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Mayor James Collins with volunteers at the launch of City of Culture. See p10

The Leader

www.limerickleader.ie
Wednesday, September 19, 2018

FREE

YOUR NEW PAPER FROM LIMERICK'S LEADING TEAM



ENDORSED! Peter Casey gets Council vote for Aras bid **P4**

FINANCE Liam Croke with more tips on how to claim what is yours from the taxman **P26**



THE KIDS ARE ALRIGHT This year's garda youth awards launched in the city **P18**



Cathedral holy water font used to clean syringes P8



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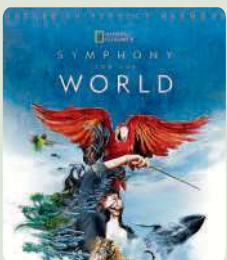
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INSIDE THIS WEEK



NATIONAL GEOGRAPHIC
Symphony for our world show
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HOUSING VOTE
Mayor opposes contentious plan
Page 9



CIGS SOLD ON FACEBOOK
Man fined heavily
PAGE 13



KING AND QUEEN
Good show from Edwin, Beibhinn
Page 16

Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
Female footballers
Limerick's ladies football team won the junior All-Ireland at Croke Park on Sunday



▼ BAD WEEK
Limerick 'Rose' fans
Now we'll only have a representative in Tralee every two years. See story below and p16.



☀ QUOTE OF THE WEEK
"I regret doing the Deel Swim now"
Cllr Emmett O'Brien on being shown photos of raw sewage in the river Deel at a Council meeting

Bloomin' good or bad news: it is up to you



Kerry Gold! We are not so sure. Allie Lunn, Adare, with the Limerick Rose, Hazel Casey at a photoshoot last month in Limerick. Hazel unfortunately did not make it to the televised stages of the contest in Tralee. In fact only one Limerick representative has made it in the previous 10 years - Kayleigh Maher our 2017 representative PICTURE: ADRIAN BUTLER



WHAT WE THINK
EUGENE PHELAN
LEADER EDITOR

THE headline made very pleasant reading, but when you went into the finer detail I was left wondering whether it is good or bad news that Limerick's Rose of Tralee contestant in 2019 will definitely make the television stages of the event. Reading further down the press release we were told: "Roses representing Kerry, Cork and Dublin will

continue to be selected every year while a Rose will represent Limerick every second year from 2019." As someone who has been to the festival many times and has attended numerous Rose selection dinners in Limerick I feel we have been badly treated over the past decade. Last year's Rose Kayleigh Maher was the first in 10 years to make it to the televised

stages. I have no problem with Kerry having a representative each year, but why preferential treatment for Cork and Dublin? Thousands of people from Limerick travel to Kerry each year for their holidays and spend millions. We border Kerry and have long supported the county and I think powers in Tralee should remember where their bread is buttered.

WEATHER FOR THE WEEK



WEDNESDAY
Very windy, showers around and temperature high of 15°C



THURSDAY
Periods of rain with the temperature rising to just 12°C



FRIDAY
Partly sunny with a few showers around and a high of 14°C



SATURDAY
Dull and dreary though probably staying dry. High of 14°C



SUNDAY
Periods of sun today but quite windy too. High of 15°C



MONDAY
Occasional rain and drizzle and a temperature high of 15°C



WEBTOPTEN

- Shock expressed in Limerick that drug users are using holy water fonts to 'clean needles'
- Five goals power superb Limerick ladies to All Ireland Football title in Croke Park
- Limerick included as Met Eireann issues status yellow wind warning
- Road closure in Limerick as 'Car Free' day takes place on Saturday
- Modest Cian Lynch (pictured below) says Hurler of the Year nomination 'a glitch in the system'
- Woman falsely claimed she was driving car which left scene of Limerick collision
- More than 100 new social houses to be built in Limerick following council vote
- Parents fined over son's absence from Limerick school
- All you need to know about the 2018 National Ploughing Championships
- Limerick councillors endorse Dragons' Den star Peter Casey for presidential bid

MyLimerick

Edwin Fitzgibbon

Mr Limerick 2018 and Mr Ireland 2018 first runner-up

What's your idea of a perfect day in Limerick?

Getting up early to go to my local gym, The BodyBuilding, and then heading over to my 9am lecture in Limerick Institute of Technology. After college, I'd head into the city with my friends and girlfriend and grab a bite to eat. After that, I would head home, catch up with my grandmother on how her day went and cook the dinner.

What's your first Limerick memory?

My first Limerick memory that I can remember was Christmas 1997, when I visited the Crescent Shopping Centre for the first time to meet Santa Claus. I remember that I was absolutely petrified!

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

My favourite part of the county is student life in Limerick, it seems to be increasing in popularity each year. There always seems to be more and more options given to students each year that help create good memories during their time in Limerick.

What about a favourite local walk or view?

My favourite walk would have to be down by the river banks.

What do you think gives Limerick its unique identity?

Limerick's third level institutes and universities, Irish Rugby, Thomond Park, and our sport facilities all around the city.

Do you have a favourite local restaurant?

My favourite local restaurant would have to be the Curry House Indian

Cuisine which is situated directly beside the South Court Hotel. Sometimes, when I decide to have a cheat meal, this is the place to go. The food is top quality, the service is quick and the staff are pleasant.

How would you describe the people of Limerick?

Limerick is lucky to have a variety of people that each have unique features. Most are friendly, easy going and interesting to speak with. Over the last year I've met new people from all over the county who each had interesting backgrounds and stories to tell.

How important do you think culture is to Limerick?

Without a doubt the Limerick people show a great deal of pride when it comes to the county's history and culture. I think it's great that even teenagers from the Limerick area know about 'The Treaty City'

What's the biggest challenge facing Limerick today?

The biggest challenges facing Limerick currently are homelessness and suicide. Even though the Limerick City Council are working their hardest to resolve the issue, the problem seems to be ongoing. It's great to see more and more suicide watch volunteers roaming the banks of the river to help those in need and it seems that more local people are donating clothes than before which is great. I hope that someday better facilities will be built for the homeless.



FRONT PAGES OF THE PAST

**18 YEARS AGO
MAY 20, 2000**

The front page of the Limerick Leader front page in May 2,000 had a smiling car salesman Graham O'Mara with money in his hands.

A glut of second hand cars in Limerick prompted O'Mara's to have a "give away" auction with some cars selling for as

little as £10. A Granada and Renault 25 which were 10 years old went for just £50.

The main story concerned a city band heading North with Derry Republicans saying they were "shocked and highly surprised" that the band had agreed to play at a festival organised by one of the Loyal Orders.



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Ireland South MEP Ni Riada in bid for Irish Presidency

NICK RABBITTS

nick@limerickleader.ie

SINN Fein TD Maurice Quinlivan believes the upcoming Presidential election is “all to play for”, after his party showed its hand for the October 26 contest.

Ireland South MEP Liadh Ni Riada, will represent Sinn Fein in the hope of becoming the country's 10th president.

She will face the sitting president Michael D Higgins,

alongside Independent candidates Sean Gallagher, Gavin Duffy and Senator Joan Freeman.

Despite the fact the current president – who lived his early childhood on the Ennis Road – is the favourite to secure re-election to Áras an Uachtaráin, Mr Quinlivan believes the contest is “winnable”.

“She is a fantastic candidate, who has done very well since she has been elected to the European Parliament. She's shown her ability



Sinn Fein candidate: Liadh Ni Riada

to stand up for both Limerick and Ireland South in the parliament. I believe it's time we had a contest. We need to use this presidential campaign to talk about the type of Ireland we want going forward,” he

told The Leader.

Above all, the Limerick TD says he hopes it is a “respectful campaign”.

“I hope it's about Ireland and how Ireland can be better and the future vision for Ireland. I think Liadh will encapsulate that very well,” he added. Ms Ni Riada grew up in west Cork, and is the daughter of musician Sean O Riada. She wants to be “a new President for a New Ireland.”

“Ireland has radically changed

since the last Presidential election. We've become a more caring and inclusive society. A global inspiration when it comes to progressive social change,” she said, “But we are only at the beginning of this new chapter. It's time for all of us – particularly our younger generation – to write our own story.”

Ms Ni Riada took the second seat in the south in the European Parliament election in 2014 with 125,309 first preferences.



Councillors in Limerick gave former Dragon's Den star Peter Casey, main picture left, a nomination. Three councillors requested journalist Gemma O'Doherty be given a nomination, but their bid fell on deaf ears PICTURES: LIAM

Casey secures presidential nod from Limerick council

Election: ‘Dragon’s Den’ star closes in on challenging for highest office in the land

NICK RABBITTS AT COUNTY HALL

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DRAGONS Den star Peter Casey has secured the nomination of Limerick City and County Council.

With Limerick the third council to nominate the businessman for a tilt at the highest office in the land, Mr Casey now needs just one more authority to nominate him to place him on the ballot paper.

Members in neighbouring Tipperary County Council met this Tuesday evening to finalise their nomination.

Back at County Hall in Dooradoyle, Mr Casey was the agreed candidate of both Fianna Fail and Fine Gael. Fianna Fail council leader Cllr Michael Collins proposed the entrepreneur, with Cllr Michael Sheahan of Fine Gael seconding the nomination.

“He is a very successful businessman who not only has been very successful but has also failed

before, and come back stronger than ever. That is a huge achievement for any man,” Cllr Collins said.

There was a contest, however, with Independent member John Loftus nominating journalist Gemma O'Doherty, a move seconded by Cllr John Gilligan.

But while she received three votes - from Cllrs Emmett O'Brien, Loftus and Gilligan - Mr Casey prevailed with 21 members backing him.

Sinn Fein abstained, as they will back their own candidate Liadh Ni Riada, as did the Solidarity party.

The only Labour councillor present, Cllr Elena Secas also did not pick a candidate, as her party will be backing the incumbent President Michael D Higgins.

Interestingly, metropolitan mayor Cllr Daniel Butler did not follow his Fine Gael colleagues, and chose to abstain in the vote.

He confirmed afterwards this is because he will be supporting President Higgins in the October 26

contest.

There were also a number of no shows from councillors at the meeting. Earlier this Tuesday, Mr Casey and Ms O'Doherty made their case before councillors, with any would-be presidential election candidate needing the backing of four local authorities.

They were joined by Marie Goretti Moylan, Sarah Louise Mulligan and John O'Hare.

Addressing councillors, Mr Casey said: “As a nation, we are punching well below our weight. We should be far more influential on the world stage than we are. That's the essence of my platform. We now have the technology to connect the dots to the Irish around the world. The slogan for my campaign is ‘Why be a small country when we are already a great nation?’”

He pledged, if elected, he will give part of his presidential salary to charity each month in connection with each local authority if elected



**AS A NATION,
WE ARE
PUNCHING
WELL BELOW
OUR WEIGHT**

PETER CASEY

president. It would be up to that authority to decide where the funding goes.”

Runner-up Ms O'Doherty provoked the ire of many, when she suggested during her speech that “Limerick is suffering from a serious crime epidemic. I would love for this city to shed this reputation.”

Among those critical of the remark was former Education Minister Jan O'Sullivan, who tweeted: “Limerick crime figures now and in recent years are nowhere near top of the list. Much easier to have the reputation we deserve if people like [Gemma O'Doherty] stop peddling untruths.”

Earlier this week, presidential candidate Kevin Sharkey pulled out of the race, while entrepreneurs Sean Gallagher and Gavin Duffy secured their four nominations.

They will be joined on the ballot by Senator Joan Freeman, Ms Ni Riada and sitting President Michael D Higgins.

IS IT TIME TO REVITALISE YOUR HEALTH?



Don't miss your new-look Health & Living magazine, free with Monday's Irish Independent, where Karl Henry helps you to kick start your exercise plans, parenting expert David Coleman has the answers on your parenting questions and Dr Nina Byrnes answers your queries in our 'Ask The Doctor' column.

And don't miss relationships and sex expert Allison Keating's must-read new column.

Health & Living. Only in Monday's Irish Independent.

Irish Independent 

Take a fresh look

Burglary suspect to stay out of city

A FILE will be prepared for the Director of Public Prosecutions following a burglary in the city centre last week, writes David Hurley.

Paul Foran, aged 36, who has an address at North Claughan Road, Garryowen, was released on bail after he appeared before Limerick District Court.

Garda John Sheehan told Judge Marian O'Leary the defendant replied "I'm sorry" after he was formally charged with burglary relating to an incident in the early hours of September 13.

Mr Foran was arrested at 5.10am – shortly after gardai were alerted to a break-in at the PC Repair Centre on William Street.

Sergeant John Moloney said there was no objection to bail subject to the defendant complying with certain conditions.

Mr Foran, who was granted legal aid, was ordered to stay out of the city centre except when attending court or the social welfare offices on Dominick Street.

The matter was adjourned to November for DPP's directions.

Authority clears O'Connell St as 'Car-Free Day' takes place

NICK RABBITS
nick@limerickleader.ie

LIMERICK'S main thoroughfare will be closed to traffic for much of this Saturday, as the city celebrates European Car-Free Day.

Vans will face bans, alongside other forms of motorised vehicles, from 8am to 3pm in O'Connell Street, from its junction with William Street to the intersection with Roches Street.

Meanwhile, parking will be prohibited between 8am and 5pm along this stretch of the street.

It's all for a day which highlights the necessity to leave your cars at home, and instead choose more environmentally friendly ways to commute.

In previous years, a cycle hub and information stand on the O'Connell Street-Bedford Row junction has been set up.

Meanwhile, a cycle will take place, and there will be a 'bike doctor' offering free consultation and basic repairs.

An Garda Síochána will offer bike safety information in conjunction with the Road Safety Authority.

Independent councillor Frankie Daly, who chairs the transport committee, has welcomed the initiative.

"I think it's a good thing. It



A section of O'Connell Street will be cleared this Saturday to mark 'European Car Free Day'

encourages people to get into the city centre, to shop, spend money and support business. It's good to incentivise this kind of thing once in a while," he said.

Cllr Daly added: "Cars can choke up the centre, particularly when people go away and dump them.

There are people with disabilities. It goes against traffic. When people hog a thing for the day, it's not good news."

A Europe-wide initiative, Car-Free Day has been taking place in Ireland since the year 2000 in various cities including Galway,

Cork and Dublin alongside Limerick.

The day itself marks exactly 100 days until the end of the year and is the autumn equinox.

It's only the third time since 2001 that the event has fallen on a Saturday.

Mayor proposes civic receptions for county's sporting heroes

Mayor James Collins has proposed the the All-Ireland winning senior hurlers and ladies junior footballers be honoured with civic receptions.

Last Sunday, the county's ladies junior football team defeated Louth in the All-Ireland at Croke Park, making it a second successful foray to GAA headquarters in a month for Limerick.

Cllr Collins said, "As Mayor of Limerick, it's been an honour to see our sport stars bring home two All-Ireland championships from Croke Park this year.

"It's only fitting that our senior hurlers and our ladies footballers should both be honoured with civic receptions," Cllr Collins, added.

"The Limerick ladies did us all proud on Sunday, winning the All-Ireland Junior Ladies Football Championship in Croke Park, emulating the success of the senior hurlers on



Cathy Mee lifts the trophy in Croke Park on Sunday

August 19.

Mayor Collins remarked how the record crowd of over 50,000 at Croke Park on Sunday showed how the popularity of ladies football has grown in recent years.

"I will be proposing to my fellow councillors that we host civic receptions for the hurlers and the footballers, so that each group is individually and appropriately recognised for the happiness and pride they have brought to Limerick sports fans throughout the county," he said.

Family Carers Ireland,
Unit 1 Georges Quay
House, Georges Quay,
Limerick.
Tel: 061 310434
Web: www.familycarers.ie

Launch of new support group for Family Carers caring for children.

First Meeting 26th September at 10.30am, facilitated by the Metropolitan Mayor, Daniel Butler in Limerick City & County Council Office, Merchants Quay, Limerick

Each subsequent meeting on the last Wednesday of each month at 10.30 am in the Family Carers office, George's Quay.

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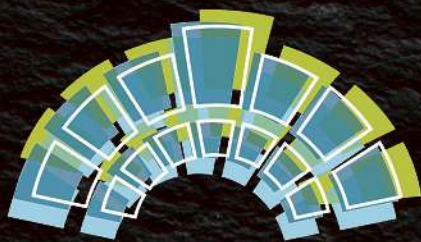
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'Needles cleaned in holy water'

More resources:
Quinlivan calls
for investment in
drugs taskforce

FINTAN WALSH
fintan.walsh@limerickleader.ie

A TD HAS called for more resources to be pumped into the local drugs taskforce in light of the shock expressed by a city community over drug addicts using holy water fonts to "clean syringes" at St John's Cathedral in the city.

It came as Garryowen resident John Nugent said that residents in the area are "concerned about issues affecting the Cathedral" and that "some addicts have used the holy water font at the entrance to clean needles".

Mr Nugent, the Garryowen representative for Sinn Fein, said that "one addict was removed from the Cathedral by gardai" recently.

"Older people often visit the Cathedral to light candles and find comfort there. They must be able to do this without fear," he said.

Parish priest, Fr Noel Kirwan said he was aware of the issue.

"How widespread or how often it

happens is another thing. But it does happen," Fr Kirwan said, noting that it also occurred during his time as parish priest in St Michael's, which is also in the city.

He explained that Mass-goers at St John's can fill bottles of holy water via a container in the cathedral, instead of using the water at the font.

Mr Nugent also said that he has been informed by staff at nearby St John's Hospital that drug-users are "shooting up" in the hospital toilets, adding that they are passing through security.

A spokesperson for the UL Hospitals Group confirmed: "St John's Hospital is aware of this issue and has contacted An Garda Síochána about this matter."

"It truly is a shame that a hospital that is regarded so fondly by Limerick people should be subjected to such behaviour. I would urge immediate extra security from both the Hospital and An Gardaí as doing nothing is simply not acceptable," Mr Nugent said.

Sinn Fein TD Maurice Quinlivan said he was also aware of the incidents at St John's Cathedral and the Hospital.

The TD said that more resources were required for agencies in the city in tackling the drugs problem.

"I am calling for extra resources in the area. The Drugs Taskforce is doing a fantastic job but they can't do it with the lack of funding. We need to look at it from the health way and to make sure that the



There was shock that drug addicts were using the holy water fonts at St John's Cathedral to 'clean syringes'. Fr Noel Kirwan, right, says holy water containers are at the cathedral



taskforce is funded properly. But we also need to make sure there are additional gardai for resources, just to make sure they are responding properly," said Deputy Quinlivan.

The LOVELIEST NIGHT OF THE YEAR

Words by PAUL FRANCIS WEBSTER



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Controversial plan for social housing gets green light

JESS CASEY

jess.casey@limerickleader.ie

CONTROVERSIAL plans to build more than 40 social houses near the North Circular Road are set to proceed following a comprehensive vote in favour of the development at Limerick City Hall this week.

More than 100 new social houses were approved by councillors in Metropolitan District this week, with proposals to build developments on Lower Carey's Road, Kileely Road and in Rathbane passed unanimously.

However, the proposal to build 43 residential units on the green space to the left of the Condell Road was met with opposition from Fianna Fáil councillors.

Mayor of Limerick Cllr James Collins, Cllr Kieran O'Hanlon, Cllr Sean Lynch, Cllr Jerry O'Dea and Cllr Vivienne Crowley voted against the Clonmacken development at a meeting of the Metro District this week.

