birthday, always loved and remembered by your loving mother Pauline xx  
Also thinking of my son David at this time.**

#### Brother

Today is full of memories  
Of a brother laid to rest  
And every single one of them  
Is filled with happiness  
For you were someone special  
Always a joy to know  
And there was so much pain  
When it was time to let you go  
That why this special message  
Is sent to heaven up above  
For the angels to watch over  
And give you all my love

**From your loving sister Denise xx  
Also thinking of my brother David at this time xx**

Gentle Jesus up above  
Give our uncle all our love

**From your nieces Jade and Chelsea  
Also thinking of my dad and uncle David at this time xx**

## IN MEMORIAM

There is a path of beautiful memories,  
From here to heaven above,  
That keeps us very close to you,  
And it's called the path of love,  
Your shadow walks beside us,  
Forever at our sides,  
It's always there to guide us,  
Ever since the day you died,  
Oh angels take this message,  
To dear Michael up above,  
Tell him we really miss him,  
And give him all our love.

**Love your brother Christy, Edel, Courtney, Levi and Taylor**

One year ago today Michael it's hard to believe  
One year has passed  
Since that sad day I saw you last.  
Your happy face went out that door,  
Your loving smile I saw no more.  
I didn't get to say goodbye  
Just thinking of that makes me cry.  
I miss our talks, your morning cheer;  
If I had one wish,  
It would be to have you here.  
Just one more kiss, just one more smile,  
Just one last hug, would make it all worthwhile.

I miss you, Michael and love you so  
It breaks my heart, knowing I have to let you go.  
A special smile, a special face,  
And in our hearts a special place,  
Our memories we keep one by one,  
Things you've said and things you done  
They bring a smile sometimes a tear,  
But always a wish that you were here,  
Your not just a memory,  
Or part of the past,  
Your ours to remember,  
As long as life lasts.  
The pain we feel inside today is a pain we've learned to hide,  
No one will ever know the tears we hold inside,  
It seems like only yesterday the wound is still so sore,  
For every hour of every day,  
We miss you more and more,  
They say that hearts don't really break,  
But Lord that isn't true,  
For the day that you took Michael our hearts just broke in two,  
We want to tell you something so there won't be any doubt,  
Your so wonderful to think of but so hard to live without,

**Love from your Dad Paddy**

I lost a brother with a heart of gold  
How much we miss him can never be told  
Gentle Jesus up above Give Michael all our love

**Love from your sister Tanya, your brother in law Paddy your nieces and nephews xx**

## IN MEMORIAM

So glad we got the opportunity to get to know each other  
Rest in peace Michael

**Love your brother Darren xx**



†

Never noisy, never loud.  
He liked a drink, He liked a song  
The kind you miss the moment he's gone.  
But I will remember my whole life through  
The last few words I had with you.  
He was my dad, this you know  
But Oh Dear God, how I miss him so.

**Sadly missed and never forgotten by your daughter Kelly xxx**

### AFTER GLOW

*I'd Like The Memory Of Me  
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*

*Of Happy Memories That I  
Leave When Life Is Done.*





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## Is this Ford's best ever car?

**Ford Focus:** Ground up redesign for the fourth generation of the two decades old model

**TRISH WHELAN**  
[www.CarAndTravel.ie](http://www.CarAndTravel.ie)

THE new generation Ford Focus goes on sale in Ford dealerships this month at a starting price of €24,900.

This is the fourth generation of the famous nameplate first launched 20 years ago.

This mid-size family car is more stylish and more spacious than ever and Ford say it is the best car they've ever built.

Initially available in four grades - Zetec, ST-Line, Titanium and top specced Vignale - it will be joined by the Active variant in early 2019.

Petrol engines for the new car are a 1.0 (a claimed 4.8 L/200kms and 108g/km CO<sub>2</sub>) and a 1.5 EcoBoost; the diesel is a 1.5 with 120hp (a claimed 3.6 L/100kms fuel efficiency and 94g/km CO<sub>2</sub>). Transmissions are a 6-speed manual and Focus will launch a new 8-speed automatic transmission.

There will only be hatchback and wagon formats as Ford has decided to stop building sedan (saloon) versions of the Focus for Europe but they will continue to be sold in other markets, including China.

Connectivity includes the FordPass Connect system which among other features allows the car to be a mobile WiFi 'hotspot' for up to ten devices at a time. Other options include the FordPass mobile app with which drivers can easily locate their car in sprawling shopping mall car parks, check fuel levels, remotely lock and unlock their car, and even start it remotely (where permitted by law).

The trend now towards petrol engines is also clear with the new Focus as Ford Ireland has ordered a 50:50 ratio for the car's launch here, against the 20pc petrol/80pc diesel sales of the outgoing vehicle.

We were back again last week in the South of France for the Focus launch getting to drive the 1.0 125hp EcoBoost with 6-speed manual



Ford claims the new Focus is the best car they've ever built

transmission and the 1.5 petrol with 8-speed automatic transmission. The 1.5 petrol was my favourite and I believe will sell well in Ireland. We didn't get to drive the diesel on this occasion but will when we get the car on Irish roads.

The petrol engines proved very quiet on all types of roads we travelled including many mountainous routes with twists and turns as well as through towns and villages to prove how well the car handles. The steering is spot on, nicely direct, seats are very comfy, the suspension worked well even over a badly potholed country road we travelled on which was a great

test for a car, all with no compromise on comfort.

I loved the big Head-Up screen with speed, speed limit and sat nav directions all featuring. You can choose the information you wish to see there.

I now prefer automatic transmissions to manuals as you are always in the right gear whatever the circumstances which makes them more efficient fuel-wise. Also, there's practically no penalty for going the automatic route with either price or road tax. And they make life much easier when you are driving in heavy traffic.



The new Focus will be released here in 5-door wagon and 5-door hatchback models. The four-door sedan will no longer be produced for the European market



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Fuel consumption (combined) for the Hyundai i30 Fastback: 5.2l/100km, CO<sub>2</sub> Emissions (combined) 120g/km.  
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# Prices to rise by €3k under new testing

**Emissions:** Manufacturers to pass on cost of new test

IRISH motorists could face up to €3,000 increases when buying a new car under a new emissions system aimed at bringing about real driving conditions and fuel economy - unless the Government steps in to adjust the Road/VRT tax bands to take into account the higher (more accurate) figures, *writes Trish Whelan.*

Up to now we have had a NEDC regime for emissions but that's about to change with the Worldwide Harmonised Light Vehicle Test Procedure (WLTP) which has already pushed some prices up.

Put simply, unless our government adopts an EU recommendation that the change in assessing fuel efficiency and emissions in cars is 'cost neutral' to consumers, WLTP will have a huge impact on Irish buyers with the price going just one way - up!

Buyers will see increases

across all car brands.