Moving to reject the proposals, Cllr Vivienne Crowley said that local residents feared the development would be repeat of the "the mistakes of the past" as it is a stand-alone, isolated unit, not served by a bus route.

Cllr Kieran O'Hanlon told the council he was "in favour of social integration, not social segregation."



The site on the Condell Road where plans for 43 new social houses have been approved. PICTURE: MICHAEL COWHEY

"We need social housing but we shouldn't just have knee-jerk reactions and put 43 families in the middle of nowhere," he said. "Residents groups will accept a mix of social and affordable housing but we are not listening to the views of the people," he added.

However, there are "hundreds of private developments" planned for the area, according to Sinn Féin councillor Séighin Ó Ceallaigh. "It's not going to be 43 isolated houses," he said. "It seems the land is unsuitable for public development but it would be fine for private developers to come in." Labour councillor Joe Leddin also dismissed claims of "social-segregation." "I'm not going to sit here and be a hypocrite and oppose houses in a housing crisis," he added.

The motion to proceed with the development was carried by 14 votes to 6, following an amendment to reduce the development's 4-bed units to 3-beds.

Limerick Leader to publish free 'First Days at School' keepsake

JESS CASEY

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LEADER photographers have been travelling the highways and byways of Limerick, capturing a very special moment in hundreds of children's young lives - their first days at school.

A 35-page pull-out supplement featuring pupils from over 50 schools across Limerick will be available free of charge in our weekend editions, out on Thursday morning.

"We are delighted to once again publish our First Days at School supplement," Limerick Leader editor Eugene Phelan said. "This is one of the supplements I most enjoy editing each year as it's so heart-warming to see all the young children starting their out their academic lives, full of energy and joy. We hope it will be widely read and kept as a keepsake by parents for many years to come."



The cover of our First Days At School supplement which comes free with this weekend's Limerick Leader and features over fifty schools from around Limerick

PICTURE: ADRIAN BUTLER

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Comments from online readers

What you're saying about stories on **limerickleader.ie** and our social media platforms



FIVE GOALS POWER SUPERB LIMERICK LADIES TO ALL IRELAND FOOTBALL TITLE IN CROKE PARK

Monica Tynan

Congratulations to all, another great All-Ireland for Limerick



Jean McDonagh

Congratulations ladies, brilliant win

Patricia Sheehan

Congratulations. Brilliant, well done there's no stopping us now

Deirdre Foley

Great match. You played your hearts out until the end. Congratulations and well deserved.

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Patricia Casey

Her bread is AMAZING x



Denise Mangan-Fahy

Good luck Blaithin! Can definitely vouch for your brown bread

Sinead McNamara

The nicest bread. Best of luck Blaith

'I NEVER THOUGHT ANYTHING COULD CONTROL ME LIKE A PIECE OF POWDER': LIMERICK DRUG SURVIVOR SPEAKS

Sandra Daly Gavin

Addiction is a horrible disease. Well done for coming this far in your recovery. Wishing you the best



Marc O Maonaigh

It takes a strong character to come out the other side of that. Well done and good luck to you.

Barbara Molloy

Well done and be very proud of the road you have turned. You are a credit to your family. I have total admiration for you firstly for speaking out and saying exactly how it was.

THOUGHTFUL LIMERICK HURLERS SEND CARD AND SLIOTHAR TO FAN WHO HAD HEART ATTACK ON LUAS

Eleanor Doyle

Great bunch of lads. They have great respect. Well done to all management backroom staff as well



Margaret Kirby

Such a lovely kind thing to do

Mary Delee

Well done lads lovely gesture

Kate Hanrahan

They're a great bunch of guys. Very proud of them



Volunteers Jim Prior, Siobhan Murphy, Karen Fitzgibbon, Dawn O'Driscoll, Fiona Mills, Stephanie Ryan, Geraldine Bowles, Geraldine Minogue and Austin James Fitzpatrick at the launch of Culture Night PICTURE: BRIAN ARTHUR

Culture Night 2018 to inspire Limerick

Events: Cultural 'smorgasbord' on offer this Friday

JESS CASEY

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CATCH some culture in Limerick this Friday, as the city and county prepares to welcome thousands to Culture Night 2018.

With more than 80 free events planned for Limerick, the depth and range of the county's cultural offerings will be on display on Friday September 21 as part of a nationwide celebration of the arts.

From 'International Living Statues' at the Hunt Museum to The Museum of Mythological Water Beasts at Ormston House; there is something on offer for all the family.

"Culture Night Limerick happens because many people share a vision and enthusiasm for enjoying, celebrating and promoting creativity and culture," Limerick City and County Council arts officer Sheila Deegan said.

"In Limerick, culture is not simple, it has many layers. Aware of

that, we look at Limerick through the lens of multiplicity and celebrate the variety of identities, cultures, histories, landscapes and forms of expression that co-exist side by side giving our region its uniqueness."

On Friday, the doors of many famous landmarks will be opened to visitors, including the North Munster Masonic Centre, the Limerick Museum in the Old Franciscan Friary and Sarsfield Barracks.

At King John's Castle, visitors are invited to "watch in awe" as Zoltan Gere, an expert in horseback archery brings ancient martial arts to life in the iconic surrounds of King John's Castle.

Enter the spirit of the evening with Bedford Row Bedlam, with hip-hop performances, all-ages dance classes, performances by Limerick Music Generation and the Mary Immaculate Community Choir.

Events are set to take place at

various locations across the city and county including Limerick Gallery of Art, the University of Limerick, Limerick Printmakers, Limerick Civic Trust, St. Molua's Church Ardagh, De Valera Museum and Bruree Heritage Centre, Friars Gate Theatre, Fab Lab, Narrative 4, and The Belltable to name a few.

Mayor of the City and County of Limerick Cllr James Collins said: "Limerick has embraced Culture Night as it is an opportunity to sample 'bite-size' portions. It is a smorgasbord of culture all in one evening."

All Culture Night events are free but some venues may require advance booking. On the night, Culture Night Volunteers will be on hand to provide information, brochures and guidance. Culture seekers can also pop into the Culture Night Hub in the Tourist Office at 20 O'Connell Street.

Check out www.limerick.ie or www.culturenight.ie for full details.

Garda station to 'open up' for Culture Night

THE doors of Henry Street garda station will be opened to the public this Friday for Culture Night.

Between 5pm and 9pm, there will be guided tours which will allow people to see what goes on behind the scenes at the garda station.

The tour will include a visit to the

Communications Room where all calls for the Limerick division are received and dispatched.

There will also be a chance to see the bank of TV monitors which relay footage from the network of CCTV cameras across the city.

The recently re-opened custody

suite will be included in the tour which will give an insight into how prisoners are processed following their arrest.

Members of a number of specialist unit including the armed Regional Support Unit and the Dog Unit will also take part in the tour.

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Cash stolen from youth who agreed to buy phone

GARDAI are warning people who buy second-hand products online to be cautious when meeting the seller in person.

It follows an incident during which a sum of money was stolen from a young man who arranged to meet another man who was selling a phone.

"The phone had been advertised on a website and a price and a meeting was arranged between the two," said crime prevention officer Sergeant Ber Leetch.

"At the time of the meeting the buyer of the phone was counting out the cash when the other male



Buyers should be cautious says Sgt Ber Leetch

grabbed the cash ran to a car and drove off," she added.

Sgt Leetch says buyers should be cautious and suspicious when dealing with people they don't know.

"Don't go alone, note the registration number of the car in which they arrive in. Ask to examine the item before you present any cash," she said.

Safe containing cash and passports stolen in burglary

A SAFE containing passports and cash was stolen during a burglary on the outskirts of the city at the weekend.

An investigation has been launched following the break-in at a house in Annacotty.

"For any safe to be effective it must be of a good enough quality to be bolted to a solid wall and well hidden within the home," said a garda spokesperson.

Gardai are also advising homeowners with CCTV cameras to keep the hard drive secure. "The hard drive should be kept in a separate area from the screen and ideally with a 'dummy' hard drive in place," said a spokesperson.

Appeal as unlocked cars are targeted by thieves

SEVERAL parked cars which were broken into in recent days were unlocked, gardai have revealed.

A laptop and a wallet were taken from two separate cars which were parked at the University of Limerick while a handbag and cash were taken from two other unlocked cars in the city centre.

"We are all very busy and we could easily press our car keys in the general direction of our cars as we walk away from them, assuming that they are locked but that isn't good



Various items were stolen from the unlocked cars

enough. You must see the lights flashing, hear the lock engage and pull the handle of the door to be very sure that your car is secure," said crime prevention officer Sergeant Ber Leetch.

Car owners are also being urged to make sure their cars are locked when parked outside their homes overnight.

Shop worker's phone stolen

GARDAI are urging retailers to ensure staff have somewhere secure to store their personal property.

The appeal follows an incident during which a phone belonging to a member of staff was stolen from a premises in the city centre. "Staff members must be very careful of their personal property while at work. If lockers are provided, use them and lock them," said a garda spokesperson.



St Gabriel's goes greyhound racing

Metro Mayor Cllr Daniel Butler was pictured at the launch of the St Gabriels Night at the Dogs to be held at the Limerick Greyhound Stadium on September 22. Also included are Pat Dollord CEO Irish Greyhound board, Michael Field, board member, and Mary O'Donovan PICTURE: MICHAEL COWHEY

Delay of Monaleen School questioned

'Prefabs': No timeline for construction of building

JESS CASEY

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THE DECISION to proceed with a new school building for Monaleen in one stage instead of two, as originally planned, has "hugely delayed" the project, according to Limerick's Labour representatives.

While movement on the new school building for Monaleen has been welcomed, the decision to proceed with the construction in one stage has delayed the project, according to former Education Minister and Limerick City TD Jan O'Sullivan and Labour councillor Elena Secas.

"When I initiated this badly needed new school building as Education Minister in the last

government, the intention was that construction would proceed in two stages but subsequently a decision was taken to do it in one stage which has delayed the project," Deputy O'Sullivan said.

"While I welcome that the service level agreement will be signed in the near future and that the ETB will shortly appoint a design team, we have yet to see a timeline for construction."

The school now has 13 full classrooms and seven smaller resource rooms in prefabs, according to Cllr Secas.

"This decision has hugely delayed the whole process," she said.

"We are now years later and nothing is happening there. We have more classrooms in prefabs at the

moment then we have in the school."

"In terms of student numbers, the population has increased significantly in the last year in the Castletroy area. There is also a significant increase in student numbers," Cllr Secas said.

"It is clear for all to see that Monaleen School is not fit for purpose and I would seriously question the delay in the construction of the school."

"Phase one was ready to go and the project should not have been interfered with and should have proceeded as intended."

"This delay is unacceptable and I would urge the minister to progress construction as a matter of urgency," she added.

Padre Pio prayers every fortnight

PRAYER groups from the Dominican St Saviour's Church on Dominic Street will get to witness the nine-foot statue of Padre Pio this Saturday.

Phillip Scanlon who will be venerating the glove and bandages of Padre Pio believes this is a great

opportunity for both those who have lost their faith and new visitors to stop by for a moment of relief and reflection.

"We want everyone to be invited, to come along and have a cup of tea, even if it's for the first time," Mr Scanlon assured.

The bronze statue called "I Absolve You" was unveiled back in May, and was sculpted by Canadian bronzeworker Timothy Schmalz.

The first prayer group takes place this Saturday, September 22 at St Saviour's Church, and will take place every second Saturday from then on.

Man fined after arranging to sell cigarettes online

JESS CASEY

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A MAN, who was selling his supply of cigarettes through Facebook as he intended to quit smoking, has been fined €2,500 following an undercover customs operation.

Nabil Ourabia, who has an address in the Watergate area, told Revenue Customs Service officers he was hoping to kick his smoking habit and wanted to make his money back after he arranged to sell 200 cigarettes for €60 in 2016, Limerick District Court heard.

Mr Ourabia was found to be attempting to sell cigarettes without excise duty at a potential loss to the exchequer of €354.74, State Solicitor Aileen Mee told the court.

In May 2016, officers observed a Facebook page advertising cigarettes for sale in Limerick City and arranged to meet Mr Ourabia in the Watergate area.

On the night in question, he was stopped

by officers, while holding the cigarettes in a paper bag. When asked if he was there to sell the cigarettes, Mr Ourabia said he was. When questioned, Mr Ourabia told the customs officers he did not know he was committing an offence, the court heard.

He told customs officers that the cigarettes had come from Lithuania or Algeria and that he did not pay excise duty on them. He told customs officers he was intending on quitting and that he wanted to make his money back. The sale of tobacco without excise duty carries a maximum fine of €5,000, the court heard.

Solicitor John Herbert said his client had no previous convictions and at the time he was unaware he was committing an offence. Mr Ourabia has part-time employment and supports his family, Mr Herbert said, requesting that the fine be mitigated to reflect these circumstances.

Judge Marian O'Leary imposed a €2,500 fine, giving Mr Ourabia ten months to pay.



The hearing of Ruth and Paul Morrissey's High Court case against the HSE and two laboratories will resume on January 29 after the claimants applied for an adjournment this Tuesday

Terminally-ill woman's High Court action adjourned to 2019

A TERMINALLY-ill Limerick woman's High Court action over the alleged misreading of her smear tests has been adjourned until late January.

Ruth Morrissey, of Schoolhouse Road, Monaleen, and her husband Paul are suing the HSE and two laboratories, Quest Diagnostics and MedLab Pathology over alleged failure to correctly interpret, report and diagnose smears carried out in 2009 and 2012.

Ms Morrissey was diagnosed with cervical cancer in 2014, and was told in early 2018 that the cancer had recurred and was terminal.

Lawyers for the Morrisseys asked the judge, Mr Justice Kevin Cross to

adjourn the case after receiving updated reports from defendants which included, they said, an "essay" in relation to the general cancer screening programme.

The reports include an expert opinion that the claimant's cancer had nothing to do with the previous smears. The court was told the case was meant to take four weeks, but it might take double that time.

Lawyers for the HSE and Quest Diagnostics did not oppose the adjournment application. MedLab said they wanted the case to be heard at the earliest possible opportunity, according to RTE News. The hearing will resume on January 29.

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LEADER NEWS BULLETIN

Charity

80's night fundraiser for St Gabriel's School

A FUNDRAISING 80's night to help raise funds for new facilities at St Gabriel's school in Limerick will be held early next month.

Massive construction occurred at the Dooradoyle based facility over the summer to aid a new sensory room and garden for the pupils. St Gabriel's School and Centre provide a range of clinical therapies and interventions for up to

500 children and teens with disabilities. St Gabriel's school provides primary and post primary education to 69 pupils with very special needs. The 80's night will be held in the Savoy Hotel on Friday October 5 starting at 7pm with DJ James Sexton, finger food, cakes, game planner and loads of spots prizes.

Contact St Gabriel's or ring Sinead on 086 3970260 for tickets.



Muhammed Sheyrayer is accused of taking €20 from a donations box at the Limerick Islamic Cultural Centre in Dooradoyle

Sport

Hall of fame ceremony

Members of the public are invited to the induction ceremony of eight athletes to the University of Limerick Sports Hall of Fame on Saturday, September 22, at 3pm in the UL Sport Arena. Among those being honoured are Kilkenny hurler, Martin Comerford, rugby players Rosie Foley, Paul O'Connell and athlete Rosemary Ryan.

Cash stolen from city Mosque

A PAKISTANI national was granted bail after he appeared in court charged in relation to a break-in at a city Mosque, writes David Hurley.

Muhammed Sheyrayer, aged 30, who has an address in Portlaoise is accused of stealing €20 from a donations box at the Limerick

Islamic Cultural Centre in Dooradoyle on May 31, 2015.

The defendant is also charged with immigration offences which are alleged to have happened earlier this month.

At Limerick District Court, Sergeant Donal Cronin said the Director of Public Prosecutions has consented to the summary

disposal of the case in the district court.

There was no garda objection to bail subject to Mr Sheyrayer complying with certain conditions.

He was ordered to live at specified address and he must sign on at his local garda station once a week.



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Elderly woman's handbag robbed

DAVID HURLEY

david.hurley@limerickleader.ie

A YOUNG man who is accused of robbing a handbag from an elderly woman in broad daylight was apprehended thanks to the assistance of members of the public who witnessed the incident.

Shane Ryan-Casey, aged 26, of no fixed abode, was refused bail after gardai expressed concerns he would commit further offences and would not appear in court if released.

Detective Garda Paul Crowley of Roxboro Road station told Limerick District Court the accused man is a "volatile and dangerous individual with a history of violence".

Opposing a bail application, he said it will be alleged the defendant approached the 69-year-old as she was walking at St Nessans Road, Dooradoyle - near the Crescent Shopping Centre - at around 3pm September 12, last.

"He took hold of her handbag and ran (with the bag) across the road to Ballykeefe Estate," he told Judge Marian O'Leary.

A number of witnesses followed the culprit and gave a detailed

“**He is a volatile and dangerous individual**”
DETECTIVE GARDA PAUL CROWLEY

description to gardai who responded quickly.

The detective said Mr Ryan-Casey, who was found hiding in bushes a short time later, is alleged to have had the stolen handbag in his possession when arrested.

The victim, he said, was not physically injured during the incident but was "shook up" by her ordeal.

Solicitor Sarah Ryan said her client, who has addiction issues, was intoxicated when arrested and was declared unfit by a doctor and could not be questioned for several hours following his arrest.

She told the court he was willing to abide by any conditions imposed on him if granted bail.

Detective Garda Crowley rejected this assertion saying he did not believe he would comply with any conditions.

Having formally refused bail under the provisions of the Bail Act, Judge O'Leary remanded the defendant in custody pending directions from the Director of Public Prosecutions..

A file is currently being prepared by investigating gardai and will be forwarded to the DPP in the coming weeks.