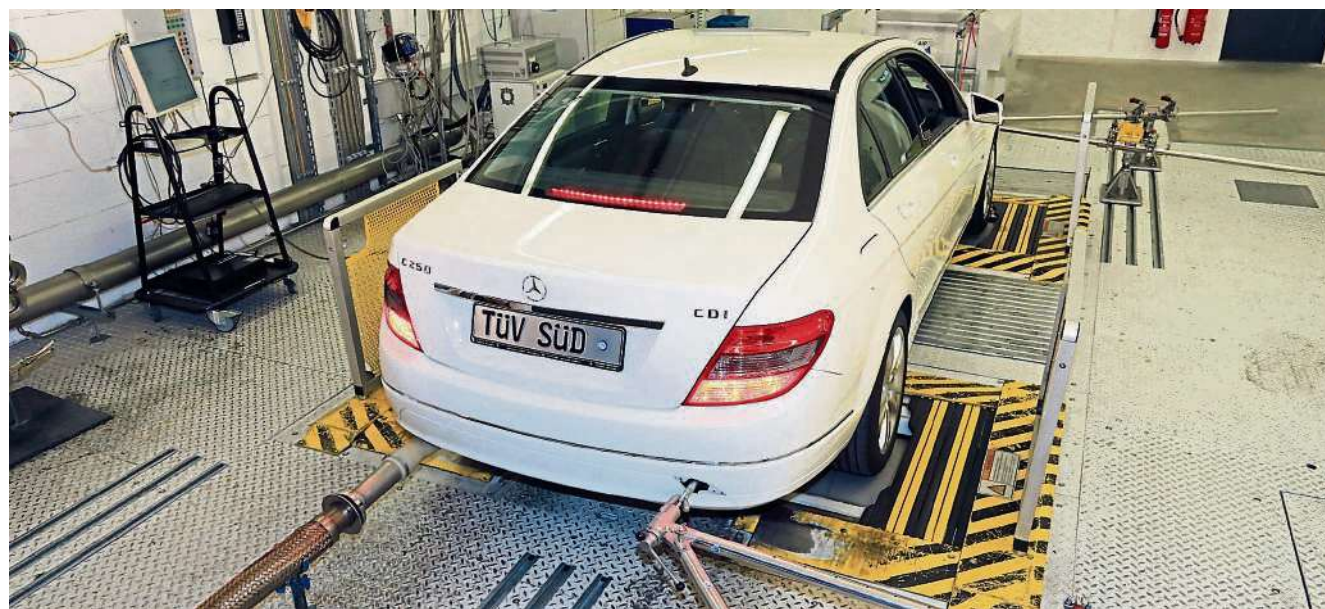
All car manufacturers must provide their products' fuel economy and emissions figures under the WLTP by the end of August.

WLTP involves 'real world' motoring test conditions which will show higher consumption and emissions figures than the New European Driving Cycle (NEDC) system - the test used for decades which carmakers have learned to 'game' to achieve unrealistic results.

WLTP will particularly affect vehicles using older engine systems.

Here, and in some other countries, both the VRT and Road Tax use the emissions figures to calculate the amount of taxation built into the retail price of cars. But the real emissions provided under WLTP will be higher than the former NEDC system.

At the recent Ford Focus



**New emission testings could hit industry not fully recovered yet from the 2008 crash**

launch, Ciaran McMahon, chairman and MD of Ford Ireland said he is hopeful that the Government will fix the tax bands accordingly as not doing so 'would be political suicide'.

He said, "It could halve the market here in 12 months so the Government can't sit back and do nothing."

He pointed out that Ford Ireland's Kuga crossover price will rise by €1,000 under the new regime and that they have had to delete the 1.5L in the Mondeo range as it will be too costly to keep in the range. It's understood that some car makers have already delivered their options to the Government.

At the recent new CLS and A-Class launches, Ciaran Allen of Mercedes-Benz said these are the first of their models to be introduced under the new WLTP emissions testing procedure and that early indications are that petrols are faring worse than diesels and that SUVs are faring worse than

saloons in these more stringent tests.

"Manufacturers like ourselves are being cautious with production until we see what the results show up. Our plans have been to make one move and that would be to the full WLTP and omitting the NECD 2 which is the first step towards WLTP."

**OPEL**



## New generation Combo ready to launch

OPEL has announced the fifth generation of its compact, multifunctional commercial vehicle, the Combo, *writes Trish Whelan.*

The new Combo cargo van comes in short and long versions, crew cab and roof hatch. The short version is 4.40 metres in length and the long version is 4.75 metres. Both come with cabins featuring two or three front seats, and a spacious five seater crew cab version.

Cargo space can accommodate two Euro pallets. Load volume is up to

4.4m<sup>3</sup>, a payload of up to 1,000kg, and a loading length of up to 3,440mm.

There are up to 19 assistance systems that make driving, manoeuvring, transporting goods or a crew easier, safer and more comfortable.

Innovations include permanent rear view camera and numerous assistance systems, and the latest generation infotainment with 8-inch touchscreen to keep the operator connected. A unique feature in the segment is a sensor-based overload indicator that,

at a press of a button, allows the driver to make sure the vehicle is not overloaded.

The new Combo comes with passenger car comfort, heated steering wheel (unique in the segment) along with heated front seats and dual zone climate control.

It will have its world premiere at the IAA Commercial vehicles Show in Hannover on 19 September and sales are expected to start that month.

More information closer to launch date.

**FORD**

## New Focus gets top Euro safety rating

FORD'S all-new Focus has been awarded maximum 5-star safety rating by Euro NCAP independent crash test authority under stringent new testing protocols, *writes Trish Whelan.*

It is one of the first vehicles to be awarded the highest rating under the new rules.

Safety features designed to help prevent or mitigate the impact of an accident include Ford's Pre-Collision Assist with Pedestrian and Cyclist Detection (commended by Euro NCAP) which can detect people in or near the road ahead, or who may cross the car's path. The system automatically applies the

brakes if it detects a potential collision and the driver fails to respond to warnings. It can now also detect cyclists. It functions in the dark using light from the head lamps.

The new Focus comes with a wider range of advanced driver assistance features than any Ford vehicle before, enabled by three radars, two cameras and 12 ultrasonic sensors.

Ford's first Head-Up display to be offered in Europe helps drivers focus their attention on the road ahead while a rear wide-view camera offers a 180-degree view to the rear of the car for improved visibility when you are reversing from parking spaces or driveways.



The Ford Focus is one of the first vehicles to be awarded the highest rating under the new rules



## CONWAY LINES OUT FOR RENAULT



Star Munster and Irish rugby player Andrew Conway, brand ambassador, pictured collecting the keys to his 182 Kadjar Signature Nav from Rory Dennehy at Dennehy Motors. It's been a busy off season for Andrew as he also recently got engaged



## New Audi A1 Sportback unveiled

AUDI has unveiled the second generation of its A1 compact model which they say is the ideal companion in an urban environment whilst also well suited for longer journeys, writes Trish Whelan.