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HERITAGE

European Warriors of Horseback Archery
 Limerick Museum Late Opening and Guided Tour
 VIP 2019: Limerick Military Museum Exhibition
 Tracing Limerick's Old Hospitals & Equipment and Order of Malta Historical Exhibition
 Music and Art in Mount St Alphonsus/Redemptorists
 Sarsfield Barracks Museum and Walking Tour
 Portraits of Ilen
 Guided Tour of the Book of Kells
 Limerick Civic Trust: Carroll Collection
 Open Night at the Masonic Centre
 Limerick Civic Trust: Walking Tours
 Ardagh Chalice 150 Festival
 A Night in The Museum

King John's Castle, Nicholas Street
 Old Franciscan Friary, Henry Street
 City Hall, Limerick City and County Council, Merchant's Quay
 Order of Malta Ambulance Corps, St. John's House, 7A Davis St
 Mount St Alphonsus, Henry Street
 Sarsfield Barracks, Prospect Hill
 Main Gallery, The Hunt Museum, Rutland Street
 Conventual Centre (opposite the UL Student Union),
 University of Limerick, Castletroy
 The Bishop's Palace, Church Street
 North Munster Masonic Centre, Castle Street, King's Island
 Starting point: The Bishop's Palace, Church Street
 St Moluag's Church, Ardagh & Ardagh Community Centre
 De Valera Museum and Bruree Heritage Centre,
 Water Street, Bruree

CHILDREN & FAMILY

Bedford Row Bedlam
 Pigtown Comes to the Milk Market
 Pigtown Parade
 Culture Night at the Hunt Museum
 International Living Statues Night
 Historical Treasure Hunt
 Nevsail Watersports Water Zorbing Taster Session
 Nevsail Watersports Taster Sessions & Tours
 Behind the Scenes @ Henry Street Garda Station
 Game Over
 Who is Limerick?
 Limerick Cycling Campaign
 Busy Builders with Open House Limerick
 Food & Fun at the Urban Co-op
 SPIN South West - The Art of Radio
 Siúlóid as Gaeilge 'Na Trí Droichead' / An Irish Walk 'The Three Bridges'
 Book Binding Workshop with Marian Sheehan Ahern
 Ballyneety Men's Shed

Bedford Row
 Limerick Milk Market, Cornmarket Row
 Cruises Street, Chapel Street, Denmark Street
 The Hunt Museum, Rutland Street
 The Hunt Museum, Riverside Garden, Rutland St.
 Start point: Nevsail's Hut, The Hunt Museum,
 Riverside Garden, Rutland St.
 Start point: Nevsail's Hut, The Hunt Museum,
 Riverside Garden, Rutland St.
 Start point: Nevsail's Hut, The Hunt Museum,
 Riverside Garden, Rutland St.
 Henry Street Garda Station, Henry Street
 See website for venue
 Narrative 4, 58 O'Connell Street
 Rift Coffee, 30 Upper Mallow St
 Fab Lab, 7 Patrick Street
 The Urban Co-op, 8 Eastway Business Park
 SPIN South West, City Gate House, Raheen Business Park
 An Chistin, Conradh na Gaeilge, Halla Ide, 18 Sráid Thomáis
 Friars' Gate Theatre, Sarsfield Street, Kilmallock
 The Courthouse, Ballyneety

ART & DESIGN

Limerick Printmakers Printy Little Fingers!
 Roll Your Sleeves Up & Print with Limerick Printmakers
 Limerick Printmakers at the Belttable - Pamela Dunne
 Film, Fashion and Photography at LSAD
 Explore Visual Art at Limerick College of Further Education
 Open Studios Wickham Street
 The Museum of Mythological Water Beasts & The Water Ensemble
 at Ormston House
 'Three Photographic Projects' Exhibition
 Central Buildings Creative Corner

Limerick Printmakers, Bridgeland House, 3 John's Sq., Limerick
 Limerick Printmakers, Bridgeland House, 3 John's Sq., Limerick
 Belttable, 69 O'Connell Street
 LSAD, Clare Street Campus & Merriman House, Lock Quay
 Limerick College of Further Education, Mulgrave Street
 Wickham Street Studios, 6A Wickham Street
 Ormston House, 9-10 Patrick Street
 CB1, Central Buildings, 51A O'Connell Street
 Christ Church United Presbyterian & Methodist,
 51A O'Connell Street

ART & DESIGN

Annamarie Bourke 2018 Painting Collection
 Alternative Synergy
 Culture Night 2018 at Mary Immaculate College
 MADE in Limerick's 'Culture of Crafts'
 Let's Talk About Art
 Open Studios: Spacecraft Artists' Studios
 'Observances' by Nuála O'Sullivan at Gallery Interlude
 Religious Art: Bringing it Back Home
 Drifting Through The Marks Surrounding King John's Castle
 Design and Craft: Adare
 Art Workshop with Sheila Richardson
 Talamh Open House Exhibition

Art Gallery, 98 O'Connell Street
 See website for venue
 Main Building, Mary Immaculate College, South Circular Road
 17 Thomas Street
 Jean Ryan's Art Studio & Gallery, Liddy Street
 Lucky Lane, 9A Catherine Street
 Diocesan Centre, St Munchin's, Corbally
 Starting Point: The Bard of Thomand Statue, Nicholas Street
 Church View, Adare
 Dratocht Gallery, Station Road, Adare
 Talamh, Glensharrold, Carrigerry, Co. Limerick V94 39N9

FILM & THEATRE

Costume Design for Photography & Film Workshop
 Tait House Presents 'Blithe Spirit'
 Limerick Youth Theatre
 Film Night at Glórach Theatre

LSAD, Merriman House, Lock Quay
 Tait House Community Enterprise, Collins Avenue
 The Basement, 73 O'Connell Street
 Glórach Theatre, Abbeyfeale

POETRY & WRITING

Limerick Writers' Centre Present an Introduction to Haiku
 What Moves You Most in a Work of Literature!
 Stanzas: An Evening of Words
 Limerick Underground Speakers Corner
 Temple of Words: A Journey Through Poetry and Music
 Culture, Folklore & Song from the Writings of Aindrias MacCraith
 A Little of What You Fancy
 Seoladh Leabhar Grianghrafadóireachta le Michael Rowesome

Limerick Writers' Centre, 12 Barrington Street
 Quay Books, Arthur's Quay Shopping Centre
 Ormston House, 9-10 Patrick Street
 Riverside Garden, The Hunt Museum, Rutland Street
 Your Yoga Centre, First Floor, Hook & Ladder, Corbally
 The Dominican Priory, Kilmallock
 Rathkeale Arts Room, Council Offices, New Line, Rathkeale
 Red Door Gallery, An Chearnóg, Caisleán Nua Thiar

MUSIC & DANCE

CHROMEATTIC: Solo Harpsichord Recital
 Redemptorist Centre of Music - A Music Celebration
 Little Big Bang - Limerick Jazz Workshop Big Band
 Traditional Irish Music Session
 Mickey Martin's Culture Events
 Taste of Trad
 Opera Delights
 Limerick School of Music Celebrates Culture Night
 BaRock
 Trad and Poetry 'Meitheal'
 Trad Music with Garraí Eoin CCÉ
 Boherbuoy Brass and Reed Band Street Performance
 Oíche Cheoil sa Chistin / Music in the Kitchen
 Bróga Nua - Ceardlann rannta & Amhráin le hÁine Ní Shúilleabháin
 Tráthnóna Ceoil agus Cairdeach le hÁlanna Speisialta
 Beautiful People, Beautiful Place / Dacine Álainn, Ait Aoibhinn
 Glenbrohane Community Culture Night with Conor Ryan & Friends
 West Limerick Traditional Singing Night

Limerick City Gallery of Art, Permanent Collection Gallery,
 Carnegie Building, Pery Square
 Redemptorist Centre of Music, Island Road, Lee Estate
 Dolans Warehouse, 3-4 Dock Road
 Dolans Pub & Restaurant, 3-4 Dock Road
 Augustinian Lane, Thomas Street
 University Concert Hall, University of Limerick, Castletroy
 St. Mary's Cathedral, Bridge Street
 Limerick School of Music, Mulgrave Street
 St. Michael's Church COI, Pery Square
 The Commercial, Catherine Street
 The Hunt Museum, Rutland Street
 Thomas Street
 Conradh na Gaeilge, Halla Ide, 18 Thomas Street
 Coláiste Mhuire gan Smál, An Cuairbhóthar Theas
 Mary Immaculate College
 An tSean Leabharlann, Cill Díoma
 Red Door Gallery, The Square, Newcastle West
 Brid & Paddy's Public Lounge, Glenbrohane, Garryspillane
 The Ramble Inn, Church Street, Abbeyfeale

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Roisin with actor Matthew Modine at Milk Market

US actor draws a crowd at market

MARIA FLANNERY
maria.flannery@limerickleader.ie

RENOWNED US actor Matthew Modine has continued to wow locals while staying in Limerick for a filming project, even causing quite a stir at the Milk Market on Saturday.

The actor, perhaps most well-known for his roles in Full Metal Jacket and Stranger Things, has graciously made time to speak to his fans during his stay in the city.

On the Milk Market, he posted: "What a terrific market. My wife and I ate too much and can't wait to do it again next Saturday."

The Milk Market tweeted about a "true gent".

"Thank you for the visit, kind words and being so patient with all the fans, both staff and customers."

Online, Limerick fans gushed about encounters with the kind actor.

"Was great to meet the kind and wonderfully political Matthew Modine this morning. His biggest Irish fan (Roisin) had us stalk him in The Milk Market and he generously signed her Stranger Things hat and we had a great chat," said Aisling Leavy.

The actor was also spotted in Bunratty Castle and Folk Park this week, where he is working on the undisclosed film.

Niall O'Callaghan, MD of Shannon Heritage, spent some time with Mr Modine at the castle, and was effusive in his praise for the veteran actor.

"It was wonderful to meet such an iconic actor, and you could feel the buzz in the air around Bunratty as Mr Modine was recognised by staff and visitors alike. He was a perfect gentleman, more than happy to pose for pictures and autographs with fans.

Rose to bloom once every two years in new format

Rose of Tralee: Limerick to be represented biannually from 2019

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THERE will only be one Limerick Rose every two years from 2019, under a new revamped selection process for the Rose of Tralee.

The changes in the competition would see half of the regions showcasing a Rose each year, and have been made to "ensure that every Rose enjoys the ultimate positive experience".

Roses representing Kerry, Cork and Dublin will continue to be selected every year.

Every other centre would select a Rose biannually, and 32 Roses will be hosted in Tralee each year. It means that every Rose would reach the TV final and take part in the full schedule of events.

For a Rose, the festival entails a host of events, including parades, gala functions, the televised Rose selection nights, a Rose Tour and more.

The new move means that every Limerick Rose will make it as far as the televised final. Up until last year, Limerick had gone 10 years without

being represented in the televised selection.

"Moving from the Regional Festival (staged from 2004 to 2015) to bringing all our Roses directly to the Rose of Tralee International Festival for the past three years has been generally very positively received," said the Executive Chair of the Rose of Tralee International Festival, Anthony O'Gara.

"There is one challenging aspect to the new format that does not sit well with any of us and that we want to address, the selection of 32 Roses from 66 for the TV Selection. Regardless of how sensitively we handle that, it is not in keeping with our ethos or our tradition," he said.

"Our focus is to celebrate and respect the passion and emotion, and indeed the time and financial investment that every Rose, her family and Rose Centre invest with us."

The festival has grown extensively since 2004, with 40 new Rose Centres and a rejuvenated Rose of Tralee brand.

Rose Centres are at the core of the Festival, organising the selection of each regional Rose.



The 2018 Limerick Rose, Hazel Ni Chathasaigh

"The commitment and passion from the Centre coordinators have helped to make it the great event that it is, and help the organisers to achieve their mission to celebrate exceptional young Irish women, foster friendships and connect Irish communities," said Mr O'Gara.

"Our remit is to deliver a festival that respects commitment and participation appropriately and that of each Rose. Even though the new structure will reduce income, we will find a means of overcoming this financial challenge for the International Festival.

"We appreciate that the change to the format is significant, but on balance we believe it will be a positive development that will enhance our festival and protect its long-term future," added Mr O'Gara.

Meanwhile, the search is already on for the 2019 Rose of Tralee, the festival's 60th anniversary. The next Limerick Rose is now guaranteed to make it to the televised final selection process.

Applications can be submitted via www.roseoftralee.ie/apply.

Mr and Miss do Limerick proud

BOTH Mr Limerick and Miss Limerick were placed in the top three at the national version of the pageant over the weekend.

Mr Limerick Edwin Fitzgibbon was awarded first runner-up, while Miss Limerick Beibhinn Haren was second runner-up, in what was one of Limerick's most successful years in the competition.

Beibhinn also took the title of Beauty with a Purpose, for raising the highest amount for charity. As Miss Limerick, Beibhinn has been working with Clare's Wish, Cliona's Foundation and the Mid-Western Cancer Foundation.

Both Beibhinn and Edwin are models with the Holman Lee Agency. Celia Holman Lee congratulated the



Above: Edwin Fitzgibbon
Right: Beibhinn Haren

two on their success representing Limerick.

"We are delighted with Beibhinn and Edwin's success. This year was one of Limerick's most successful years in the competition.

"I am so proud of Beibhinn and Edwin and how they represented us on the national stage - Beibhinn spoke so eloquently about

Limerick it nearly brought tears to eyes. Well done to them both," she said.

Beibhinn from Clarina, said that she was "delighted" to win for best charity work, and will continue fundraising for the rest of the year.

Edwin, Fr Russell Road, said that the experience was "incredible". He hopes to improve student mental health



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REA O'Connor Murphy are delighted to offer for sale this unique investment opportunity to acquire 12 x 2 & 3 bedroom apartments at Riverpoint, Limerick City. **The properties will be sold via 'Expression of Interest' on 17th October 2018, 'Best & Final Bids' on 31st October 2018.**

Situated across from the newly refurbished boardwalk in Limerick, the Riverpoint Complex is a landmark building, which overlooks the River Shannon and comprises

a mix of commercial and residential units. The subject units are spread out over the 10th and 11th floors with some units offering spectacular views of the River.

Features

- ✓ Unique Investment
- ✓ 12 Apartments
- ✓ City Centre
- ✓ 2-3 Bedroom

Investment Analysis

- **Passing Rent**
€141,600
- **Guide Price**
€2,095,000
(vat treatment to be confirmed)



THE GROODY **PORTFOLIO**

Excellent investment opportunity to purchase 24 x 3 bedrooled and 13 x 6 bedrooled apartments/duplex units within the Groody Student Village, Castletroy, Limerick.

The Groody Student Park is just c. 4km from University of Limerick and consists of 88 x 3/6 bedrooled units. The development is exceptionally well maintained by its existing management company and each unit on offer is let for the 2018/2019 student year.

The accommodation offers the following:

3 Bedroom Apartments: open plan kitchen/dining/living area, 3 bedrooms and a main bathroom. 6 Bedroom Duplex Apartments: open plan kitchen/dining/living area, 6 bedrooms (all en-suite).

Buying Process:

Expressions of interest: 25th October 2018
Best & Final Bids: 8th November 2018

Features

- ✓ Unique Investment
- ✓ 37 Apartments
- ✓ Student Based
- ✓ 3-6 Bedrooms

Investment Analysis

- **Gross Passing Rent** €565,066
- **Guide Price** €5,200,000 + vat (if applicable)

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\$300k UL study 'corrects gap in bowel screenings'

35,000: Number of papers examined by major research group

FINTAN WALSH
fintan.walsh@limerickleader.ie

PEOPLE with a family history of colorectal cancer or abnormal gastrointestinal tissue growths (polyps) should be screened, according to breakthrough research co-led by University of Limerick academics.

Colorectal cancer is the second leading cause of cancer deaths in Ireland, with 20 deaths and 60 diagnoses a week. On average, one in 25 people will develop the disease throughout their lifetime.

The research, published in the world-renowned journal Gastroenterology, makes 19

recommendations which guide the choice of screening tests and the frequency of which for those who have close relatives with colon cancer or precancerous growths.

Head of the graduate entry medical school (GEMS) at UL, Prof Des Leddin was the co-lead author on the paper, working alongside eight other universities in the United States and Canada.

"The guidelines will, we hope, reduce mortality from this common disease and ensure that screening resources are optimally used. The impact of this work, which was co-led by UL, will be global in reach and will affect screening for a large segment of the



Prof Des Leddin, head of GEMS at UL

population."

Prof Leddin said that between one in 10 and one in 20 people has a relative with colon cancer and one in two people may have a relative with pre-cancerous growths. He said that evidence-based guidelines have not previously been developed for this cohort of people.

"The purpose of this study was to correct this gap in cancer screening by carefully sifting through all of the evidence to draw up best practice guidelines for consumers and health care providers," he said.

A team of experts from nine universities examined 35,000 papers over a three-year period at a cost of US\$300,000.



Semicolon tattoos will be available for €30 at Old Town Tattoo on Sunday Sept. 30.

Benny's story isn't over; it's endless

ANTHONY GEOGHEGAN

anthony.geoghegan@limerickleader.ie

OLD Town Tattoo will offer tattoos of semicolons in aid of Limerick Suicide Watch on September 30.

The Cecil Street tattoo parlour has teamed up with the #ThumbsUpForBenny campaign to raise awareness of suicide prevention in Limerick city.

The message of the project lies in its symbol, the semicolon; which is used to continue a sentence, rather than ending one.

Niamh McCarthy lost her brother Benny McCarthy seven weeks ago to the same fate many loved ones in the city have suffered. She wishes to continue his story; hoping others will receive the help and support Benny couldn't obtain.

"We need to stop judging and start minding each other. We know that a simple little tattoo can't solve all our problems, or bring our loved ones back, but it will serve as a reminder, a reminder that your story isn't over," Niamh asserted.

To take part in the project, drop into Old Town Tattoo in Cecil Street, on Sunday, September 30 anytime from 10:30am to 10:30pm, each tattoo will take approximately 15 minutes.

Tattoos cost €30 with proceeds going towards Limerick Suicide Watch. Artists have advised attendees to try and avoid dropping in during their lunch hour to avoid delays.

If you or know someone who needs help, please talk to friends, family, a GP, therapist or contact a free confidential helpline, for a full list of mental health services visit yourmentalhealth.ie.



Chief Supt Gerard Roche, Gerard Walsh of Garvey's Supervalu, Corbally; Kevin McCarthy, MD Garvey's Group and Sgt Seamus O'Neill PICTURE: ADRIAN BUTLER

Nominations sought for annual Garda Youth Awards

NOMINATIONS are being sought for the fifth annual Limerick Garda Youth Awards, writes David Hurley.

The awards, which were launched by chief superintendent Gerard Roche, aim to honour young people - aged between 13 and 21 - who have made a significant contribution to the community in which they live.

Awards will be presented to nominees from each of the four garda districts in the division - Limerick city north (Henry Street), Limerick city south (Roxboro Road), Newcastle West and Bruff.

And, for the first time, each of the award

recipients will be considered for inclusion in the first National Garda Youth Awards which take place next April.

"It's very important that people take the time to nominate young people for these awards, it's a great occasion to be able to honour young people who are doing exceptional things in their communities and for their families - we are always awe-struck by what these people get up to," said Chief Supt Roche.

The Limerick awards, which are sponsored by Garvey's Centra and Supervalu, will be presented at a gala event at the Woodlands

House Hotel, Adare on November 29, next.

"It's very important for us to be involved in the local community. The glory of these awards is that we are teaming up with An Garda Siochana and it's great that local communities and particularly the youth benefit," said Kevin McCarthy, managing director of the Garvey Group

Nomination forms can be obtained from any garda station in Limerick and can also be downloaded from the garda website or from www.garveygroup.ie.

The closing date for receipt of nominations is Friday, October 26.

Woman struck in the face during row at a house party

DAVID HURLEY
david.hurley@limerickleader.ie

A YOUNG man who struck a woman in the face during a house party was fined €250 following his appearance before Limerick District Court.

Owen Bailey, aged 25, who has an address at Rossa Avenue, Mulgrave Street admitted assaulting the woman during an alcohol-fuelled row at a house on the outskirts of the city.

The victim, who is aged in her early 20s, sustained facial injuries and attended University Hospital following the incident.

Solicitor Tom Kiely said both parties were "well known to each other" and that his client accepts he used excessive force on the night.

"He did strike out, he connected, it was an act of semi-defence," he said. Mr Kiely said Mr Bailey,



Judge Mary Cashin imposed a €250 fine

who is not working, has apologised to the woman for what happened.

Judge Mary Cashin commented that while there was an element of provocation there was no justification for Mr Bailey's actions.

"Drink or no drink, provocation doesn't carry any weight at all. You don't do that to a dog or any human being," she said.

After being informed the injured party had declined to make a victim impact statement, Judge Cashin imposed a €250 fine.

In doing so, she urged the defendant "not to come before the court again."

Teenage girl attacked by gang at laneway

DAVID HURLEY
david.hurley@limerickleader.ie

A YOUNG man who is accused of attacking a teenage girl in a city centre laneway late at night has been refused bail.

Owen Corbett, aged 24, who has an address at McDonagh Avenue, Janesboro, was brought before Limerick District Court after he was charged with robbery relating to an incident on August 20, last.

Opposing bail, Garda Jonathan Finn said it will be alleged the defendant was one of five young men who approached the 17-year-old victim and her boyfriend who were standing together in the laneway outside a pub at around 11pm.

He said the couple were set upon by the group and knocked to the ground by the youths and that both sustained injuries.

Inspector Padraig Byrnes said the young woman sustained facial injuries including a broken nose and he submitted the incident was at the "higher end of the scale".

The teenage girl's handbag was stolen during the incident which was captured on CCTV.

Garda Finn told Judge Marian



Owen Corbett appeared before Limerick District Court charged with robbery

O'Leary he had concerns Mr Corbett would not appear in court if granted bail and that he would engage in further criminality.

While a file is being prepared for the Director of Public Prosecutions, it is anticipated the matter will proceed on indictment before the circuit court.

Solicitor John Herbert said his client, who has had difficulties with drug addiction in the past, was willing to abide by any conditions

imposed by the court.

He said the father-of-one has an address where he can live and that there have been no further incidents since.

Having considered the garda objection, Judge O'Leary said she was refusing bail under Section 2 of the Bail Act. She said she was "making no finding" in relation to an objection under O'Callaghan's Rules.

The matter was adjourned pending DPP's directions.

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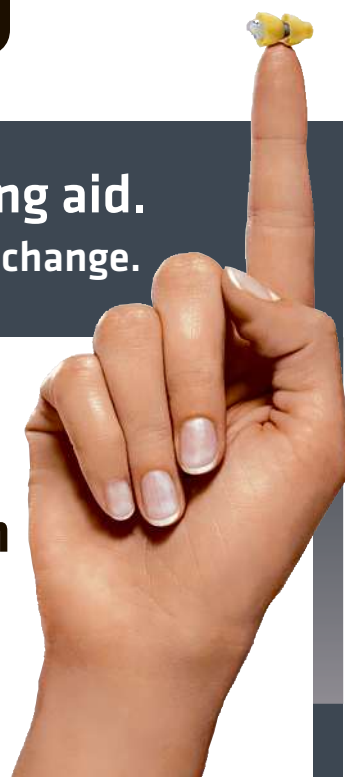


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Claymation class: Senior modeler at Aardman Studios, Will Harding teaches a class of artistic adults how to make the 1993 penguin villain Feathers McGraw, at Fab Lab, Rutland Street on Saturday afternoon

Adults ruffle the Feathers

At a workshop at Fab Lab, Aardman Studios—creators of Wallace and Gromit—taught grown-ups how to recreate Feathers McGraw

Pictures: Gareth Williams **Words:** Fintan Walsh



Luci Lane, South Circular Road

Luci: I volunteered for the first two sessions in the morning with the kids and it was so good that I decided to stay. It's fabulous but it's not relaxing because it's headwrecking if you don't focus!



Martha Spangler, Rosie Dempsey and Marty Boylan, Tralee IT

Martha: I am a third year student in animation and motion graphics in special effects in Tralee IT, so I heard about this through my lecturers Marty and Rosie. So I came along with them to see what was going on. I love the stop motion animation. I met Peter Lord (Aardman Studios) last year at Dingle Animation so I was keen to do a workshop with him.



Will Harding, senior modeler at Aardman Studios

Will: It's all about time, all about sculpting. Anyone can do it. You can get this clay in almost any hobby shop, it's exactly what we use in the studio. We make it a little bit more complex. We make armatures inside. We use lots of different material. But we try keep the key elements of the character clay.



Billy Madden, Greenfields, Jennifer Allen, Artistic Director Elemental, Pius McGrath, Alan Hogan, Elemental, Tara Madden, Greenfields and Will Harding, Aardman Studios

Candid Comment

By SPARTACUS

● There is a great weekend ahead for the city with Culture Night grabbing the headlines on Friday.

There are over 40 different events and if you see your loved one coming out of Henry Street Garda station, don't fret, that is one of the venues this year. We are not sure how the garda are going to keep the criminals they arrest on Friday night away from the public that will be visiting as part of Culture Night.

Also don't forget to put a reminder on your phone next Saturday if you intend heading into the city for a bit of shopping or lunch.

Because this Saturday is European Car Free Day which means that cars and other vehicles will be banned from the city centre from 8am to 5pm.

O'Connell Street from its junction with William Street to the intersection with Roches Street will be pedestrian only.

The aim of the day is to highlight the need to reduce our dependency on cars for people coming into the city centre, by walking, cycling or taking public transport.

This Saturday is car-free day in the city centre and there are a number of events planned to celebrate it.

O'Connell Street in Limerick city centre from its junction with Sarsfield Street to Roches Street will be a pedestrian and bus only zone from 11am until 2pm, Bus Eireann will unveil their new double-decker buses and hand out free Leap cards.

If Limerick truly wants a more people-friendly city centre, then this is an event that needs to be supported. Get out there, see how good a true public space can be without exhaust fumes and noise and look to the future for Limerick city centre.

● **If you listen to radio or watch TV you will, no doubt, have seen or heard one of the plethora of ads reminding you that you must have a TV Licence if you watch or stream content on a TV while at home or at work. The ad warns that those who do not have a TV licence will be prosecuted and**

could be fined in court. However, Spartacus can report that during one recent court sitting in Limerick, more than 70 prosecutions were struck out meaning dozens of people who did not have a TV licence on the day the inspector called avoided any penalty.

● The fallout from last week's events in Dublin, when gardai in balaclavas stood guard while masked and unidentified private security men evicted squatters from a city centre building, continues to spill over.

One of the gardai was identified and apparently threatened on social media, leading Minister for Justice Charlie Flanagan to say all photography of gardai doing their duty should be banned.

This would have serious implications for the media in its watchdog role, especially given the controversy surrounding the policing of public protests in Ireland, which have on occasion become quite heavy-handed.

Could people on social media making specific threats against gardai not be identified and prosecuted, rather than attempting to impose this blanket ban?

Minister Flanagan also suggested the police could wear bodycams to film events from their perspective. In the interests of fairness and transparency, he says.

Which would be fine, if it weren't for the unfortunate frequency with which garda technology - like laptops and mobile phones - go missing when they're needed for an inquiry

● The trojan efforts of members of the Roads Policing Unit are having an unexpected consequence which could have an effect on hundreds of prosecutions. As court lists continue to grow, motorists are being "left in limbo" for longer. And given their obligation to inform their insurance company of 'pending' matters, many are being penalised before the outcome is known.



Michael Quaile, Castletroy

Michael: I am here to make Feathers McGraw! He is one of the characters I am least familiar with actually. I love all of Aardman's stuff, I just love it. I was at the Gromit which was excellent. To make one in an hour that looks exactly what it's like on the TV is just brilliant.



Maev Tynan, South Circular Road

Maev: I am a big Wallace and Gromit fan so that's why I came today. I just saw it on Facebook and decided to go. I did art as far as my Leaving Cert and I always really enjoyed it, and I haven't really got a chance to do anything like this in a while so it's nice to get back to it.



James Gaffney, North Circular Road

James: "I loved the Wallace and Gromit films, and think that Feathers [McGraw] is one of cinema's all-time arch villains, so it was great to see how Aardman Studios put their clay characters together."

St Munchin's honoured for commitment to innovation

JESS CASEY

jess.casey@limerickleader.ie

A LIMERICK SECONDARY school has been honoured for its commitment to youth-led social innovation, entrepreneurship and social justice.

The Young Social Innovators Schools of Excellence Awards have honoured St Munchin's College in Corbally, for being a dedicated member of the Young Social Innovators (YSI) Schools Network for many years.

"As an educator it is fantastic to see the interest and passion that students have in their YSI projects every year and most importantly how they plan and manage to raise awareness with regard to their chosen issue," St Munchin's College principal David Quilter said.

"We feel YSI allows our students to take charge of their own learning, to grow and develop, to become creative and critical thinkers and to really make a difference in society."

"It builds character and it is extremely rewarding as a teacher to see every year how the shy student can emerge as the leader and the driving force of their group," Mr Quilter added.

Schools that demonstrate "an extraordinary and on-going commitment to engaging students and teachers at both junior and senior levels in social innovation action for a fairer, more inclusive and equal society", are presented with the YSI School of Excellence Award, according to founder and chief executive Rachel Collier.

"St. Munchin's is one such



David Quilter, principal of St. Munchin's College, with YSI Speak Out Tour MC Dayl Cronin PICTURE: AILEEN O'HAGAN

extraordinary school and I applaud the dedication to social justice and innovation which it promotes by engaging in YSI programmes," Ms Collier said.

Students from St. Munchin's

have had numerous impactful YSI projects, she added.

"They've tackled some of the most topical and hard-hitting issues today including preventing animal cruelty in their community,

tackling racism in the Irish sporting world and lowering the carbon emissions of their school."

For more information on the YSI project, visit www.youngsocialinnovators.ie

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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



These two beautiful little tabby kittens are named Wendy and Warren, and they are both up for adoption at Limerick Animal Welfare.

Wendy and Warren are just twelve weeks old. They are neutered, vaccinated and wormed. Adoption fee is €100 per cat.

To come and meet these two, you can call to the sanctuary from 12-3pm.

This stray is a super girl named Riley.

Riley is a four-year-old black and white terrier mix. She is house-trained, perfect on the lead, she gives the paw and is so well behaved – she would suit all types of home.

Adoption fee for dogs is €150 and a fully enclosed garden is required to adopt from Limerick Animal Welfare.



Logan is a beautiful black and white kitten. He is five months old.

Logan is fully vaccinated, wormed and neutered.

He is a friendly little kitten and would be the perfect pet in any home.

Adoption fee is €100. For more information, phone the cat unit on 087-2295669 or call to the sanctuary, Kilfinane from 12-3pm, seven days a week.

For family with older kids

The fourth stray this week is a gorgeous German Shepherd mix female named Betty.

Betty is one year old and described as “a friendly girl”. She walks very well on the lead.

Because of her size, Betty would suit a family with older children.

As always, a fully enclosed garden is required to adopt.



Colourful effort from Graham double act

Daniel and Rory Graham, North Circular Road, winners of the Limerick Leader National Geographic colouring competition. They won a family pass for four to the National Geographic Symphony For Our World at the Gaelic Grounds on September 29. For more coverage of the spectacular event see pages 35 to 38 PICTURE: ADRIAN BUTLER

Spade digging new plans for Europe

Magic: Limerick illusionist plans continental stunt

NICK RABBITTS
nick@limerickleader.ie

ILLUSIONIST Steve Spade is planning another new stunt in continental Europe next year.

The magic man, who hails from Raheen, was in Barcelona recently, meeting fellow magicians and scouting potential locations for an escape activity.

While in the Spanish port city, he took time to visit the area's oldest magic shop, 'El Rei De La Magia'.

“It felt very old world when you went in there. It looked like that movie 'The Prestige', it had that kind of feel,” said Steve, “It was really a long term goal to go there. Whenever I am in a different country, I always visit their magic shop. I've been to the ones in Rome, the USA. So it was on my list.”

He added it reminded him of Limerick's own magic shop, in Mallow Street.

Steve was also at Electric Picnic, where he performed a 35 minute show before Gavin James.

“The opportunity to perform and say

“**The opportunity to perform and say you've performed, and have stage time. It was brilliant, the audience reaction was fantastic** STEVE SPADE, RIGHT, ON ELECTRIC PICNIC



you've performed, and have a stage time. It was brilliant, the audience reaction was fantastic,” he told The Leader.

“I did a piece with Mark Southworth, who is a consultant for Dynamo. I had a bulb and a girl on stage with a bulb. I said we'd try and light the bulb as it's Electric Picnic. It didn't light. So I ramped it up a bit - I got her to scream a negative name in her life, and the bulb smashed. It got a great reaction,” the magician added.

ROUNDUP

Is beo an Ballyhoura

A ONE-DAY yoga and mindfulness festival will take place in Ballyhoura in two weeks,

Ballyhoura Beo will host yoga classes and workshops and will also include plenty of healthy treats.

The festival takes place on Saturday, September 29 at Creagh Castle, Doneraile from 9am to 6pm, tickets and registration are €75.

69 patients on trolleys

ACCORDING to figures published by the Irish Nurses and Midwives Organisation this Tuesday morning, there were 69 patients being treated on emergency department trolleys and on additional trolleys and beds in the wards at University Hospital Limerick. This was the highest rate in the country.



Sports Hall of Fame

Members of the public are invited to join the celebration this weekend at the induction ceremony of eight outstanding athletes to the University of Limerick Sports Hall of Fame. The event takes place at the UL Arena at 3pm on Saturday. Inductees include Paul O'Connell, Rosie Foley, Rosemary Ryan and Martin Comerford.

Dreamland prem party

A REUNION with a difference is scheduled for Tuesday September 25 at Share a Dream - Dreamland Fun Centre, Dublin Road.

'The Prem Party' is for the premature babies who were born at the Neonatal Unit of University Maternity Hospital Limerick (UMHL). Email dreams@shareadream.ie for more details

Direct Provision

A PUBLIC MEETING to 'listen to the experiences of people in the Direct Provision system' is to take place at Ormston House at 7pm on Monday September 24.

The Green Party and Labour have organised the meeting to discuss how the



'inhumane' system should be changed. All are welcome to attend.



Local derby dogs

Two greyhounds owned in Limerick are in with a shot of winning the Irish Derby in Shelbourne Park, Dublin, this

Saturday night. Slippy Cian and Clonbrien Hero (pictured) will vie with four other hounds for the €140,000 first prize.

Fundraising drive event

The annual Drive Against Suicide Limerick is set to take place on Sunday, September 30, taking off from the Woodlands House Hotel in Adare.

All modern, modified, classic and vintage cars welcome. Drivers can register on the morning from 10-11am, and the cars will take off together at 12 midday. A special guest named 'Liam' will also be there.

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BRIAN DEADY

DOLANS WAREHOUSE
SAT OCTOBER 20TH 2018

Tickets: €19 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

QUEEN
IT'S A KINDA QUEEN

DOLANS WAREHOUSE
FRI OCTOBER 26TH 2018

Tickets: €15 from dolans.ie
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ARRESTED DEVELOPMENT

DOLANS WAREHOUSE
TUE NOVEMBER 6TH 2018

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ACUSTIC DUO SHOWS

DOLANS WAREHOUSE
FRI DECEMBER 7TH 2018

Tickets: €25 from dolans.ie & Ticketmaster
Doors: 7:30pm | Over 18s only | I.D. required | R.O.A.R.

The Academic

LIVE AT THE BIG TOP
FRI DECEMBER 14TH 2018

Tickets: €25 + BF from dolans.ie & Ticketmaster
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ALL SHOWS ARE OVER 18'S ONLY (UNLESS STATED OTHERWISE) | I.D. REQUIRED | R.O.A.R.



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

Act on these tips and you will save on your tax bill

This is the last in our series of tax relief articles, and I will share with you some more areas that may be relevant to you.

The articles over the past couple of weeks have obviously struck a chord given the amount of emails I've received from readers, who weren't 100% sure, or were aware of their entitlements.

And as I always say, it's no good having this information if you don't do anything with it, so the key to getting money back, is by following through and doing what you say you will do. Don't delay any further and make that submission on those areas that apply to you and get back that money that's rightfully yours.

PENSION

One of the best ways you can prevent the Government from getting their hands on your income before you do, is by making pension contributions. Amounts contributed to a pension fund are taken from gross income before it becomes liable to tax. So not only are you reducing the amount of tax you pay, you are contributing to your future income in retirement as well.

The amount of tax relief available will depend on your age. For example, if you are aged 40, you can claim 25% of your income up to a maximum limit of €115,000.

The amount you contribute goes up in bands with reference to your age by an additional 5% each time.

If you are not taking advantage of this relief, you are leaving money behind you each year, so review your current funding rate and increase them and contribute as much as you can.

TUITION FEES

It's that time of the year, when people are starting off or returning to third-level education. And if that person is you, or a child of yours, you are entitled to tax relief on the cost of qualifying fees i.e. tuition fees and the student contribution. No relief is available, however, for examination, registration or administration fees.

The relief is actually available to whoever is paying the fees and is available at 20% but is restricted to amounts over €3,000 and there is an upper limit of €7,000 per third level course. So, if qualifying costs amount to €5,500, you are entitled to tax relief on €2,500 which amounts to €500.

This relief also applies if you or your children are studying abroad, provided it's in an EU member state, and in an approved course.

SPECIAL DIETS

There are an estimated 45,000 people in Ireland who suffer from Coeliac disease. As a result they have to purchase gluten-free food, which can be very expensive. If you suffer from this disease or if you have specific dietary requirements due to a medical condition, you can claim 20% tax relief on the cost incurred, which includes the cost of food purchased.

This cost over 12 months could be substantial, so it's worth your while making a claim if you haven't done so.

TAX ASSESSMENT STATUS

When it comes to how you wish to be assessed for tax, married couples or civil partners have three options to choose from. They can be assessed

Amounts contributed to a pension fund are taken from gross income before it becomes liable to tax

DID YOU KNOW?

The most Euromillions jackpot winners to date have come from France.

individually, jointly or separately, with the joint assessment option usually being the most favourable one. With it, tax credits and standard cut off points can be allocated between each other.

Married/Civil partnerships couples, who are both working can earn up to €69,100 and pay tax at the lower rate of 20%, with the balance taxed at 40%. If their individual incomes are greater than €34,550, they are taking advantage of the standard rate tax band, so, for there to be any monetary gain for a couple being assessed on a joint basis, one has to be taxed at the higher rate and the other at the lower rate. One has unused tax credits due to their low income, or only if one of them is working.

If for example, a couple has one income at its €50,000, they would be €3,450 better off each year opting for joint assessment than if the income earning spouse continued to be assessed on an individual basis.

MAKING A CLAIM

There are a couple of ways, you can go about making a claim for the tax reliefs I referred to over the past couple of weeks. You can do it yourself on-line on the Revenue's myAccount service or if you are unsure if you are doing the right thing, or you don't have the time, you can use a number of on-line tax advisory companies, who will make the submission on your behalf and take a percentage of the amount refunded.

And finally, remember there is a four-year time limit, so if you want to go back and claim for reliefs dating back to 2014, you have, to make a claim before December 31 2018.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, what is the best way to save for retirement? Some people say to stay away from a pension and save into a bank account, others say the opposite

A: The difference between saving into a regular savings account or into a pension is significant, with the pension route being so much better.

If you save into a pension, you will receive tax relief on your contribution, so those who pay tax at the higher rate, will get tax relief of 40% on any contribution they make e.g. they save €100, it only costs them €60.

Saving into a regular savings account on the other hand, comes from after tax income, so if you save €100, you probably had to pay tax of c. €35 (this will vary depending on your income) on your income before you netted down to €100.

If, over time, you choose the pension route and a friend of yours opts for the savings account, and you both save €200 per month, over, say, 30 years, you will end up with the same amount i.e. €72,000, but it will have cost you €43,200 to get there, and your friend €97,200.