The car comes with a wide track and short overhangs which give the car a taut, sporty look. Style details pay homage to the brand's rally icon from 1984, the Sport quattro.

This new model is 56mm longer now measuring 4.03 metres while the width has remained almost the same at 1.74m. Height is 1.43m including the aerial.

The interior has been designed to be driver-focused with all controls and the optional MMI touch display driver-oriented.

Audi say adults in the rear seats have plenty of head and leg room and luggage capacity has increased by 65 litres extending

to 1,090 litres with the rear seats down.

The A1 Sportback is fit for the digital future. Even the basic version comes standard with a fully integrated digital 10.25-inch display and multifunction steering wheel. The optional Audi virtual cockpit with an extended range of functions includes navigation maps and graphics of some driver assistance systems in the driver's direct field of vision. Powerful engines ensure a fun drive. Turbocharging, direct injection and a particulate filter come as standard. Audi is set to make a manual transmission or the seven-speed S-tronic dual-clutch transmission available for all engines, except for the top of the range engine where a six-speed S-tronic transmission shifts gear.

The new Audi A1 Sportback will be available to order now from late 2018.

# HINCHY'S

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### TOYOTA

- 162 Corolla 1.4TD Luna ... Silver, 23000km
- 152 Corolla 1.4TD Luna ... Gold, 50000km
- 141 Verso-S 1.33 Terra ... Blue, 1 Owner
- 11 Yaris 1.4TD Sport ... Red, NCT2019
- 10 Avensis Tourer Estate 2.0 TD ... Blue
- 10 Corolla 1.4 Luna ... Black, NCT

### FORD

- 171 Focus Titanium 1.5TD ... Red, 10000km
- 171 KA+ 1.25 Zetec ... Blue, 14000km
- 161 C-Max Titanium 1.5TD ... Grey, 37000km
- 151 B-Max 1.5TD ... Black, 51000km
- 151 Focus Style 1.6TD ... Silver, 1 Owner
- 151 Fiesta 1.25 Zetec ... Blue, 1 Owner
- 142 Focus 1.6TD Edition ... Brown, 46000km
- 132 Fiesta Zetec ... Silver, 1 Owner

### HYUNDAI

- 161 i30 Classic 1.4 ... White, 21000km
- 151 i30 Classic 1.4TD ... Grey, 72000km
- 131 ix35 1.7TD Comfort ... Black
- 11 i40 Estate Executive ... Silver

### VOLKSWAGEN

- 152 Golf 1.6TDi Trend Auto ... Silver, 49000km
- 151 Golf Plus 1.2TSi Trendline ... 37000km
- 131 Passat 1.6 TDI ... Silver, NCT 2019
- 11 Polo 1.2 Highline ... Silver, 85000km, NCT

### OTHER MAKES

- 162 Skoda Octavia 1.6TDI Ambition ... Silver
- 151 Ssangyong Rodius 2.0TD ... Black

### KIA SORENTO

- 171 Sorento EX 4.4 2.2TD ... Black, 72000km
- 152 Sorento Platinum 2.2TD Auto ... Silver
- 12 Sorento EX 4x2 2.2TD ... Silver, 146000km

### KIA SPORTAGE

- 181 Sportage Platinum ... Silver, Demo
- 171 Sportage EX 1.7 ... Blue, 21000km
- 161 Sportage EX 1.7 ... Gold, 1 Owner
- 151 Sportage EXL 1.7 ... Silver, 26000km
- 142 Sportage GSE 1.7TD ... Silver, 1 Owner
- 141 Sportage LXE 1.7 ... Orange, 127000km
- 131 Sportage EX 1.7 ... Silver, 1 Owner
- 12 Sportage EXS 1.7 ... Silver, 120000km

### KIA CEE'D

- 181 Cee'd EX 1.6 ... Grey, Sat Nav, Zero km
- 172 Cee'd TX 1.4TD ... Silver, 12000km
- 171 Cee'd EX 1.4 ... Red, 1 Owner, 36000km
- 161 Cee'd EX 1.6TD ... White, 55000km
- 161 Cee'd Estate ... Grey, 42000km
- 131 Cee'd EX Estate ... Red, 84000km

### KIA PICANTO

- 172 Picanto EX 1.25 Auto ... Black, 5000km
- 171 Picanto TX 1.0 ... Silver, 1 Owner
- 152 Picanto TX 1.0 ... Red, 25000km

### KIA VENGA/ RIO

- 171 Rio EX 1.25 ... Red, 1 Owner, 20000km
- 161 Venga L 1.4 ... Red, 1 Owner, 10000km
- 161 Rio EX 1.4TD ... Silver, 1 Owner
- 152 Rio L 1.25 ... Silver, 1 Owner

### OPEL MOKKA X

- 181 Mokka X Elite 1.6TD ... Silver, 1000km
- 172 Mokka X SC 1.6TD ... Red, 38000km
- 161 Mokka SE 1.6TD ... White, 9000km
- 161 Mokka S 1.6 Petrol ... White, 21000km
- 152 Mokka SC 1.6TD ... White, 50000km
- 151 Mokka SE 1.7TD ... Silver, 1 Owner

### OPEL ASTRA

- 181 Astra Elite 1.4T Petrol ... Black, Demo
- 171 Astra SC 1.6TD ... Grey, 14000km
- 162 Astra SC 1.6TD ... Gold, 56000km
- 161 Astra SRI 1.6TD ... Red, 1 Owner, 46000km
- 142 Astra SC 1.3TD ... Silver, 38000km
- 141 Astra SC 1.7TD ... Blue, 1 Owner

### OPEL CORSA/ADAM

- 181 Corsa SC ... Grey, Demo, Zero km
- 171 Adam 1.4 ... Red/Black, 7000km
- 161 Corsa SC Auto ... Blue, 25000km
- 151 Corsa SC 1.3TD ... Gold, 12000km
- 141 Corsa Excite 1.2 ... Silver, 104000km
- 12 Corsa SC 1.3TD ... Silver, 96000km

### OPEL INSIGNIA

- 181 Insignia Elite 2.0TD ... Gold, 13000km
- 172 Insignia Tourer Elite ... Blue, 9000km
- 171 Insignia SRI 2.0 ... White, 20000km
- 162 Insignia Elite 2.0TD ... Silver, 43000km
- 161 Insignia SC 1.6TD ... Black, 29000km
- 152 Insignia Elite ... Green, 90000km
- 151 Insignia SE 2.0TD ... Black, 94000km

### OPEL INSIGNIA

- 141 Insignia SC 2.0TD ... Silver
- 132 Insignia SC 2.0TD ... Silver
- 12 Insignia Tourer SC 2.0TD ... Gold
- 12 Insignia S 2.0TD ... Silver, 2 Owners

### Commercial Models

- 172 Opel Movano 2.3 ... Silver, Zero km
- 161 Opel Combo Crewcab ... White, 59000km
- 151 VW Golf Van Trendline ... Grey, 93000km
- 142 VW Golf Van ... Black, 1 Owner
- 141 Ford Transit Custom ... White, 1 Owner
- 141 Ssangyong Korando Sport ... Red
- 131 Ford Kuga Zetec Van ... Black
- 131 Opel Combo 1.3TD ... White

**0%**  
Finance on New 182  
Opel & Kia Models  
(T&C Apply)





# SPORT

Leader



**PRO14 DATES SET FOR 2018/19**

Munster's fixtures released this week

**For more see page 68**



**Rebel Rising:** Darragh O'Donovan of Limerick in action against Daniel Kearney, left, and Darragh Fitzgibbon of Cork when the sides met back in June

## Limerick hurlers in bid to end 11 year final absence

**All Ireland SHC:** Munster champions Cork a novel semi final foe

**JEROME O'CONNELL**  
joconnell@limerickleader.ie

JUST an 18th ever All Ireland Senior Hurling Final appearance is the target for the Limerick hurlers this Sunday in Croke Park.

"You put your best foot forward and if it is good enough you get a result and if it's not, it's not," said Limerick manager John Kiely.

Limerick bid to end a run of three semi final defeats and reach a first final since 2007.

On Sunday, (3.30pm) Cork will be the 10th different opponent to provide semi final opposition for Limerick. It will be a 16th semi final since the first in 1911 and Limerick have won eight of the previous 15, albeit only winning once of the four

since the turn of the millennium.

"We are not drawing any comparisons between ourselves and any other team. I don't think drawing comparisons between previous teams and this team is of any benefit. Other teams in the past have done fantastic achievements as well but this team is only interested in what it can do," stressed Kiely.

Bidding to reach an August 19 final against Galway or Clare, Limerick and Cork meet in Croke Park just eight weeks after they drew in the Munster SHC in Pairc Ui Chaoimh. If the sides finish level on Sunday, two periods of 10-minutes of extra time will be played. If the teams are still level after extra time, the game will go to

a replay on the August Bank Holiday weekend.

"A lot of games take on a life of their own and no two games are the same so drawing comparisons from the first game and expectations for the second game, well there won't be any comparison because they are different games and maybe different players starting. There is a different prize at stake as well - that game was part of a round robin series and everybody was caught up in that bubble at the time but this is different and teams have had time to progress further - they have played a Munster final and won that and played extremely well to come from behind to win it against an extremely strong Clare team, who have now also landed in a semi final

with Galway," outlined the Limerick manager.

Limerick arrive in GAA Headquarters after six games - with four wins, one loss and one draw. Cork, who lost at this stage last year to Waterford, have played five games in this campaign - they won three and drew twice.

The sides have met 64 times in championship hurling with 'The Rebels' winning 45 ties and the sides finishing level on five occasions. Sunday will be just the third meeting outside of the Munster SHC - 2002 All Ireland SHC Qualifier and 2006 All Ireland SHC quarter final were both won by the men in red.

"Their (Cork) form has been very impressive in the course of the Summer and

haven't lost a game in the championship and were the only team to get a result out of all four games in the round robin so justifiably they are favourites for the game but that's not to deter us from putting in a good performance," said Kiely.

Both RTE 2 and Sky Sports Arena will televise the game. The curtain-raiser is the All Ireland minor hurling semi final between Tipperary and Kilkenny - live on TG4 at 1.30.

While an attendance of approx 70,000 is expected, tickets will be on sale outside the ground and remain on sale in Centra and SuperValu stores this week.

Stand tickets are €45 and there are juvenile tickets for €5.

Dineen Hill 16 terrace tickets are €30.

### Ireland

## Limerick athletes star for Ireland

**DONN O'SULLIVAN**

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LOCAL Limerick athletes have starred in the green of Ireland this week with both Roisin Upton, hockey, and Nate Moore, basketball, excelling for their country.

Moore, an Irish U-18 international has helped Ireland to three wins from three in the FIBA Under 18 European Championship (Division C).

The Crescent College Comprehensive and Limerick Lions star has played for Ireland in their three opening wins over Malta, Armenia and Monaco.

During the win over the principality on Tuesday afternoon, the sharp shooting of Nate Moore was one of the talking points of the fourth quarter, as he hit two big threes in a row to help Ireland keep ahead in the face of Monaco's pressure.

Scores from Murray, O'Sullivan and Kelly kept Ireland's lead intact, and they ran out 71-80 point winners in the end.

Ireland have a rest day tomorrow (Wednesday) with games continuing for them on Thursday when they face Moldova at 1.30pm Irish time.

Meanwhile at the Women's hockey World Cup in London, Limerick's Roisin Upton starred for Ireland in their shock 3-1 win over the USA on Saturday last.

Upton and the Green Army are back in action this Thursday afternoon (2pm) when they take on India in their second pool game.



**Nate Moore in action for Ireland U-18s in Kosovo**



# Limerick hope for repeat of nine goal Waterford win

**SSE AIRTRICITY LEAGUE  
PREMIER DIVISION**

**ANDREW CUNNEEN**  
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LIMERICK FC WELCOME Munster rivals Waterford FC to the Markets Field on Friday night as they aim to keep ahead of in-crisis Bray Wanderers at the foot of the SSE Airtricity League Premier Division table.

Both sides are coming off the back of damaging defeats in the league and will be looking to make amends. The 'Blues' took the lead in Inchicore last Friday thanks to a Billy Dennehy spot-kick before a second half brace from Conan Byrne handed the 'Saints' a late win.

Waterford fell to Shamrock Rovers by a goal to nil in their meeting on Sunday and the short turnaround will be seen as a positive by manager Alan Reynolds, as they aim to get back on track to securing European football next season.

The 'Hoops' are just four points behind them and with only the top three spots guaranteed to land you in a UEFA draw next season, the pressure is now on the

recently-promoted side.

Home comforts have been anything but for the Blues this season. The only two games they've won during this campaign at the Markets Field were against the only side below them - Bray Wanderers - who have recently lost ex-manager Martin Russell as he stepped down from the post last week.

Speaking to the media after his side's defeat in Dublin, Tommy Barrett highlighted the wage gap between the sides after he was forced to cut his budget mid-season.

"They're in a different league to us financially, as most teams are at the moment. Pat's can bring on the likes of Conan Byrne. We've a lot of 19s on the bench. Danny Morrissey, Shane Tracy and Shaun Kelly are experienced players, but did it help not having a game [last week]? I'm not so sure - at this time of year, you want a game every week.