Also, your savings are growing tax free within the fund and are not subject to DIRT tax, and you can take a percentage of your fund tax-free at retirement as well.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK



THIS little piggy event goes to the Market. There will be a special Culture Night event in the Milk Market this Friday evening in association with the Pigtown Food Series and the Limerick Food Group. The event will feature Pig Talks, Pig Parade

Walks, street food, cooking demos, music and much more from 5pm to 8pm. Visit Pigtown.ie and Limerick Milk Market Facebook for more info on this Food and Culture Series. Festivities run from 5 - 10pm, see www.milkmarketlimerick.ie for more

PERY'S Bingo is five years old this Saturday, September 22. To mark the occasion they will have a 5th birthday treat for you with a special €5 for €5,000 night. Join the fun at Pery's Bingo, Parnell Plaza, Parnell Street - opposite the Colbert Train/Bus Station



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LEADER BUSINESS

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Job cuts in Raheen as BD confirms unit closure

Reduction: Tech firm bosses hope to mitigate losses with relocations

NICK RABBITTS
 nick@limerickleader.ie

Up to 30 jobs are to be lost in Raheen after it emerged BD is to close its manufacturing plant in the suburb.

Leader Business can reveal that the company – which earlier this summer announced 85 new jobs – is seeking to rationalise to just one outlet in Limerick.

As a result of this, the New Jersey headquartered firm will close its Raheen facility, and instead concentrate its activities in its research facility at the former Unigolf facility in Plassey.

Workers there focus on software, hardware and systems engineering.

It's understood staff were called in last week to be told of the news that the Raheen site will close in September 2019.

There are 70 staff working in manufacturing in the firm, and it's understood while between 20 and 30 jobs will go, the other workers will

transfer across to Plassey.

Troy Kirkpatrick, company spokesperson for BD, confirmed the news, saying that the move has been made after one of the products manufactured in Limerick was discontinued.

"We did an assessment from a manufacturing perspective there, and it made more sense to move production to other BD facilities. What we have told employees is anyone whose position is potentially affected, we will try and find other work for them within BD," he said.

He insisted there will be a transitional period of 12 to 18 months.

"No-one has received notice, or has lost their jobs as of yet. We are just letting them know of plans in advance, and giving them ample time to look for other jobs. We are a large global company, we have manufacturing all over the world. One of the products made here was discontinued," he confirmed.

However, Mr Kirkpatrick pointed



Pictured at the announcement of new jobs in BD earlier this year were Mary Buckley, executive director, IDA; Dr. Dennis A. Gilbert, senior vice president, Research & Development, BD; Minister of State Pat Breen T.D; Dr Samira Kaissi, site director, BD and Kenneth Kieffer, director R&D Product Engineering, BD PICTURE: LIAM BURKE/PRESS22

out that over the last year BD had added 135 jobs in the Limerick area.

"There are 85 positions currently open," he added, "When you look at the net effect, worst case scenario, the company will still be up net nearly 200 jobs in the last two years."

Sinn Fein TD Maurice Quinlivan, who has expressed concern over an overreliance on American firms locally in recent weeks, said: "Obviously, you'd be worried about any job losses. Foreign Direct Investment is very important in Ireland, and very welcome in Limerick. But we cannot be totally reliant on it. We are subject to external shocks, and we might be getting two of them, with Brexit on one side, and Donald Trump and whatever he decides to do on the other side. We do need more focus on indigenous businesses."

Founded in 1897, BD, or Becton Dickinson has had a presence in Ireland since 1964. It provides solutions that help advance medical research and genomics and enhance the diagnosis of infectious disease and cancer.

BNI set for €9m party

A LOCAL branch of Business Network International (BNI) are celebrating the securing of €9m worth of business since 2009.

The Treaty Chapter of BNI will celebrate in the Strand Hotel in the presence of Mayor James Collins on Tuesday, October 16 from 7pm.

BNI Treaty Limerick Chapter was set up in Limerick in 1999 to help to generate further business in the Mid West and is one of



Gary Tuite, HH Solutions, BNI

the most successful BNI Chapters in Ireland.

The celebration party is open for anyone that wishes to attend.

For more information on the event and on the BNI Treaty Chapter, please contact Garry Tuite at Garry@hhsolutions, or 061-603742.

Skycourt to get Omnplex

Skycourt Shopping Centre in Shannon has announced that Ireland's largest multiplex cinema chain, Omnplex Cinemas, will open at the centre in early 2019.

The five-screen cinema will be located on the first-floor level of the shopping centre in the former food court.

Seating capacity from 44 – 153 across five screens will be available.

On the back of this announcement for the centre, planning permission has recently been lodged for two restaurants on the ground floor.

Muireann Griffin of Cushman & Wakefield said, "This is a much anticipated and exciting addition to the Skycourt Shopping Centre. The cinema will add a much-needed leisure element to the busy shopping centre."

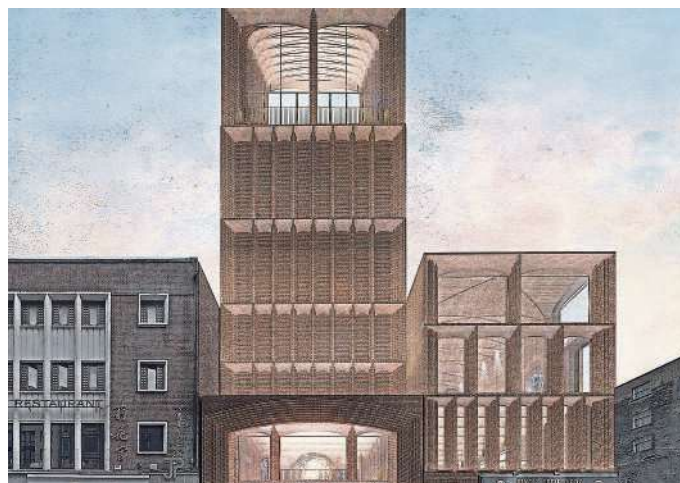
Chamber boss joins criticism of delay

THE latest planning delay to a €10m rugby museum in the city centre is "unacceptable," the Chamber chief executive has said.

Dee Ryan, who heads up Limerick's top representative business organisation, has said given the "transformational" impact the JP McManus-backed project could have in the city, it should be prioritised.

"This latest planning delay for the International Rugby Experience is a blow. Limerick city centre has been crying out for a transformational investment like this for decades. Together with the €9m spending planned by Limerick City and County Council for the revitalisation of O'Connell Street, this world class project will be a game changer in the city centre," Ms Ryan said.

The reason it is before An Bord Pleanála is due to An Taisce, which believes the development as proposed



An architect's impression of how the International Rugby Experience may appear once complete

would undermine the Georgian heritage in the area, which has a legal status needing to be protected.

While highlighting many positive arguments for locating the museum in

the city centre, the appeal stated that the buildings chosen for demolition are "key elements in an historic streetscape, the most extensive of its type outside Dublin".

It is for this reason that An Bord Pleanála had written to interested parties, saying that it was unable to meet its decision deadline of September 11 last.

Ms Ryan said: "I accept that the proposed development, which is located opposite the contemporary AIB bank on O'Connell street, is taking place in an area of architectural interest but these are not protected structures," she said, "A protected structure is a building that a planning authority considers to be of special interest and this building has no such designation."

"In that context, it is unacceptable that an appeal on these grounds would, summarily, be able to hold up the project, or worse," she concluded.



KEEP IT LOCAL!

Limerick businesses in the spotlight



Celebrating all things Christmas at Dromoland

DISCOVER the magic of the festive season and experience a luxury visit to Dromoland Castle, one of Ireland's finest and most celebrated resorts, majestically set on the shores of Lough Dromoland. Welcomed by the sweet scents of homemade mince pies and mulled wine, filling the air of the stunning 16th Century Castle, Dromoland Castle makes for the perfect home away from home this festive season. From Festive Afternoon Tea to luxurious stays and enchanting gifts, Dromoland Castle has something for everyone, making lasting festive memories.

CHRISTMAS DINING

Enjoy a pre-Christmas treat or simply set the mood for the festive season with Dromoland Castle's Festive Afternoon Tea. Specially created by Executive Head Chef David

McCann, the festive offering includes Smoked Salmon, Turkey and Chestnut Stuffing, Limerick Baked Ham and delicious freshly baked festive treats including Gingerbread, Macaroons, Fruit Cake and Roulade, €47.50 per person.

Chef David McCann has also designed a festive five course menu which you can experience while enjoying a live performance of traditional festive carols by Trilogy featuring Kate Purcell. The special evening of celebrations will take place on the 7, 8, 14, 15, 21 and 22 of December, €85 per person.

CHRISTMAS GIFTING

Looking to gift a special someone to a taste of luxury? Why not create a bespoke Christmas hamper to show someone how much you love them? Choose from Dromoland Pantry



Enjoy a pre-Christmas treat at Dromoland Castle

products such as the Walled Garden Mix Berry or Old-Fashioned Marmalade from the Dromoland Castle preserves selection. For a sweeter touch, why not include some sweet treats such as the Dromoland Plum Pudding or Handmade Festive Fudge, all available from the castle's gift shop.

For those who love a getaway, gift your nearest and dearest with a Dromoland Castle gift card, allowing them to book a luxurious stay or simply enjoy a visit to the castle where they can wonder the stunning surrounds the beautiful estate.

OVERNIGHT PACKAGES

Make Dromoland Castle your home away from home this Christmas with special curated packages available from Dromoland. With festive breaks available from

Christmas Eve to Stephens Day at €1,180 per person, you can enjoy a host of activities including a celebratory cocktail reception with canapés followed by Dinner in the Earl of Thomond and Terrace Restaurant. On Christmas Day, spend the afternoon at a gentle pace; enjoy a stroll around the stunning 450-acre estate surrounding the Castle, or relax in front of an open fire with a board game in The Gallery and Drawing Room as you listen to the tinkling of piano keys from the resident pianist. Enjoy a leisurely Stephens Day and take the time to enjoy many of the estate activities; Championship Golf, Archery, Clay Pigeon Shooting, Falconry or perhaps a stroll or cycle around the estate.

To book your stay, visit www.dromoland.ie or call 061 3467007

Experience the magic of Christmas at The East Room in Plassey House

While it is true you don't rush things when it comes to fine dining, The East Room at Plassey House has wasted little time in establishing itself as the premier gastronomic experience in Limerick.

Since it opened in the historic 'White House' last October, under the watchful eye of head chef Derek Fitzpatrick, the restaurant has shot to the top of TripAdvisor rankings for the region.

Following months of glowing reviews the East Room enjoys a 93% excellent rating, which is higher than any of its local peers and is comparable to its national Michelin starred contemporaries.

Now, the team is looking ahead to Christmas and, with a sense of the magic of the season, is promoting a Christmas party package to savour.

Christmas is a time that we have an opportunity to relax with friends and colleagues and we know how memorable these seasonal gatherings are to employees and co-workers.

Chef Derek's passion for culinary excellence is clearly obvious in his distinctive menus and choice of locally-sourced organic and foraged ingredients. Drawing on years of experience gained in such establishments as Dromoland Castle, Les Gourmandises and The Treasury, Derek's mission has been



Chef Derek Fitzpatrick

to provide a five-star dining experience unique in its ambience and delivery that has not previously been available in newly resurgent Limerick.

The restaurant is located in the historically significant Plassey House on the grounds of The University of Limerick and the recently refurbished dining and reception room provide a setting appropriate for the outstanding service provided by his carefully selected team.

To complement the fine food and wine, the entertainment on the night promises to be equally magical.

The East Room has secured the services of Liam Sheehan, one of the country's greatest magicians to add yet more lustre to the evening.

Musical entertainment on the night will be provided by the restaurant's resident pianist who will play a selection of music to cater for all tastes and guarantee an atmospheric background to your party. Parties are €60 per person. Contact 061-202186. Email eastroom@ul.ie



The atmospheric East Room Restaurant in Plassey House on the grounds of UL is now taking bookings for its Christmas party nights. Six-course tasting menu with entertainment by renowned magician Liam Sheehan

Christmas menu

SNACKS

Salad of Doonbeg Crab with Warmed Potato and Buttermilk Foam

STARTERS

Roast Scallops with Cauliflower Puree, Maitake Mushroom and Porridge Cracker

Wild Scariff Rabbit with Chicken & Tarragon Mousse, Truffled Polenta, Parmesan Croquette

SORBET

Roast Halibut with Lardo, Artichoke Crisps, Brown Shrimp Butter & Hazelnuts

MAINS

Parmesan Gnocchi with Broccolini, King Oyster Mushroom, Black Truffle Venison With Smoked Beetroot, Parsnip, Glazed Pear & Chocolate Oil

28 Day Aged Sirloin Steak with Triple Cooked Chips, King Oyster Mushroom, Béarnaise Sauce

DESSERT

Warm Pistachio Cake with Blackberry Sorbet & Caramelised White Chocolate White Chocolate Bavarois with Sheeps Milk Sorbet and Yuzu Selection of French & Irish Cheeses

PETIT FOURS

Prepare to be wowed by Liam Sheehan

Liam Sheehan is one of Ireland's best and personable magicians and mentalist.

His unique style of entertainment has wowed guests all over Ireland and further field, including at the Waldorf Astoria in New York.

Once famed for working with Michael Jackson, Liam has gone from strength to strength entertaining some of the biggest stars and largest corporations in the world.

Liam's unique style of close-up magic and mind-reading is unmatched, which is why he is always in such high demand.

He has never failed to surprise even the most cynical corporate guest. In fact the more cynical the better; Liam Sheehan loves a challenge and always delivers!



KEEP IT LOCAL!

Limerick businesses in the spotlight



SOMETHING FISHY GOING ON...

The Strand Hotel in Limerick is proud to announce that it has been chosen as one of the nationwide participants in Kids Seafood September. This exciting national initiative is the brainchild of Gaz Smith of Michael's of Mount Merrion and seafood champion, Niall Sabongi. It is designed to encourage the children of Ireland to eat more of the delicious fish that is widely available in Ireland. As part of the initiative, for the entire month of September kids will eat FREE Kiddies Seafood dishes at the Limerick Strand Hotel with every adult's main course purchased, available Monday-Friday. Pictured at the launch were Stephen O'Connor, general manager, Strand hotel, Yannick Moulinas, sous chef, Alex Brul, sous chef, Cathal Sexton, CS Fish with his daughter Holly, Erik Baumann, sous chef, Alice and Aine Kennedy and Tom Flavin, executive chef, Strand hotel Picture: Adrian

Alex Findlater gets four stars for wine offering

ALEX Findlater and Co., the new food and wine emporium on Limerick's O'Connell St. has been awarded the maximum Four Stars by the Sunday Business Post in a recent review. The Post's Internationally renowned wine expert, Tomas Clancy MW, said the 'wine offering at Alex Findlater and Co in Limerick is probably the most innovative in the Irish hospitality industry in decades and promises to shake up restaurant wine pricing for ever'

Guests at any of the restaurants at the Foodhall, Seafood Bar or Grill-room can choose from 300 wines at the in-house wine shop and have it served at their table with no restaurant mark up or corkage.

Petrina Mesckell, Marketing Director at Alex Findlater & Co. is delighted with the response.

"The restaurant have been packed...we are in a unique position in being able to offer 300 wines from our



Alex Findlater and Co., the new food and wine emporium on Limerick's O'Connell Street

own wine shop straight to your table at no extra charge. Since we began our new offering we are getting calls from all over the globe enquiring as to what we are doing and how it works. It is a paradigm shift in how we will enjoy wine in restaurants in the future and it all started in

Limerick! All of customers are loving it and have been enjoying wines at half normal restaurant prices!"

Probably best to book early before it's all gone....!

For more information ring 061 516450 or see the website www.alexfindlaterandco.ie

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Please send CV by post to - Dooradoyle Medical Centre, Rosedale Centre, Dooradoyle Road, Limerick Or by email to **therese@dooradoylemedicalcentre.ie**

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54 O'Connell St, Limerick

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Communities of Culture, The Hunt Museum's principal community outreach programme, has been running since 2014. It supports communities residing in regeneration areas to share their stories, histories and cultures. To facilitate delivery of Phase III of this programme, the Museum is now recruiting a

Project Facilitator

The successful candidate will have an excellent track record in designing and facilitating heritage or museum related educational programming (including training) with learners of all ages and abilities. Phase III will run from October 2017 to April 2019.

Temporary 7-month contract, full time, some out of hours necessary.

Gross salary €20,000 - For full details go to <http://www.huntmuseum.com/jobs-and-internships/>
Deadline for applications is Friday September 28th, 4pm

Communities of Culture is funded by Limerick City and County Council

NEW CUSTOMER ACQUISITION (DOOR TO DOOR) VACANCY

Glanbia Ireland

Glanbia Ireland is a world class, ambitious, integrated Agri-food and nutrition business, with a diverse portfolio of quality ingredients, leading consumer and Agri brands with a proven talent to succeed in the global market.

Glanbia Ireland owns leading consumer and Agri brands such as Avonmore, Kilmeaden Cheese, Golden Vale Milk, MyMilkman.ie and GAIN animal nutrition.

Glanbia Ireland is currently recruiting for New Customer Acquisition Personnel in the Mid-West Region.

Role Responsibilities would entail as follows:

- Approach and Engage with residential market and small businesses to generate leads and develop sales.
- Growing customer base by an agreed weekly target with branded products used daily in all households.
- Tracking areas correctly, providing historical records by maintaining records and customer sales with equipment and reports provided.
- Hours of working 12pm to 9pm daily Monday to Friday. Have a positive attitude, strong work ethic and the desire to succeed.

Some Sales experience would be desirable but not essential as full training will be provided.

If you wish to apply for this vacancy, please forward your CV to **vhall@glanbia.ie** by close of business on Friday 21st September.

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Company Profile

Serosep Ltd is a manufacturer of laboratory diagnostic products to over 30 countries worldwide. The company is about to launch its market leading EntericBio molecular diagnostic kit into the USA. To meet the additional demand for this product the company has an immediate requirement for the following positions to join its highly motivated team in Annacotty, Limerick.

Technical Support Specialist

The role is to provide technical support to our customers for the EntericBio molecular diagnostic product range.

Main Duties: Ensure that the clinical service provided by customer sites is maintained. Documentation and curation of all technical support data in accordance with the company's quality management system.

Essential Criteria: Bsc in life Science/ Biomedical or equivalent.

Desirable Criteria: Molecular Microbiology Degree.
Work experience in a technical support role.

Production Scientist

The role in our production department will involve manufacturing of the EntericBio molecular diagnostic product range. The successful candidate will be part of a team required to organise and control the manufacturing process.

Main Duties: Scheduling, production and stock control of raw materials and finished goods including quality control.
Final inspection and packing of finished product.
Completing and maintaining manufacturing documentation and reports.

Essential Criteria: Molecular biology experience.
Experience in real time PCR.
MSc in Molecular Science or equivalent.

Desirable Criteria: Experience working in a production laboratory environment.
Experience in a regulatory environment ie FDA, ISO, IMB.

Accounts Assistant

The person will be responsible for maintaining day to day accounts, Sales and Purchases Ledger as outlined below:

Main Duties: **Accounts Payable:** Processing & payment of all supplier invoices.
Monthly reconciliation of all major supplier statements.
Accounts Receivable: Ongoing management of outstanding debtors.
Processing all payments received.
Other duties: Reconciling bank accounts on a monthly basis.
Monthly filing of VIES, Intrastat, Triangulation & EU Vat Return.

Essential Criteria: Minimum 3 years experience in accounts payable and receivable.
Experience working with accounts packages (SAP, SAGE etc).
Good command of English language (written & verbal).

Desirable Criteria: Accounts technician qualification with relevant accounting bodies.