"Obviously, we were flagging a bit towards the end, but if we had a couple of extra days training, they might have been a bit sharper, but in

general, they've been really good."

He continued: "We would have had one of the lower budgets as it was. We halved that again by releasing the higher earners. We hope that we can pay it. Pat and the board are trying their best to get some money in and get some investment. Hopefully, we can get bigger crowds in the Markets Field. We're playing really well - obviously not getting the results, but we're entertaining anyway."

However, the last time the sides met, Tommy Barrett's men ran out 6-3 winners - the first time the Blues have scored six away from home in the top tier for well over 30 years. Danny Morrissey looked a real threat that day, and is now fully fit again following the injury he picked up in this very fixture.

Waterford left with all three points in their previous clash at the Markets Field, when goals from Courtney Duffus and Paul Keegan sealed the points on that occasion.

Kick-off on Friday is 7.45pm, for a full match report see [limerickleader.ie](http://limerickleader.ie)



John Kavanagh of Waterford FC in action against Will Fitzgerald of Limerick FC in March

## Limerick's Aaron Tier to represent Ireland

**JASON O'CONNOR**  
sport@limerickleader.ie

THIS week I caught up with Limerick man and Irish Paralympian, Aaron Tier, who has been selected for the Irish International Cerebral Palsy squad for the 2018 IFCPF European Championships in the Netherlands.

Aaron took me back to May 2011 when it all began as he joined the Irish Paralympic team as an emerging talented footballer via the Football Association of Ireland

"I was only 16 years old when I made my senior international debut for Ireland in the World Championships in Holland in 2011. From playing on the streets of Limerick to playing an international fixture in such quick succession, my focus was aimed to qualify for the 2012 London Paralympics. However a freak result against America in the World Championships

tarnished my dreams to represent my country in the 2012 games" admitted Tier.

Tier used that defeat to drive on to bigger and better things.

"I used the heartbreak as fuel to better myself not only in sport but also from an educational point of view. I wasn't the brightest in school but was determined to further myself for the better. Since then I have represented my country on over 70 occasions to date in European and World Championships. Tier was rewarded for his self belief in 2016 when he represented Ireland in the Brazil Paralympics.

"CP football is uniquely different to traditional 11-a-side football as it is a 7-a-side game and players have a classification based on their physical attributes which impacts on how the coaches can use them or make changes in games" Tier explained.

"We begin the tournament on the July 25 against

Denmark and will face Germany, Northern Ireland and the Netherlands and all matches will take place on the KNVB Campus in Zeist"

Tier is an inspiration to others as he has had to battle throughout his life, to achieve his goals.

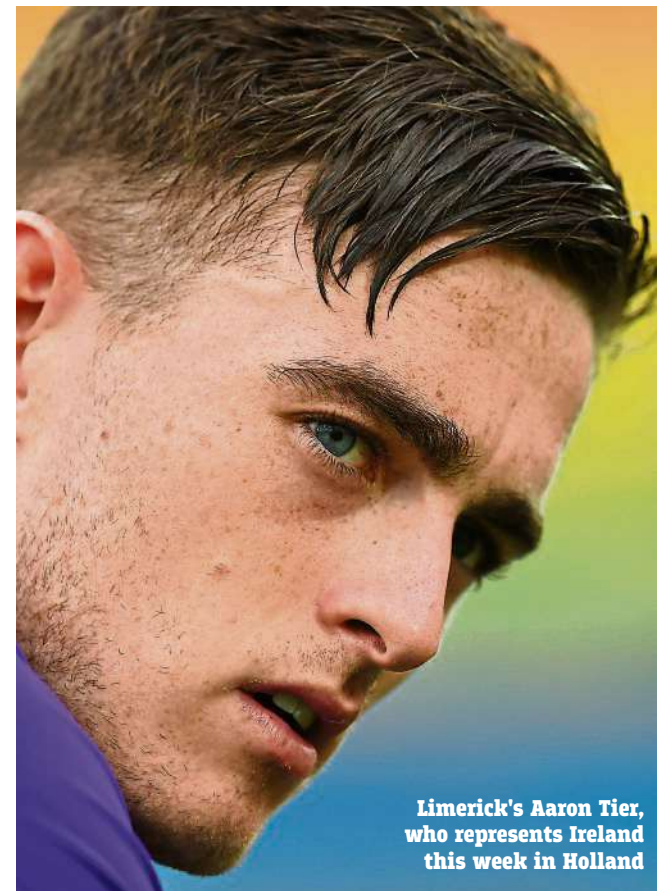
"As a person who was born with cerebral palsy I've learned that the only way to cope with having a physical disability is to adapt to each hurdle that is presented to me along the way. From facing many surgeries to being told I will never be able to walk, play sports, drive a car and even enrol in mainstream school. All I wanted to do was to go home and play football on the streets, which ultimately led to my international stardom through playing with Star Rovers FC" continued the Irish international

The community drop-in sessions that are provided by the FAI in Limerick to 'keep kids off the streets' are invaluable for players like Tier.

"It wasn't until I joined the international squad that my grades skyrocketed in an upward spiral thanks to the assistance and guidance from coaching staff at that tie. I went from failing subjects to achieving A1 grades. However, I just fell short on 5 CAO points for the college course I wanted to do. I just saw that as another obstacle I had to overcome. A year later I completed a FETAC course in order to achieve the points I needed at that time. I have subsequently gone on to complete a Bachelor of Arts and Sports Management at Limerick Institute of Technology.

Tier is part of a 14 man squad who are coached by Paul Breen who believes they have a real chance of taking home a medal.

"We can build on last year's sixth place finish at the World Championships. We're stronger for the experience and I think we can be confident that the team can kick on and compete"



Limerick's Aaron Tier, who represents Ireland this week in Holland



**MUNSTER RUGBY PRO14 FIXTURES**

Once foes, now friends: Munster's Conor Murray pictured with his Irish and now Munster team mate Joey Carbery when the sides met last season at the Aviva Stadium



# Munster's Guinness Pro14 fixtures confirmed

**DONN O'SULLIVAN**

sport@limerickleader.ie

THE GUINNESS Pro14 fixtures for the coming season have been released this week.

Munster will begin their season at home on September 1 with a clash against the Toyota Cheetahs, followed by an away trip to Scotstoun to face the Glasgow Warriors.

The high profile derbies with Leinster will take place on Saturday October 6 in Dublin, while the return leg will see Munster host champions Leinster on December 29 at Thomond Park.

Johann van Graan's side will be in South Africa in November as they face the return fixture against the Cheetahs, while their first competitive game at the new look (plastic pitch) Musgrave Park will be on Friday September 14 at 7.35pm.

Munster will play four games of their 10 home ties in Cork, while Thomond Park is

sure to be sold out for the aforementioned Leinster derby at Christmas time.

Other stand out fixtures are Connacht (A) on January 5, Connacht (H) on Weekend 26, Ulster (H) September 29, Ulster (A) Friday December 21.

Munster's senior players are on a week off this week, while they continue their preseason preparations for their opening friendlies against London Irish (August 17) and Exeter Chiefs (August 24) in Cork.

## FIXTURES - ROUND 1-17

### ROUND 1 SATURDAY, SEPTEMBER 1

5.15pm Munster Rugby v Toyota Cheetahs Thomond Park  
Live on eir sport 2, Premier Sports & Super Sport

### ROUND 2

### FRIDAY, SEPTEMBER 7

7.35pm Glasgow Warriors v Munster Rugby, Scotstoun Stadium  
Live on Premier Sports & eir sport

### ROUND 3

### FRIDAY, SEPTEMBER 14

7.35pm Munster Rugby v Ospreys Rugby, Irish Independent Park  
Live on eir sport, Premier Sports & TG4

### ROUND 4

### FRIDAY, SEPTEMBER 21

7.35pm Cardiff Blues v Munster Rugby, Cardiff Arms Park  
Live on Premier Sports, eir sport & TG4

### ROUND 5

### SATURDAY, SEPTEMBER 29

7.35pm Munster Rugby v Ulster Rugby  
Live on eir sport and Premier Sports

### ROUND 6

### SATURDAY, OCTOBER 6

6pm Leinster Rugby v Munster Rugby, Aviva Stadium  
Live on eir sport and Premier Sports

### ROUND 7

### SATURDAY, OCTOBER 27

5.15pm Munster Rugby v Glasgow Warriors, Thomond Park  
Live on eir sport & Premier Sports

### ROUND 8

### SUNDAY, NOVEMBER 4

4.45pm Toyota Cheetahs v Munster Rugby, Toyota Stadium  
Live on Super Sport, eir sport & Premier Sports

### ROUND 9

### SUNDAY, NOVEMBER 25

4.30pm Zebre v Munster Rugby, Stadio Sergio Lanfranchi  
Live on eir sport & Premier Sport

### ROUND 10

### FRIDAY, NOVEMBER 30

7.35pm Munster Rugby v Edinburgh Rugby, Irish Independent Park  
Live on eir sport and Premier Sports

### ROUND 11

### FRIDAY, DECEMBER 21

7.35pm Ulster Rugby v Munster Rugby, Kingspan Stadium  
Live on Premier Sports & eir sport

### ROUND 12

### SATURDAY, DECEMBER 29

5.15pm Munster Rugby v Leinster Rugby, Thomond Park  
Live on eir sport & Premier Sport

### ROUND 13

### SATURDAY, JANUARY 5

7.35pm Connacht Rugby v Munster Rugby, Sportsground  
Live on TG4, Premier Sports & eir sport

### ROUND 14

### SATURDAY, JANUARY 26

3pm Dragons v Munster Rugby, Rodney Parade  
Live on Premier Sports & eir sport

### ROUND 15

### FRIDAY, FEBRUARY 15

7.35 Munster Rugby v Southern Kings, Irish Independent Park  
Live on eir sport, Premier Sports & Super Sport

### ROUND 16

### FRIDAY, FEBRUARY 22

7.35pm Ospreys Rugby v Munster Rugby, Liberty Stadium  
Live on Premier Sports, eir sport & TG4

### ROUND 17

### SATURDAY, MARCH 2

5pm Scarlets v Munster Parc y Scarlets  
Live on S4C, Eir Sport and TG4



**SEVENS RUGBY**

## Limerick stars to the fore at San Francisco 7s

Shannon RFC's Aoife Doyle and Greg O'Shea pictured in San Francisco where they lined out for the Irish 7s

PICTURE: JOHN DOYLE

**LEADER REPORTER**

sport@limerickleader.ie

LIMERICK and Shannon RFC rugby stars Aoife Doyle, Greg O'Shea starred in the green of Ireland last weekend at the San Francisco World 7s.

Limerick club representation did not stop there as UL Bohemian's Deirbhile Nic a Bhaire and Louise Galvin also lined out for the girls in green.

The Ireland Men's Sevens team finished off their Rugby World Cup Sevens campaign by winning the Challenge Trophy with 24-14 final victory over Australia in the San Francisco tournament.

Captain Billy Dardis started the try-scoring with Jimmy O'Brien, Terry Kennedy and former Munster winger Greg O'Shea joining him on the scoresheet.

The result sealed a weekend to remember for the IRFU Sevens Programme as the Ireland Women's side secured their best ever World Cup Sevens finish of sixth, a jump of three places on their tournament seeding.

Teresa Bueso Gopez's try just past the final hooter saw Spain prevail 12-7 in another one-score shootout between these closely-matched sides.

Anthony Eddy's side, had plenty of momentum behind them after a 20-15 victory over Russia earlier in the day.

Indeed, they had also won their three most recent meetings with Spain - 17-14 in Kitakyushu and 7-0 in Langford during this season's World Series, and 38-7 against a much-changed team in the first leg of the European Grand Prix Series in Marcoussis three weeks ago.

**IRELAND MEN'S SEVENS SQUAD:**

Robert Baloucouné (Enniskillen/Ballymena/Ulster), Jordan Conroy (Buccaneers), Shane Daly (Cork Constitution/Munster), Billy Dardis (UCD) (capt), Ian Fitzpatrick (Lansdowne), Foster Horan (Lansdowne), Hugo Keenan (UCD/Leinster), Terry Kennedy (St. Mary's College), Harry McNulty (UCD), Bryan Mollen (Dublin University), Jimmy O'Brien (UCD/Leinster), John O'Donnell (Lansdowne), Greg O'Shea (Shannon)

**IRELAND WOMEN'S SEVENS SQUAD:**

Kathy Baker (Blackrock/Leinster), Ashleigh Baxter (Cooke/Ulster), Claire Boles (Railway Union/Ulster), Aoife Doyle (Shannon/Railway Union/Munster), Katie Fitzhenry (Blackrock/Leinster), Stacey Flood (Railway Union/Leinster), Louise Galvin (UL Bohemian/Munster), Eve Higgins (Railway Union/Leinster), Lucy Mulhall (Rathdrum) (capt), Ameer-Leigh Murphy Crowe (Railway Union/Munster), Deirbhile Nic a Bhaire (UL Bohemians/Munster), Audrey O'Flynn (Ireland Women's Sevens Programme), Hannah Tyrrell (Old Belvedere/Leinster)

## Historic silver-medal win for the future stars of Irish softball



Josie McGrath, Catherine Farrell, Cody McGrath, Mike McGrath, Makenzie McGrath, Joey Donegan, Tommy Farrell pictured supporting Ireland in Italy PICTURE: JOEY DONEGAN

**Softball**

A COURAGEOUS campaign, led by Kilmallock-based Makenzie McGrath, earned a historic second-place finish for the national side in the U-19 European softball championships in Italy.