Manufacturing Operative

The Operator will be responsible for performing various tasks to set up, operate and monitor high output filling machines and robotic lines producing an approved medical device.

Main Duties: Set up machines, start a production cycle and maintain settings.
Fix issues that might occur during the shift.
Keep records of approved and defective units or final products/maintain logs.
Pack out products efficiently ensuring that products are up to standard.

Essential Criteria: Good command of the English language (written & verbal).
Proven experience in a medical device/pharma role (3 years +).
Ability to read/understand procedures, teamwork and great attention to detail.
Motivated, enthusiastic and reliable.

Desirable Criteria: GMP training desirable.

Customer Service Representative

This person will be responsible for providing telephone sales support and advice to customers, raise sales orders, quotations & invoices. Ensuring the highest standards of support are given and the customer experience is maintained.

Main Duties: Provide sales support and advice to customers.
Prepare quotations, sales orders and sales invoices on a daily basis.
Log, answer and close customer queries in an appropriate time frame (same day preferable).
Any other ad hoc duties that may arise.

Essential Criteria: Good command of the English language (written & verbal).
Proven experience in a customer service role (3 years +).
Great attention to detail, motivated, enthusiastic and reliable.
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Players Sean Finn, selector Brian Geary and coach Paul Kinnerk pictured with teachers and pupils of third class at Milford National School

PICTURES: ADRIAN BUTLER

Gr-eight day in school as students welcome heroes

This week: Former Milford NS students Gearóid Hegarty, Paul Kinnerk and Brian Geary made a splash as they returned to their alma mater – MacCarthy in tow

NICK RABBITS
nick@limerickleader.ie

THE power of eight was in full play at Milford National School this week, as its student and staff were celebrating two big occasions.

For Monday marked the eighth Green Flag the school has been able to raise – with the banner hoisted by none other than victorious Limerick hurler Gearóid Hegarty, a former student of the school, who came with the Liam MacCarthy Cup in tow!

And, as teacher Denis O'Connor pointed out, eight is an auspicious number on more ways than one.

“As well as being our school’s eighth green flag, Limerick are celebrating an eighth All-Ireland title. There were eight games in the championship, the final was in the eighth month of the year, and there were eight advertised minutes of injury time,” he said.

The final connection to the number eight? Of course, Limerick has eight letters! Every Wednesday in the school, the Green Flag committee, made up entirely of students, have been meeting to plot their way to winning yet another title.

Caoimhe, 12, said: “We do ‘Wow Days’, and ‘Cow days’. These mean ‘Walk on Wednesday’ and ‘Cycle on

Wednesday’ to school. Then we have done projects about keeping the ocean clean. We have been looking at sustainable fishing.”

On top of this, she added the students have also looked at using reusable water bottles and reusable lunchboxes in school in order to cut their use of waste.

“We all need to look after the sea,” one of their posters proclaims.

“The Shannon is the biggest river in Ireland. It flows through a lot of places. We need to keep the fish alive,” she said.

The importance of protecting our waterways is not lost on 11-year-old Stuart either, who says: “It’s very

important to do this because if there is plastic in the sea, the fish would die, and it would have a major impact on the environment.”

Talking of the sea, the scenes in the community gym at Milford National School resembled an ocean of light green, and there was a huge cheer as Gearóid – joined by other former students coach Paul Kinnerk and selector Brian Geary revisited their first school with the all important cup.

Joined by Bruff’s Sean Finn, they received a guard of honour into the school.

Right-wing forward Gearóid said: “This cup has been in a lot of places over the last few weeks. Liam

MacCarthy is the busiest man in the whole country at the moment. But when we walked in that door, Sean said to me it was the loudest roar he had heard in the whole three weeks. Fair play to ye!”

The players signed jerseys, posed for pictures and answered questions from the students during their visit to the school.

When he was in sixth class in the school, Gearóid revealed he captained the George Fitzpatrick cup winning panel.

“I would genuinely rank it up there with what we did on August 19, it meant that much to me,” he said.

He also encouraged students present to take up a

sport, be it hurling, football, or something else.

“Pick a sport you’re good at. It’s so important both mentally and physically. And if you want to win something badly enough, you will get it,” he said.

Among the current crop of students at Milford National School are the McConkey twins, Patrick and Alex. They are great grandnephews of Bob McConkey, the first man to lift the Liam MacCarthy Cup almost 100 years ago.

Aran, 12, who hurls with Monaleen and is grandson of the great Ned and Eamon Cregan says he has set his sights in following his relatives footsteps and landing Liam.



Twins, Patrick and Alex McConkey, great grandnephews of Bob McConkey, the first man to lift the Liam MacCarthy Cup almost 100 years ago



Teacher, Orla Murray, with pupils from fifth and sixth class, members of the Shakin' With Shakespeare Club

Students aim to create fresh drama around Shakesperian tragedy Hamlet

LIMERICK's marvellous All-Ireland triumph could rival any West End show for drama – but Milford National School students are providing their own amateur dramatics.

Led by junior infants teacher Orla Murray, fifth and sixth class students have joined the Shaking with Shakespeare after school club.

They are putting on a

production of the Shakesperian tragedy Hamlet.

"I love Shakespeare, I love English literature. This is to promote Shakespeare and his plays," she explained, "We do three plays each year. Currently, the children are doing Hamlet. We do video clips, we do acting, dramatising, and at the end of the year, we put on a little performance for the parents to

come and see us. It's a way to get children familiar with Shakespeare: to read it, to experience it for themselves!"

The students' talents show, she added, saying: "Every year, I say to the group – if you end up famous, on Broadway or in the West End, tell them where it all started!"

Salva, 10, said: "I'm really looking forward to playing a character".

SCHOOLS REPORTS



LANGUAGES

Schools to apply for foreign exchanges

A NEW CAMPAIGN had been launched to raise awareness of the importance of foreign languages.

The Department of Education has launched a new programme, aimed at raising the awareness of foreign languages through teacher upskilling and language exchanges.

Schools are invited to now apply, with ten to be awarded €15,000 each to contribute

towards exchange costs such as flights and to offer scholarships to students who would not otherwise be able to participate.

The Department of Education is also developing postgraduate courses that will train existing language teachers in teaching in another language.

For more information, visit www.languagesconnect.ie

OUTDOORS



Limerick kids asked to 'Be Nice to Nature'

LIMERICK children are being asked to 'be nature nice' this Tetra Pak Tree Day, Thursday October 4.

Tetra Pak Tree Day gives children, teachers and parents the opportunity to put down the books and get outdoors to connect with nature.

As part of Tetra Pak Tree Day, up to 1,000 native tree saplings will be made available

through the Tree Day website for primary school children to plant on their school grounds.

There is also an opportunity for children and teachers to win an iPad for their class.

More details about the campaign including guided woodland walks, class lessons, videos, fun tree facts, activities and more can be found on www.treeday.ie

TEACHERS

FÉILTE 2018 set to take place in MIC

THE Teaching Council will hold their annual Festival of Education in Learning and Teaching Excellence (FÉILTE) in Limerick this year, the first time the event is to be held outside Dublin.

FÉILTE celebrates the work that teachers do every day and gives teachers the opportunity to collaborate and share their work with each other and with the

wider public.

The theme for this year's festival is 'Life-long learning: Making a difference' and teachers from all sectors are invited to come along and get involved. FÉILTE is set to take place Friday, October 5 from 4.30pm and Saturday, October 6 from 10am at Mary Immaculate College. More info can be found on teachingcouncil.ie



Carmel Hayes, events manager, Nick Seaton, buying director, Joe Meagher, general manager of Shaws department stores, Crescent Shopping Centre, Asta Lee, Holman Lee Agency and Niamh Webb-O'Rourke, social influencer at the relaunch of Shaws department stores in the Crescent Shopping Centre

Out & About

SHAWS DEPARTMENT STORE RELAUNCH

Pictures: DAVE GAYNOR



Blogger, Patrick McLoughney, Asta Lee, Holman Lee Agency, Miss Limerick, Beibhinn Haren, Model, Holly Carpenter and Kieran O'Malley, The Galway Player at the relaunch of Shaws department stores in the Crescent Shopping Centre PICTURE BY DAVE GAYNOR



Oliver and Karen O'Sullivan, Adare



Mary Tanner, Lisnagry and Carmel Rainsford, Ballyagran



Aine Cleary, Ballinacurra, Elaine O'Brien, Corbally, Donagh O'Mahony, Castletroy and Stephen Cleary, Ballinacurra



Charles and Dolores Gorman, Raheen



Sandra and Natalia Gleeson, Dooradoyle



Sam Rodrigues, London and Jenny Mulcahy, Shaws

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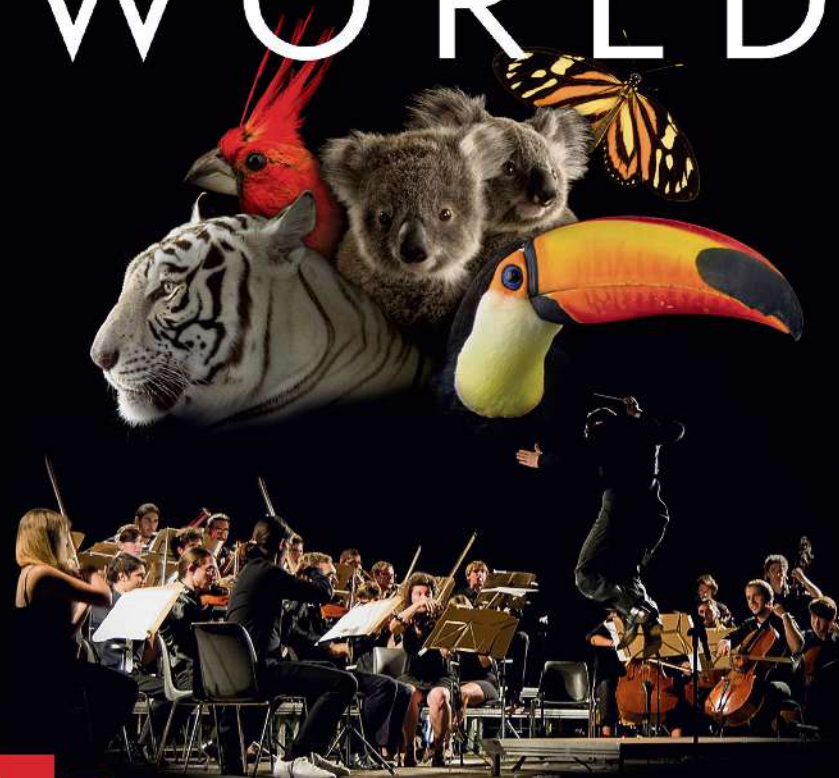


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Unique first for Gaelic Grounds

Symphony: Thousands set for city stadium

NICK RABBITS
nick@limerickleader.ie

THERE will be two sets of All-Ireland champions in the audience at the Gaelic Grounds for the Symphony for our World concert, set for next weekend.

Sales are progressing at a brisk pace for what will be the first musical event at the Ennis Road – but, as Paul Foley, chairman of the Gaelic Grounds points out, it will be the third big civic event, following the big screen and our victorious hurlers' homecoming.

Both the men's hurling and the women's football All-Ireland winning panels will be present, with the Liam MacCarthy and the West County Hotel Cups in tow.

With just over a week to go to the National Geographic International Symphony – it takes place on Saturday, September 29, gates 6pm – Paul is expecting it to give Limerick a big economic boost.

For the first time ever in the Gaelic Grounds, there will also be a licensed bar, thanks to the Woodlands House Hotel, as well as artisan food producers selling their goods.

"It's great to see the Gaelic Grounds with a new lease of life," he said. "Any occasion when you have thousands of people going out to an event of this quality, they will



Paul Foley, Gaelic Grounds



If it works, without doubt there will be other big events, concerts and shows. We have had enquiries even since the National Geographic announcement

PAUL FOLEY

celebrate afterwards, have a meal, have a few drinks. There has to be, and there is, great economic benefit and leverage from it."

Paul said a "huge amount of work" was done to persuade National Geographic to bring their symphony – which was a sell-out across America – to these shores for the first time.

"We are going to work really hard to get a big crowd in there next Saturday," he pledged.

Limerick's momentous All-Ireland success, has understandably taken the focus off this weekend's event.

"It's been a very welcome distraction to be honest, as people have had to buy tickets for Dublin, book travel, and then, of course, celebrate. In some ways, I think we haven't had time to focus on the National Geographic events," he said.

Paul said he hopes it's the first of many musical events in Páirc na nGael.

"If it works, without doubt there will be other big events, concerts and shows. We have had enquiries even since the National Geographic announcement. So it does bring that focus," he told The Leader.

Tickets for the event are still available, through ticketmaster.ie, or from Gleeson's Sports Scene in William Street, 061-468129.



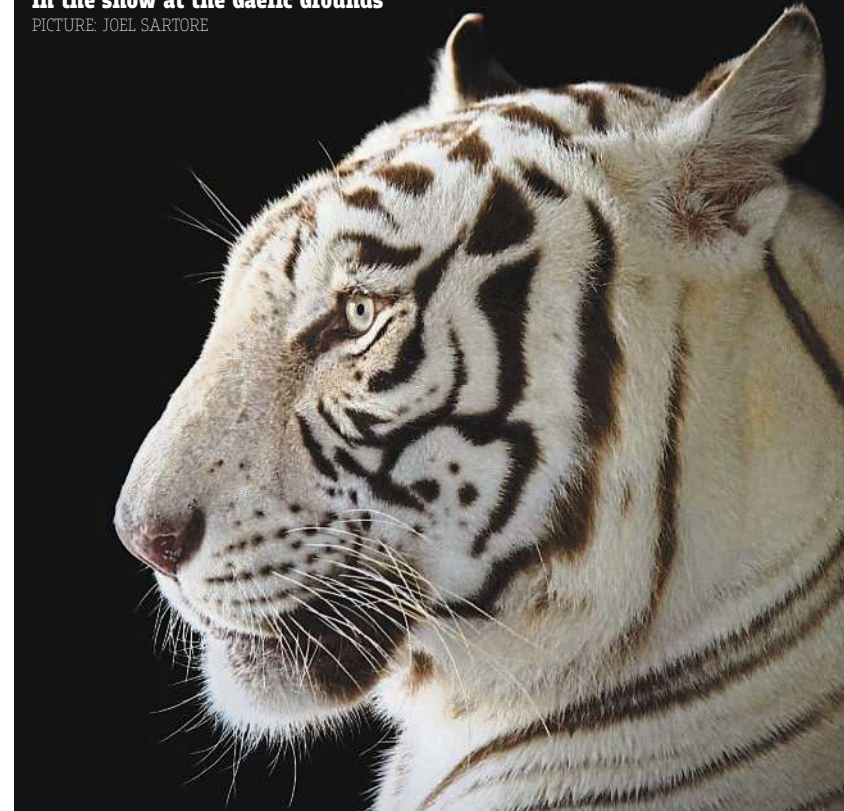
Main picture: The view that patrons in the Gaelic Grounds will have on Saturday, September 29
Inset: some of the creatures from National Geographic's footage that will appear on the night

PICTURES: JOEL SARTORE



The Bengal white tiger is just one of the fabulous creatures that will feature in the show at the Gaelic Grounds

PICTURE: JOEL SARTORE



Pictured at the launch of Symphony For Our World were John Cregan, Limerick GAA, Mayor James Collins, Paul Boland, CWB, Laura Ryan, Limerick City and County Council, Chief Superintendent Gerry Roche and Andy Lee, event ambassador

EUROPEAN PREMIERE AT GAELIC GROUNDS



Positive reminder of what we have to fight for

KEVIN CORBETT

kevin.corbett@limerickleader.ie

To say Eanna Ní Lamhna is well got in the areas of conservation and the environment would be something of an understatement.

A former president of An Taisce, and the Tree Council of Ireland, she has also worked for the forerunner of the EPA, to say nothing of her qualifications in the field of biology, being Ireland's best known entomologist.

The Louth native is best known these days as a contributor to RTE Radio's nature show Mooney Goes Wild, where her brisk, no-nonsense tones entertain and inform on matters environmental each Monday.

So when invited to come on board as an ambassador for National Geographic's Symphony For Our World, she was quick to see the value the event could have in bolstering our sense of what is important in these days of environmental turmoil.

"The event is showing the world at its most beautiful," she tells The Leader this week, "you see the beauty as if you went out there yourself. You're under the sea looking at fish, you're in the air, up in the mountains.

"Much of the time, you know, we're being told we're going to hell in a handcart, we



Eanna Ní Lamhna:
National Geographic Show is a wonderful, positive reminder of the beauty of the world and what we have to fight for

mustn't be throwing away rubbish, the bees are all dead, the animals are dying, the oceans are polluted, the world is over - it's a negative message.

"And if you were to only get that opinion about the world all the time, that viewpoint, I mean, why should we care?"

Answering her own query, she explains, "We should care, because we have a beautiful world, but we've never seen this beautiful world. We're always told, 'it used to be like this'.

"But there is a huge amount of beauty still left and when you see this, you realise what a fragile world this is and how one species - humans - can have an impact on other things.

"It's not one we want to have, but we do, and there is a lack of knowledge or awareness that this is the kind of thing we're destroying.

"It's the kind of thing that has been here for millions of years and it's still here on our watch. So the National Geographic production is celebrating all of this, the beauty of the world in which we live. It's a positive image, this is what we all belong to and isn't it a lovely place?"

"So, if you go to this, I certainly think you will be inspired to see the point of not throwing paper bags, not throwing plastic in the sea, using electric cars, you'd see the point of it, when you see what it is we have."

With the production serving as a reminder of what it is we have to fight for, it will also hopefully play its part for the conservation effort in Ireland, which, Eanna says, is doing ok, but of course could be doing better.

"It's a matter of awareness," she says, "knowing what the situation is, realising the importance of doing something about it. In a lot of cases, this awareness is not there, but there is a lot more than there used to be.

"I mean, 80% of our schools have green flags for environmental awareness, it's part of our educational system.

"When I went to school, me and Finn McCool, there was no such thing as environmental awareness. People running the country back then had no awareness of it, but the current crop running the country

would have learned this in school, so that's progress."

She acknowledges the importance, also, of the European Union in Irish environmental conservation, having "dragged us kicking and screaming" into protecting habitats and ecosystems, which we had no prior policy of doing.

As she says, if we wanted to join their club and get their money, which we did, then we had to abide by their rules.

"There was some of us at the time who said, 'what are they doing in Brussels, can't they mind their own business'. But it wasn't their business, it was all of our business and since we didn't know what to do or how to do it, they showed us, bless their cotton socks."

Looking to the future, Eanna is unequivocal when it comes to what we should concentrate on when I try to nail her down to one single environmental initiative.

"I'd encourage people to plant more trees," she says, definitively, "the only way we're going to get carbon dioxide out of the atmosphere is by photosynthesis.

"We have the least amount of trees in Europe, only 12% of our land, compared to 40% on mainland Europe. This is something we can control, it's not as if we can't plant more trees, so that, I think, is a no-brainer."

Finding the harmony between beautiful sound and vision

Alan Owens speaks to **Steven Lemke**, technical director and production stage manager on National Geographic: Symphony For Our World, which will have its European premiere in the Gaelic Grounds on Saturday September 29

- Can you tell us about how you became involved in this show and what your role is?