McGrath, whose mother Josie McGrath, is originally from Kilmallock before she moved to America, plays as a pitcher for her country and schools.

Ireland faced host nation

Italy in Ronchi for the final; the underdogs were hoping to redeem their 7-0 loss in the earlier stages of the tournament.

"Our coaches told us to just go out there and enjoy it, we already won the medals and the qualifying for World Championships in California, so we just went out and played our hearts out," Makenzie recalled.

Despite taking the lead in the third inning by two runs to one, the Italians came back

to see out the match and tournament as winners by seven runs to three.

The girls in green showed great character after the game as they danced for joy for their achievement.

Makenzie is with her family in Kilmallock this week before flying home to New Jersey, where she will cheer on the under 22 side in their campaign in Slovakia and Limerick in the All-Ireland semi-final at Tommy Fox's pub.

## Limerick Cricket club reach All Ireland semi

**Cricket**

LIMERICK Cricket Club progressed to their first ever All-Ireland Semi Final last weekend, following a remarkable 113 run victory over Knockharley of Meath in the Quarter Final of the National Cup in Adare.

Winning the toss, Limerick elected to bat first on another humid day at the Manor Fields.

Limerick posted 260-9 off 40 overs, due in no small part to an 8th wicket partnership of 103 runs between Swaroop Burra (75 off 66) and Mudassar Aziz (47\* off 53).

In response Knockharley were dismissed for 147 off

32.1 overs.

The pick of the Limerick bowlers was Mustafa Sidiqi. The CBS student took 3-28 in a fine display of pace bowling.

The draw for the semi-finals will take place on Thursday.

Limerick will be hoping for a home semi-final following victories over Longford and Cregagh (Belfast) in Adare this season.

The semi-final will take place on August 12 with the final set for Belfast on September 2.

Meanwhile, Limerick face Kerry in the Munster Senior Cup Semi Final at home this Sunday at 12 noon.

Hopes are high that this

team can end the 24 year wait for Munster Senior Cup glory.

For more on Limerick Cricket Club, check out [www.limerickcricket.com](http://www.limerickcricket.com)



**Swaroop Burra of Limerick Cricket Club who scored 75 runs off 66 balls last Sunday**



Aoife Doyle in action for Ireland against Spain at the San Francisco 7s PICTURE: JOHN DOYLE



# ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

## Goodwill is nothing without cold hard cash

This week, we here at the Limerick Leader received a letter from Sweden.

The land of IKEA, Volvo and Spotify is not normally the country we get letters from, but it was great to get it all the same.

The letter came from Limerick native Noel Sheehy.

Noel, like the rest of us, has some concerns about the future of Limerick FC as we know it.

Mr. Sheehy asked two questions.

1. Has there been any approach from Limerick FC to help them in their search of a buyer/investor?

2. Do you have any idea how much is the club available for?

To quickly answer both, no and it would be very hard to put a figure on the value of the club at this time.

The letter showed once more the level of interest there is in Limerick FC.

We can see from our paper sales on weeks of big games and also through our website, just how many people have an interest in the goings on at the 'SuperBlues'.

The club have had a torrid few weeks, with part time football the only likely saving grace for the club as we know it.

Last week saw the possibility of

the players going on strike, while the optics of the PFAI and the FAI getting involved in your club is never a good thing for potential investors.

As Cork City and Dundalk have shown in recent times, investment in the league can lead to European cash windfalls. Both clubs seem to be heading in the right direction in terms of fan engagement, management of player wages and building links with their business communities.

Are these all things that Limerick FC could do? Sure they are. The last census has Limerick City and County's population at above 190,000.

There has to be enough people in that number who would be prepared to swap their hard earned cash to support the team.

The disconnect between the club and the community is growing on a weekly basis. The transient nature of sports fans means that with each passing week, Limerick are less and less likely to gain new fans.

The troubles Limerick FC have had on the pitch can be directly linked to the uncertain times the club have faced off the pitch.

It is hard to know if openly advertising that the club was for



Limerick FC must engage with fans if they want to survive

sale was a good thing. Investors or buyers knew that if they bided their time they would 'pick up' the club for a cheaper price at the end of the season.

Inconsistent updating of the club's website and social media channels has also not helped the 'passing interest fan' from learning more about the team and when they are playing next.

The website has jumped wildly between the best updated site in the league, to going several weeks without a match report.

This is just another example of how the club has lost touch with what really matters.

For Limerick FC to move forward the Markets Field needs to be an attractive match day experience for all, while also playing host to those more 'boisterous' supporters who add some colour and atmosphere.

Modern football is an entertainment business. Limerick FC struggled this season to engage with their potential new fans, while also allowed the opening part of the season to be dominated by a poor

playing surface.

Couple these items with the loss of some high profile signings and the off the field rumblings from last week and you see an organisation which is in need of a massive overhaul in ideas.

Goodwill is something that Limerick FC are always going to have. Limerick people would love nothing more than to have a soccer team in the city which played in Europe, however goodwill is nothing without cold hard cash.

That's what pays the bills.

JEROME O'CONNELL

## We are all the villians in the Chicago Cubs baseball video

LIKE pretty much the entire World I momentarily lost all faith in mankind when I watched a fully grown adult grab a baseball thrown into the crowd to a young kid during Sunday's Cubs-Cardinals game in Wrigley Field.

It was a 14-second video clip that swept across the world and certainly didn't paint the man in question in a good light.

Two lessons I see here – the obvious judgemental one and secondly the value of proper journalism.

Hours later it emerged that the 14-second video clip was just that, and not indeed the full story.

The facts of the story were much different and the man in question was certainly more saint than sinner. Thankfully the full facts are now available but I'm guessing not everyone that saw the video clip will take the time to read or search for the articles with the full facts.

There are parallels with comments surrounding the Liam Miller charity soccer match.

Quite simply, most

commenting don't know the full facts. Indeed the full facts don't appear out in public. For starters the event was at least six weeks in the public domain before it became known that Paire Ui Chaoimh was the preferred option to Turners Cross.

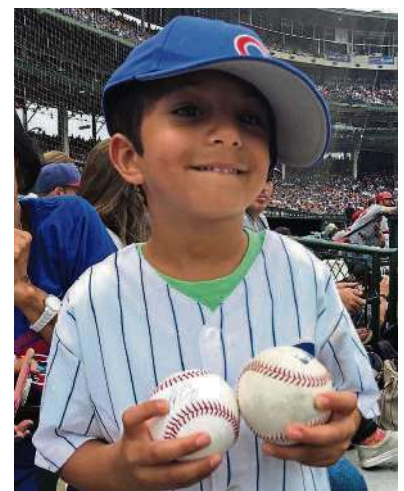
For me there are many other questions that remain unanswered, largely because neither side have gone fully on the record on the particular issue of the venue.