I was working for an orchestra in the States where I had been for 14 years as their technical director and recording engineer. I was sought out by Jason Michael Paul Entertainment as they were looking to expand their ability to produce visually oriented shows for orchestras. National Geographic: Symphony For Our World is the third show that I've worked on with them. The first two were based on video games. (Heroes: A Video Game Symphony and Legend of Zelda: Symphony of the Goddesses). We were touring Zelda and National Geographic approached us about developing a show with them. They were in the process of a major reorganisation, having just been bought by Fox, and so things got put on hold for a bit. Once we got the green light, things progressed along very quickly.

- Can you tell us about the show from your standpoint, what can audiences expect?

Symphony For Our World is a five movement work comprising Sea, Shore, Land, Mountains and Sky. It features some of the most breathtaking footage from National Geographic from over the years, paired with a score by Bleeding Fingers, which is Hans Zimmer's composition group. It was run as an uninterrupted television special on earth day, which is the same day we premiered the live concert in San Francisco. We added a three movement piece called Symbiosis and a couple of other short pieces to make a full concert and the result is what the audiences around the world are seeing now. We touch on the theme of our changing world and also some very endearing images from the animal kingdom as well. There are also some wonderful testimonials from



Steven Lemke

National Geographic explorers which help tie everything together.

- From a production point of view, how much of an undertaking is this show - what is the scale, how many are involved, what are the logistics etc?

Like any video symphonic concert, there is a lot going on. First of all, the orchestra is on click track for a couple of reasons. Number one, we only get one rehearsal together to get everything ready for the performance and number two, we need to keep everything locked to the video. Second, as we only have one day together in the venue, there are a lot of elements to coordinate. Aside from the orchestra rehearsal, there is lighting, video, cameras and music tech to sort out and make sure that everything is playing well together. I am usually going non-stop right up to the downbeat of rehearsal and right on through until we finish loading out after the show.

As far as the team, we travel very light. There is the executive producer, the conductor and myself. When we started doing these video shows, there were five or six people sitting at the tech table running things plus a sound engineer, a lighting designer and some cameramen. Technology has allowed me to figure out a way to trim that way down so that it is just the local sound and lighting crew doing their thing and only me backstage running the show, click track, video switching and camera operation. Sometimes people are



Ruadhan Keogh Daly, Aoibhin Keogh Daly, Oonagh Keogh, Irish Chamber Orchestra and Andy Lee, event ambassador, pictured at the launch of Symphony for our World in the Gaelic Grounds PICTURE: SEAN CURTIN

baffled by how I can do it all but it has taken a number of years to fine tune the process to where it works well. I travel with two large cases which contain all of my equipment and the screens, projectors, sound and lights are all locally sourced. It also keeps things cost effective to where you can tour a show like this. If you had to fly a bunch of people around for every show, it couldn't sustain financially.

- Symphony for Our World pairs artistry with science; can you tell us about the challenge of setting music to the accompanying footage from a performance point of view?

The major section of the show was composed by Andrew Christie and Austin Fray of Bleeding Fingers Music. For Symbiosis, we chose music from Ravel's Daphnis and Chloe that we felt conveyed the feelings we were trying to evoke and we

used a piece by a modern composer, Jocelyn Morlock, a female composer from British Columbia. Her composition Oiseaux Bleus et Sauvages really fit with the lighthearted video about Joel Sartore's Photo Ark project. Our conductors, Kevin Zakresky and Kelly Corcoran, were very instrumental in choosing the music that worked best for the show. With all that being said, there are good and bad points about composing new music for a project like this vs. picking existing music. While composing allows you the freedom to craft the piece however you want to fit the mood and image, it is very expensive and time consuming, whereas when using existing pieces, you need to be more creative matching the video content to fit the mood of the music and still tell your story in a way that makes sense visually. Our director, Ryan Hamlyn, had the job of piecing all of that together into a cohesive package that

told the story we wanted to convey. The other part of this equation is using technology. With the Bleeding Fingers music, there are a lot more modern elements to the music which make use of modern synthesizers and very specific sounds. We use a different orchestra in every city we perform in and therefore the equipment can be different every time. In order to maintain continuity, I have all of the synthesizer patches programmed on one of my computers so while the keyboardists are playing their own instrument, the actual sound is generated from my computer.

- How will the show configure in Limerick - what will it look like? This show has the biggest screen in Europe - can you tell us more?

In a lot of cities, and particularly in Europe, the performance venues tend to be a bit smaller or absolutely huge. When we play smaller theaters, say 1500-2500 seats, we need to scale down the screen size to ensure that everyone can see the whole screen from every seat.

Playing a large outdoor venue like this with the largest LED screens Europe has to offer is just what this show calls for. We will have a 7m screen over the stage and 10m screens on either side so

the imaging is going to be spectacular! This kind of footage deserves to be shown on a grand scale and when you see the imagery of the beautiful majesty of our planet on a screen like that, it's amazing.

- This is the only Irish concert date and a European premiere, so why Limerick?

That would be the doing of Paul Boland at CWB. He and I go back a few years from when his team provided production services for the European tour of the Legend of Zelda concert. CWB was great to work with, total pros, and we got on quite well. They had me come over with my PTZ camera system to do a big event for CBS Sexton Street in 2016. It was their idea to bring this show over to the Gaelic Grounds for its European premiere and everything worked out so that we were able to do it.

- Are you and the team looking forward to coming to Limerick?

I am absolutely looking forward to it. Ireland is one of my favourite places. I've been about five times now, mostly to Dublin, but this will be my second visit to Limerick. I'm actually coming over a few days early so I can explore the west coast a bit.



Steven credits Paul Boland of CWB with bringing the show to Limerick



Tony Martin, Raheen, Laszlo Krajcsik, Kincora Park, P.J. Lynch, Knockainey and Martin Hannan, Crecora at a Night of Fashion for the Samaritans hosted by Ursula Stokes in the Castletroy Park Hotel



Lorraine Cavanagh, The Samaritans and Ursula Stokes at a Night of Fashion for the Samaritans hosted by Ursula



Rose Smith and Marie Kennedy, Clonlara, at the Castletroy Park Hotel

Out & About

FUNDRAISING FASHION NIGHT FOR THE SAMARITANS

Pictures: DAVE GAYNOR



Margaret Fox, Lisnagry, Jennifer Copley, Newmarket on Fergus and Miriam Leahy, Lisnagry



Donnacha Cregan, Rathkeale, John Downey, Garryowen and Eamon Aswad, Raheen



Mary Casey and Nora Fitzgerald, Raheen, in the Castletroy Park Hotel for the fundraiser



Ursula Stokes with Tara Henkeberg, Katie Collum and Aoife McSweeney wearing dresses from the Brass Boutique, Ennis



Caroline O'Connor, cutting the ribbon at the Garvey's official opening of the refurbished shop with Marty Morrissey, Ger Walsh, Manager of SuperValu, Cian Lynch, Declan Hannon and supporters of SuperValu, Grove Island PICTURE: BRENDAN GLEESON

Out & About

GARVEY'S SUPERVALU CORBALLY OFFICIAL OPENING

Pictures: BRENDAN GLEESON



Jan O'Sullivan TD, Verconia Clancy, Katherine McCarthy, Agnes Donnelly and Eleanor Forde



Robert Greaney meeting Marty Morrissey



Aoife O'Dirscoll and Nessa Clancy



Patricia Kelly, Geraldine Moloney, Brid Mahon and Mindy Hogan, meeting Marty Morrissey



CJ Horan, Corbally, age 2 with his Limerick banner



LEFT: James Wallace with CJ Horan, meeting Marty Morrissey at Garvey's official opening of the Refurbished Shop, SuperValu, Grove Island

ABOVE: Eleanor Fahy, Pennywell with Darragh O'Donoghue and Cian Lynch,

RIGHT: Calvin and Darragh Brown with Liam Fitzgerald



Paddy Flynn, Monaleen with Cian Lynch and Darragh O'Donoghue



Abbie and Ger Flynn, Janesboro with their Heroes, Darragh O'Donoghue and Cian Lynch



Audrey Ryan and Jennifer McNamara



Breda Flynn meeting Declan Hannan, captain of the All Ireland Winning Hurling Team

ENTERTAINMENT

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

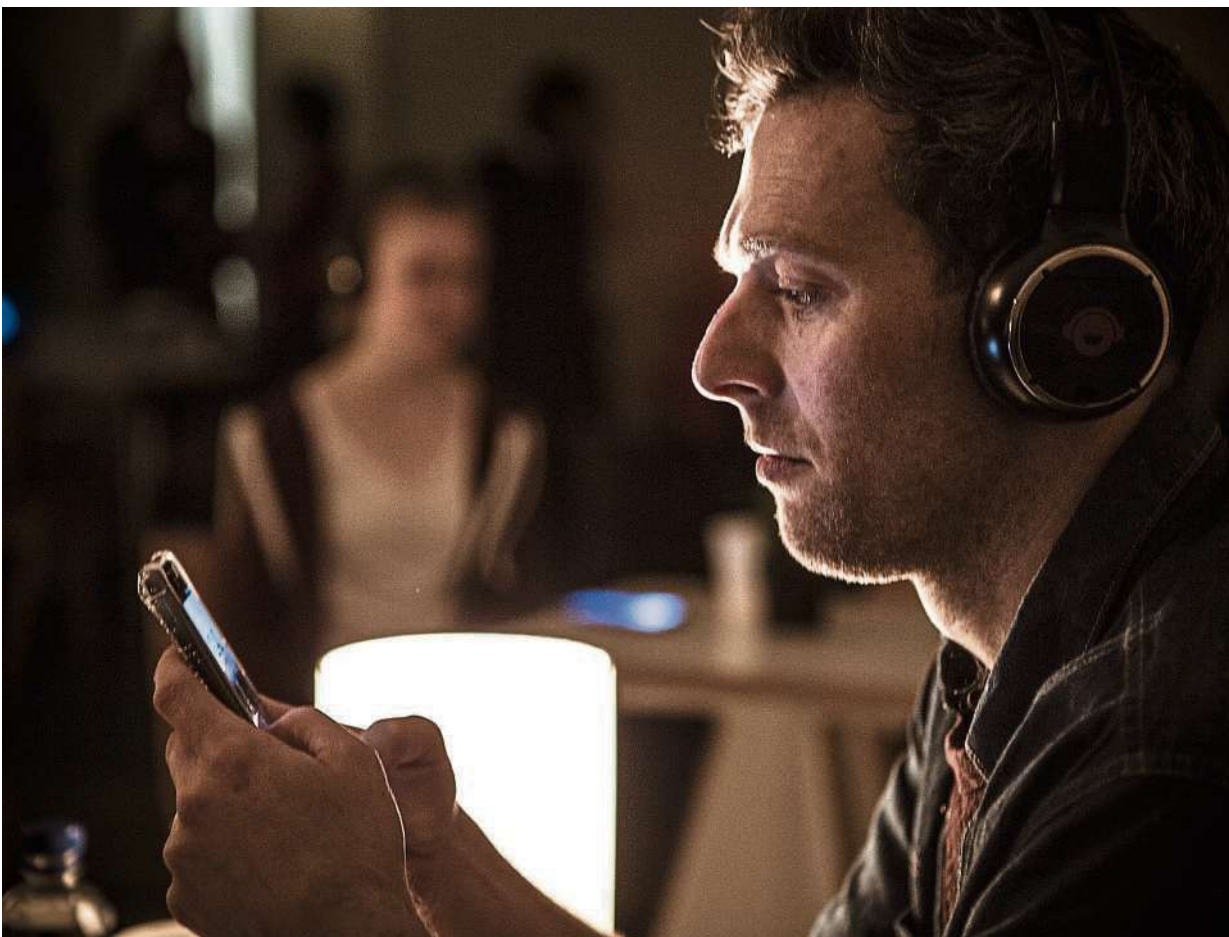
User Not Found for Belltable cafe shows

What happens to our online presence once we die? This is the question posed by new play *User Not Found*, coming to the Belltable next week.

Created by site-specific company Dante or Die, with whom Limerick actor Terry O'Donovan, appearing here, is based in London, it is written by Chris Goode and is about our digital identities after we die.

Through smartphones and headphones you become a fly-on-the-wall of one man faced with keeping or deleting as a story of contemporary grief unfolds through this intimate, funny performance that gently interrogates our need for connection. All performances are captioned and take place in the new Belltable Townhouse Café on September 26, 6.30pm and 9pm.

See www.limetreetheatre.ie.



HIGHLIGHTS

WEDNESDAY, SEPT 19

Eva Cassidy: The Story
Belltable, 8pm. €17/15
Martin Moloney
Dolan's Warehouse, 8pm. €15
Trad & Folk Music
The Glen Tavern, 9pm
Tiny Giants
Smyth's Bar, 10pm

THURSDAY, SEPT 20

Sharon Shannon, Frances Black And Mary Coughlan
Lime Tree, 7.30pm. €32
Robbie Hinchy
The Glen Tavern, 10pm

FRIDAY, SEPT 21

Culture Night
Various venues
Prima Volta Presents
Record Room, 9pm. €10/7
Quentin
The Glen Tavern, 10pm
Bowtie
Smyth's Bar, 10pm
Domino Effect
The Old Quarter, 10pm

SATURDAY, SEPT 22

Bolek & Lolek On Holiday
Belltable, 2.30pm. €8
The Tales of Hoffmann
Lime Tree, 8pm. €30/27
Beoga
Dolan's Warehouse, 8pm. €17
Ryan O'Shaughnessy
Dolan's Warehouse, 8pm. €15
Chubby Thunderous Bad Kush Masters
Kasbah Social Club, 9pm. €7
Divine Intervention
Smyth's Bar, 10pm
Pat Holland
The Glen Tavern, 10.30pm
The Prophets
The Old Quarter, 10.30pm

SUNDAY, SEPT 23

The Intouchables
UCH, 7.30pm. €7.50/5
Musical Chairs
The Old Quarter, 7pm
Scarlett Avenue
Smyth's Bar, 10pm
Daragh Carey
The Glen Tavern, 10pm

MONDAY, SEPT 24

Trad Music
Locke, nightly at 5pm & 9pm
Cold War
Belltable, 8pm. €8
Traffic
Smyth's Bar, 10pm

TUESDAY, SEPT 25

Castleconnell Concert Series
All Saints Church, 8pm. €15
The Acoustic Club
Charlie Malone's Bar, 9pm
Sound Affair
Smyth's Bar, 10pm
Hannah Wants
Habitat, 10pm. Sold out

Prima Volta to light up the Record Room

THE returning Prima Volta presents Gavin DaVinci and the Auxiliary Phoenix Trio to the Record Room for Culture Night this Friday.

Prima Volta, which began as a three day music festival as part of City of Culture in 2014, returns after a hiatus with a series of gigs aimed at giving a new platform to Irish artists and introducing some of the country's finest talent to some fresh ears.

With a focus on left-field hip-hop and beat orientated music, Prima Volta's credentials as purveyors of music taste are impeccable and as such, you should sit up and take notice of this double header in the

luxurious surroundings of the Record Room, located below The Commercial bar on Catherine Street.

The Auxiliary Phoenix Trio are a jazz-fusion hip-hop troupe led by producer and composer James Strain, rounded out by James McDermott on keys and Jake Quinn behind the drums. And, transcending genres and tearing up the rule book when it comes to writing a hip-hop album, beatmaker and MC Gavin DaVinci has been blazing a trail in 2018 with his live performances turning heads.

Doors open at 9pm and tickets are €10 and €7 for students and the unwaged.



Gavin DaVinci: Performing at the Record Room this Friday night for the returning Prima Volta Presents

LIMERICK JAZZ FESTIVAL

LINLEY HAMILTON'S BIG BAND
BELLTABLE @ 8pm

JULIAN SIEGEL QUARTET
DOLANS UPSTAIRS @ 10.30pm

PAUL DUNLEA GROUP
DOLANS UPSTAIRS @ 8pm

RENEGADE BRASS
DOLANS WAREHOUSE @ 10.30pm

AIOFE DOYLE / JIM DOHERTY
TENOR MADNESS QUINTET
DOUBLE BILL / DOLANS WAREHOUSE Start 2.30pm

JAZZ TRAIL / MASTERCLASSES
Adm free / Details on website

FRI
28th

SAT
29th

SUN
30th

18

THURS-SUN
27th-30th

WWW.LIMERICKJAZZFESTIVAL.IE

IT'S CULTURE NIGHT in the city and county this Friday, with more events than you can shake a stack of sticks at. That's not the only thing on offer this weekend, though - there's a scary amount of music gigs, a free aerial show and an animation workshop on Sunday. Strap yourself in this weekend - it's going to be a fabulous ride.

Thursday (Sept 20)

You have a choice of five (yes, five!) great music gigs in Limerick this Thursday. There's a triple-header of Sharon Shannon, (pictured right) Mary Black and Mary Coughlan at the **Lime Tree** at 8pm (tickets are €32), contemporary folk trio Greenshine at **Chez le Fab** at 8pm (tickets are €10) and yet another folk trio - Hoodman Blind - at the **Stormy Teacup** at 8pm (free gig with a donations box). If folk isn't your thing, you can see black metal band God Alone at **Pharmacia** at 9pm for a fiver or Head Front Panel DJs heading at DIE Night in **Dolan's** at 10pm for €12.



Friday (September 21)

The **Culture Night** juggernaut rolls into Limerick this Friday. The theme for the evening is "Culture is catching", like syphilis but fun. There are almost 90 free events in the city and county - far too many to include here - so you should pick up the Culture Night booklet and start making a plan. As the point of the evening is for theatres, galleries and cultural spaces to fling open their doors and give you a taste of Ireland's artistic scene, I suggest that you visit at least one place that you wouldn't normally go and see one event that you normally wouldn't consider. Here are some of the events I particularly recommend:

The **Hunt Museum** has so many events on Culture Night that you could be forgiven for just sliding in there at 5pm and staying till they kick you out at 11pm. There are boat-making workshops for children, a Speakers' Corner in the garden, 3D model displays, trad music and sea shanty performances. Nevsail will be offering kayak taster sessions and water zorbing at the back of the museum.

Limerick Printmakers have four hours of printmaking workshops from 5pm to 9pm. It's the perfect opportunity to get your hands covered in ink and take home what you create.

Hungarian horseback archer **Zoltan Gere** is doing two shows at **King John's Castle** at 5pm and 7pm. Catch that show, then head to Bedford Row, which will have hip-hop performances, dance classes and street animation from 5pm to 9pm.

In the county, I recommend **Sheila Richardson's** art workshop in the **Draíocht Gallery** in Adare at 7pm. Like all Culture Night events, it's free but you'll need to book your spot for this one.

Dublin's **THEATREclub** bring their acclaimed production of Heroin to **Limerick City Build** (the old Cahill May Roberts building) this Friday and Saturday. Winner of the Spirit of the Fringe award at the 2010 Dublin Fringe Festival, the three-hander play examines the devastation wrought on inner cities by addiction. I saw it in 2013

THINGS WHAT ARE ON IN LIMERICK #8



Culture Night takes over Limerick city and county this Friday



Beoga are in Dolan's Warehouse this Saturday



Eurovision star Ryan O'Shaughnessy plays Upstairs Dolan's on Saturday

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

and it's still worth seeing. 8pm each night, tickets are €30/€15 concession.

Saturday (Sept 22)

Saturday is **Car Free Day** in Limerick. O'Connell Street will be transformed into an activity zone from 11am to 2pm, with fun activities for children as well as the compulsory education stands. The real attraction of Car Free Day is running down the main street like Cillian Murphy in 28 Days Later. Ah, if only your car were there to see what a loon you can be.