From a GAA point of view it is the latest in a long line of PR

disasters. What horrendous bad press at a time when the later stages of the All Irelands should dominate.

Someone in Croke Park needs to do a night course in PR. Between this Liam Miller game and Kildare's Newbridge saga, GAA officials need to learn lessons because they have been found wanting badly in terms of public relations. Surely they knew this latest dilemma was going to be made public and they should have been ready.

The last week of bad PR will leave a bad taste for quite some time, eroding any positive marketing.



The child at the centre of the video



## DONN O'SULLIVAN

## World Cup year might hinder Irish sides in Pro14 betting

With the Guinness Pro14 fixtures announced this week, attention will undoubtedly turn to who is going to win next season's grand final.

With the new season just weeks away, bookmakers have been quick to install current champions Leinster as strong favourites to retain their crown.

Leo Cullen's men are priced up at 7/5 to win next May's final, with the Scarlets of Wales named as second favourites at 4/1.

Munster are joint third favourites with the Glasgow Warriors with Johann van Graan's men listed at 5/1.

There is then a clear jump to the Ospreys at 18/1, while Ulster,

Edinburgh, Cardiff, and Connacht are all priced in the 20s.

Rank outsiders for the title are the Southern Kings, listed as 500/1.

With this coming season being a World Cup year, it is yet unknown how many games Ireland's front line players will play for their provinces. Should the IRFU player welfare policy dictate that stars

such as Conor Murray, Joey Carbery, Tadhg Beirne, Peter O'Mahony and CJ Stander have their game time reduced, then Munster might struggle to reproduce the form which has seen them reach the knock out stages of the Guinness Pro14 for the last two seasons.



Leinster celebrate winning last season's Pro14 title at the Aviva Stadium

# IS THAT ON THE BOX?

## Sunday



Limerick's Cian Lynch will face Cork on Sunday

## Wednesday

### TENNIS

MOSCOW RIVER CUP  
BT SPORT 2 9AM

### TENNIS

GERMAN CHAMPIONSHIPS  
SKY SPORTS 10AM

### TENNIS

JIANGXI OPEN  
BT SPORTS 11 10AM

### CYCLING

TOUR DE FRANCE  
EUROSPORT/ITV 4 12NOON

### HOCKEY

IRELAND V INDIA  
BT SPORT 1 1.30PM

### HOCKEY

GERMANY V ARGENTINA  
BT SPORT 1 5.45PM

### DARTS

WORLD MATCHPLAY  
SKY SPORTS 7PM

### HOCKEY

USA V ENGLAND  
BT SPORT 1 7.45PM



Roisin Upton who lines out for Ireland against India

## Thursday

### TENNIS

MOSCOW RIVER CUP  
BT SPORT 2 9AM

### TENNIS

GERMAN CHAMPIONSHIPS  
SKY SPORTS 10AM

### TENNIS

JIANGXI OPEN  
BT SPORTS 11 10AM

### GOLF

PORSCHE EUROPEAN OPEN  
SKY SPORTS 10AM

### CYCLING

TOUR DE FRANCE  
EUROSPORT/ITV 4 12NOON

### GOLF

SENIOR BRITISH OPEN  
SKY SPORTS 12 NOON

### GOLF

LADIES SCOTTISH OPEN  
SKY SPORTS 1.30PM

### DARTS

WORLD MATCHPLAY  
SKY SPORTS ACTION 7PM

### EUROPA LEAGUE

NEW SAINTS V IMPS  
BBCI 7PM

### EUROPA LEAGUE

ABERDEEN V BURNLEY  
BT SPORT 1 7.45PM

### RUGBY LEAGUE

ST HELENS V WARRINGTON  
SKY SPORTS 7.45PM

### GOLF

RBC CANADIAN OPEN  
SKY SPORTS 8PM

## Friday

### TENNIS

MOSCOW RIVER CUP  
BT SPORT 2 9AM

### CYCLING

TOUR DE FRANCE  
EUROSPORT/ITV 4 9AM

### TENNIS

GERMAN CHAMPIONSHIPS  
SKY SPORTS 10AM

### TENNIS

JIANGXI OPEN  
BT SPORTS 11 10AM

### GOLF

PORSCHE EUROPEAN OPEN  
SKY SPORTS 10AM

### GOLF

SENIOR BRITISH OPEN  
SKY SPORTS 12 NOON

### GOLF

LADIES SCOTTISH OPEN  
SKY SPORTS 1.30PM

### FORMULA 1

HUNGARIAN GP PRACTICE  
SKY SPORTS F1 2PM

### CRICKET

YORKSHIRE V WARSHIRE  
SKY SPORTS 6.30PM

### DARTS

WORLD MATCHPLAY  
SKY SPORTS 7PM

### HOCKEY

KOREA V ITALY  
BT SPORT 1 7.45PM

### GOLF

RBC CANADIAN OPEN  
SKY SPORTS 8PM

## Saturday

### RUGBY UNION

CRUSADERS V HURRICANES  
SKY SPORTS 8.30AM

### CYCLING

TOUR DE FRANCE  
EUROSPORT/ITV 4 9AM

### GOLF

PORSCHE EUROPEAN OPEN  
SKY SPORTS 10AM

### HORSE RACING

ASCOT  
ITV 11.50PM

### RUGBY UNION

LIONS V WARATAHS  
SKY SPORTS 2PM

### SCOTTISH LEAGUE CUP

CLYDE V MOTHERWELL  
BT SPORT 2 3PM

### MINOR HURLING

GALWAY V DUBLIN  
TG4 3PM

### GOLF

SENIOR BRITISH OPEN  
SKY SPORTS 4.30PM

### HURLING

GALWAY V CLARE  
SKY SPORTS/RTE 5PM

### DARTS

WORLD MATCHPLAY  
SKY SPORTS 7PM

### GOLF

RBC CANADIAN OPEN  
SKY SPORTS 6PM

### SOCCER

BENFICA V JUVENTUS  
EIR SPORT 1 6PM

### SOCCER

CHELSEA V INTER  
EIR SPORT 2 7PM

### BOXING

WHYTE V PARKER  
SKY SPORTS 10PM



**GOLF**  
SENIOR BRITISH OPEN  
SKY SPORTS 4PM

**HOCKEY**  
IRELAND V ENGLAND  
BT SPORT 1 6.45PM

**DARTS**  
WORLD MATCHPLAY  
SKY SPORTS 7PM

**GOLF**  
RBC CANADIAN OPEN  
SKY SPORTS 10PM

**MLS SOCCER**  
SEATTLE V NEW YORK CITY  
SKY SPORTS 10PM





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