There's a free aerial and circus show at the **Irish Aerial Creation Centre** in Gillogue this Saturday at 6:30pm. Liverpool-based cabaret clown and aerialist **Velma Bon Bon** will be performing a work-in-progress show based on her residency at the centre. You can expect clowning, puppetry and plenty of impressive aerial hoop action. Shows (especially free ones) at the IACC are always worth seeing. No need to book, just turn up and find yourself somewhere to sit.

Beoga are set to take **Dolan's Warehouse** by storm this Saturday night. The trad quintet are the closest thing we have to a spiritual successor to the Chieftains and they're the world's finest Irish traditional music act. They're also partly responsible for Ed Sheeran's Galway Girl but that's not a crime - yet. This is the gig you shouldn't miss this week. Doors at 8pm, tickets are €19.

Singer-songwriter **Ryan O'Shaughnessy** is in **Upstairs Dolan's** this Saturday night with his Civil War tour. You'll remember him as Ireland's competitor in this year's Eurovision and from Britain's Got Talent but, unlike most performers in reality TV shows, the man actually has talent. I'm assuming his next tour will be called Infinity War and come in two parts a

year apart. Doors at 8pm, tickets are €15.

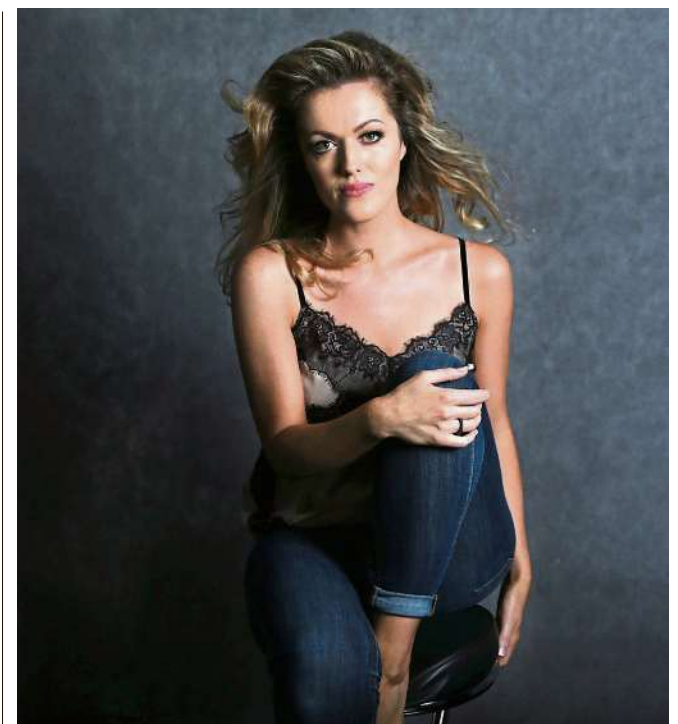
The Irish National Opera brings **The Tales Of Hoffmann** to the **Lime Tree** this Saturday night. Offenbach's most famous opera is two hours of a drunken poet telling anyone who'll listen about the three women in his life who got away. Sure, you'll get that outside Supermacs any Saturday night but the singing won't be nearly as sweet. It's worth seeing Hoffmann just for the barcarolle at the beginning of Act 3, which is one of the most beautiful duets ever written. The INO will be accompanied by an orchestra rather than the cheap route of using a backing track. 8pm, ticks are €30/€27 concession.

Sunday (September 23)

There's an animation workshop at the **Milk Market** this Sunday afternoon, run by Limerick animation studio **Krooked Tease**. If you go to bed every night thinking that the world needs to see the antics of the sassy animated mouse in your imagination, it's the perfect chance to get some tips on how to make that a reality. Krooked Tease are fundraising to make a pilot movie so it's a donation-based workshop. It starts at 1pm and it's suitable for all ages.

All weekend

The Museum Of Mythological Water Beasts is at Ormston House until September 27. Sweet Art is at the Old Fire Station until September 27. The Mainly Not Looking exhibition at Friar's Gate runs until September 28. Polarity is at the Belltable until October 1. The Ilen exhibition is at the Hunt Museum until November 11. All free to visit. That's your lot for this weekend; as always, if you go to things, there will be more things!



Claudia Boyle is in The Tales Of Hoffman at the Lime Tree

LIME TREE THEATRE



Irish National Opera presents

Jacques Offenbach
The Tales of Hoffmann

Sat, 22nd Sep,
at 8pm

Tickets:
€30/€27





Emma Ryan, Amy Shanahan and Aoibhinn O'Donnell at Smyth's Bar

On The Town

AT SMYTH'S BAR

Pictures: DAVE GAYNOR



Sarah Flattery, Denise Keane and Caitlin Moloney at Smyth's



Aoife Molone, Mark Doherty and Dayna Flavin at Smyth's



Brian O'Connell and Brian Flionn at Smyth's



Ciara Collins and Shannon Tynan at Smyth's



Roisin O'Sullivan, Michaela Dunne and Lily Dalton



Caoimhe Maher and Lorna Crowe



LEFT: Killian Fleming and Jesse Power at a freshers week night out in Smyth's Bar

ABOVE: Eilish O'Dwyer, Carol O'Dwyer, Emma Gorman and Aoife Keane at a freshers week night out in Smyth's Bar

RIGHT: Ronan Fahy, Kieran Thynne and Thomas Rabbitte at a freshers week night out in Smyth's Bar



Sinead Quinn and Niamh Talty



Maria Bennett and Rachel Breen



Niamh Denihan, Emma Lane and Nicole O'Connor



Luke Hayes and Tommy Loughlan



Michael Daly, Armand Van Scanlon and Cathal Dee



Judy Sheehan and Aedin Dunne

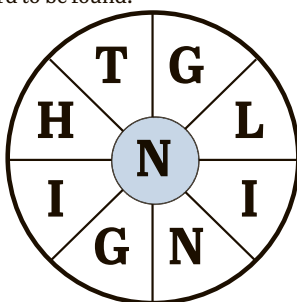
46 LEADER LIFE

SUDOKU

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

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:

8 words, average; 11 words, good; 13 words, very good; 16 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- 4. As crude as a second-hand vehicle (4,3)
- 8. Danced and swam (6)
- 9. All the bishops turn pale and cry! (7)
- 10. Is about to get up, but flags (6)
- 11. He's barely seen in camp (6)
- 12. Enduring advice on how to get old (4,4)
- 18. Gets out of bed and makes one leave the house (5,3)
- 20. Patchy picture of a law-giver (6)
- 21. Racehorses in the racket (6)
- 22. Turns up in icy surroundings but is well-liked (7)
- 23. The sun on one is a comfort (6)
- 24. Unavailing suggestion for economy (7)

Down

- 1. It's read with feeling (7)
- 2. One must have faith to give credit (7)
- 3. Bar put up outside a show (6)
- 5. Nobody we know (8)
- 6. A number baffle and deceive (6)
- 7. Confront with a small account charge (6)
- 13. Not in form, apparently, but surpass the others (8)
- 14. I hold out, yes, for what every worker is entitled to have (7)
- 15. Rock and roll (7)
- 16. They give a direction in entrances (6)
- 17. Are such workers too careless for regular employment? (6)
- 19. This idea will get you into no trouble (6)

Quick Clues:

Across

- 4. Hamlet (7)
- 8. Beginning (6)
- 9. View (7)
- 10. Renowned (6)
- 11. Gift (6)
- 12. Isolation (8)
- 18. Bewitch (8)
- 20. Keep (6)
- 21. Interior (6)
- 22. Clique (7)
- 23. Careless (6)
- 24. Trace (7)

Down

- 1. Acknowledge (7)
- 2. Trip (7)
- 3. Subtract (6)
- 5. Powerless (8)
- 6. Secluded (6)
- 7. Earth (6)
- 13. Interminable (8)
- 14. Tasteless (7)
- 15. Free (7)
- 16. Take away (6)
- 17. Obvious (6)
- 19. Athlete (6)

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.

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic:
 Across: 1 Shock troops; 9 Arm; 10 Title role; 11 Ketch; 13 Entwist; 14 Enlist; 16 Spying; 18 Regatta; 19 Sight; 20 Train fare; 21 Ale; 22 Chickenfeed.
 Down: 2 Hem; 3 Catch; 4 Tithes; 5 One-step; 6 Providing; 7 Dark secrets; 8 Get together; 12 Telegraph; 15 Satanic; 17 Manage; 19 Shelf; 21 Awe.

SUDOKU:

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

Quick:

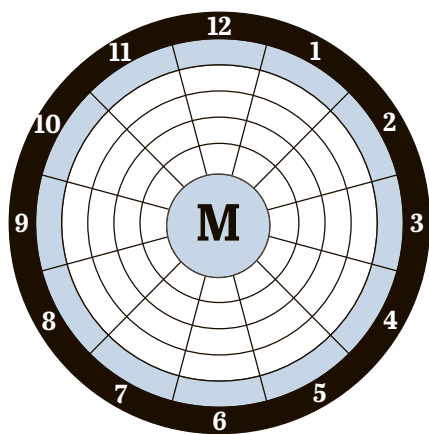
Across: 1 Crestfallen; 9 Inn; 10 Manliness; 11 Panda; 13 Lounger; 14 Exceed; 16 Reason; 18 Scuttle; 19 Ladle; 20 Rendering; 21 Arc; 22 Alternately.
 Down: 2 Run; 3 Samba; 4 Fondle; 5 Leisure; 6 Energised; 7 Displeasure; 8 Astringency; 12 Nocturnal; 15 Extreme; 17 Region; 19 Light; 21 Owl.

CODEWORD:

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

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter M in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of an American actress and writer.



- 1. Tradition
- 2. National song
- 3. Beat
- 4. Haphazard
- 5. Weak
- 6. Respect
- 7. Unit of length
- 8. Tell
- 9. Brook
- 10. Gas
- 11. Symbol
- 12. Regain

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:

124538 gives a colour;
 659631 gives a colour;
 7459 gives a colour.

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.

SPLIT DECISION

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

S	T	M	R	I	O	N	C	E	K
G	H		Z		M			E	Y
E	A	M	G	I	O	R	S	Y	
R	F		N	D			E	X	
S	P	W	L	E	A	P	A	S	D

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Elapse, 2 Little, 3 Voyage, 4 Impede, 5 Salute, 6 Palace, 7 Refuse, 8 Emerge, 9 Scythe, 10 Loathe, 11 Engine, 12 Yankee.

CELEBRITY: Elvis Presley.

NINER:

DEFLATION

KAKURO:

SUDOKU:

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

SPLIT DECISION:

P	R	O	N	G
A		R		R
T	I	B	I	A
I		I		F
O	C	T	E	T

LEADER LIFE

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



A Day In My Shoes

Marketa Dowling

Programme Manager of the Belltable

All the world's a stage...

What time do you get up?

Usually around 8am, but it can be earlier at times depending on what is ahead of me for the day.

What is your normal breakfast?

Porridge with a sprinkle of cinnamon. I like it plain just like that or add fruit if I want to change things up a bit.

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

I don't do gym but I go swimming 2-3 times a week. Sometimes before the office, sometimes after, depending on the day. I also walk the three bridges most evenings and I absolutely love it.

You arrive at office at what time?

Usually between 9.30am and 10am. But if I had a late night

event the previous evening, I will be in later.

What are your first duties?

I try to get through my 'to do in the morning' list first thing, before I check my emails.

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

I gave up everyday coffee a few years ago, so I drink mostly tea. One with breakfast, one with lunch and one mid-afternoon. After that I drink green tea when I am home from work.

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

I am lucky enough to live close to Belltable, so most lunchtimes I go home - the luxury! Several times a month I will be lunching either for work or with friends and then I like Kyoto, Alex Findlaters and Zest in the gallery.

Do you have many meetings during the day?

Yes, sometimes too many.

What time do you finish up at?

Any time between 5.30pm and 10pm, depending on what needs to get finished, deadlines and what events we have in Belltable or the Lime Tree Theatre.

Do you watch much television?

I watch some, mostly films. I prefer to read in the evenings.

Do you read the newspapers?

We buy The Sunday Times and The Sunday Business Post every weekend. All other news I get on line.

What do you do to relax?

Read, swim, walk, yoga,

Marketa Dowling, at The Belltable Theatre, which reopened in 2016 under management of the Lime Tree Theatre following a grant from the Arts Council

listen to podcasts and I love to cook.

Are you able to leave the office behind?

Yes, and it took me a long time to learn. I think it is really important for our well-being and quality of life to be able to switch off from work, however much we love our jobs.

What is a perfect work day?

A day when I have secured a first-class production to tour to Limerick, when Belltable Hub is buzzing with artists and when audiences are happy.

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

I don't think I do, I prefer to work through problems rather than give out. Tardiness annoys me, I find it disrespectful. Life happens and it's ok to be late, just let me know.

INSIDE THIS WEEK



MIRROR MIRROR

Track your progress with Leanne Moore
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SPOTTED BY CELIA

Street style in Limerick
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THE LONELIEST NUMBER

ManAboutTown on the fear of rejection
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SUPPORTING MENTAL HEALTH

Limerick to focus on mind matters
PAGES 58-59

Coping with the stress of distress



ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

MOST people dislike feeling uncomfortable. There are many different ways that we can feel uncomfortable...we can be hot, cold, tired, in pain, hungry, unwell, and the list could go on.

But there is emotional discomfort, or what is often called distress. We may not like it, but experiencing uncomfortable emotions is a natural part of life. However, there is a difference between disliking unpleasant emotions and experiencing unpleasant emotions as unbearable and needing to get rid of them. Being intolerant of experiencing emotional discomfort can interfere with living a fulfilling life, and can escalate any emotional discomfort we might be experiencing.

Think of a time when you felt sadness. Maybe it was after losing a loved one or losing your job. How did you respond to the situation? While some people may have no difficulty dealing with these events, they may trigger unpleasant feelings that make it impossible to cope and carry on with normal activities in others. For those of us who experience these unpleasant feelings and have difficulty coping, we are experiencing psychological distress.

No two people experience one event the exact same way. Psychological distress is a subjective experience. That is, the severity of psychological distress is dependent upon the situation and how we perceive it. For some they suggest psychological distress as a continuum with 'mental health' and 'mental illness' at opposing ends. I myself would have a broader view but let's go with this way of thinking for the moment.

CAUSES OF PSYCHOLOGICAL DISTRESS

Traumatic experiences can come from many aspects of life. In fact I can't imagine a life where distress is not experienced

- * Cancer and other medical illness
- * Bereavement
- * Homelessness
- * Divorce
- * Redundancy / Starting a new job
- * Being a victim of bullying
- * Adverse school experiences
- * Adverse work experiences
- * Infertility, IVF
- * Mental health difficulties

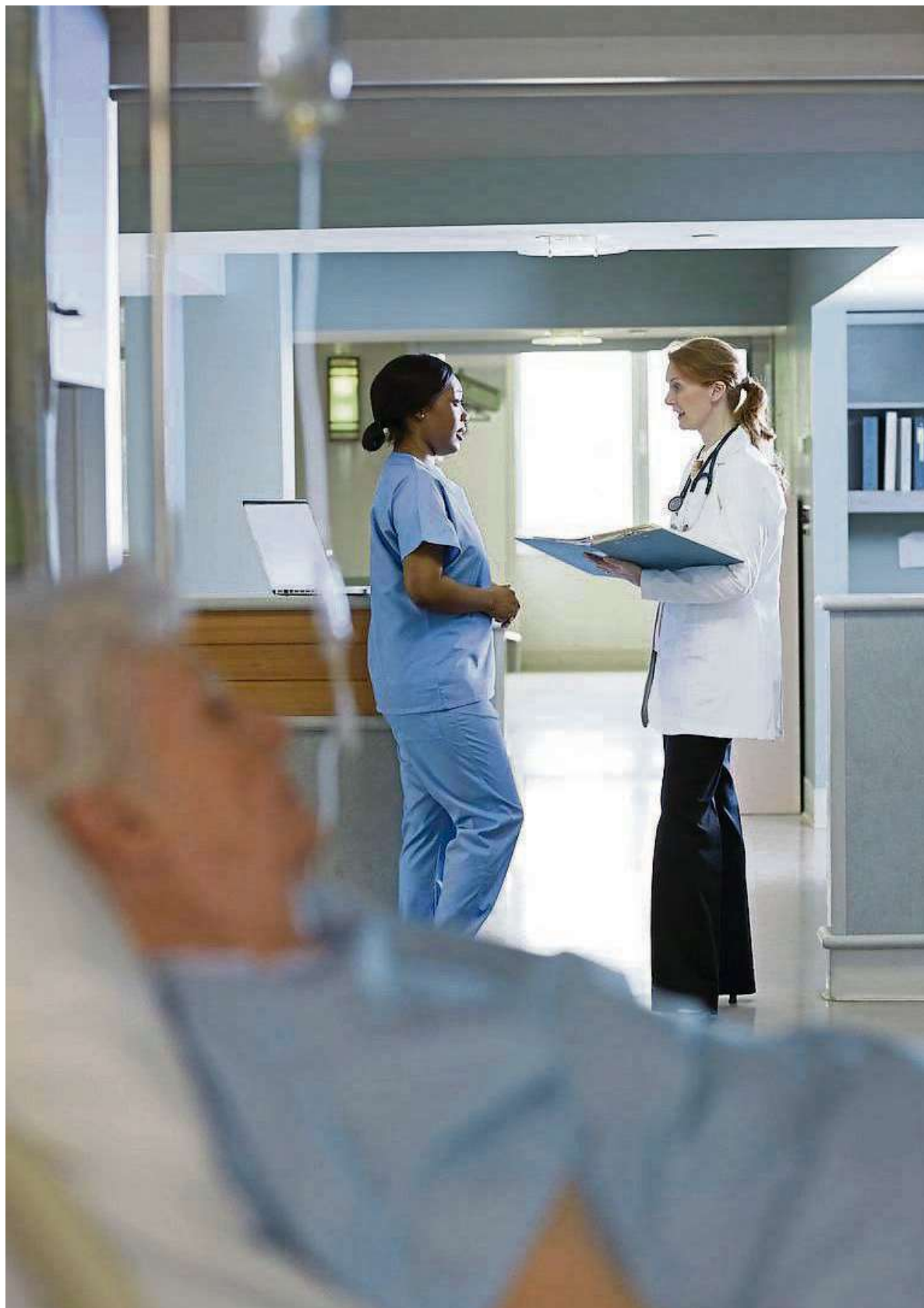
SYMPTOMS OF PSYCHOLOGICAL DISTRESS

As we previously stated, psychological distress is a subjective experience. Just as no two people experience events in the same way, no two people manifest psychological distress in exactly same way. For example, suppose that you and your mother were in a car accident and both experienced psychological distress as a result. Yet while you experience sleep disturbances, fatigue, and sadness, your mother experiences anxiety related to driving and memory problems and avoids social activities.

5 STEPS TO MANAGING DISTRESS

STEP 1 RECOGNISE YOUR TRIGGERS

You need to first have some awareness of the common things that trigger your distress. Being more aware of what ignites your distress. These triggers could be external, such as certain situations, events, people, cues in the environment, etc. Or these triggers could be internal, such as certain thoughts, memories, images, bodily sensations, etc. A good way to get in touch with your common triggers is to think of past examples of not being able to deal



Psychological Distress is often caused by illness or a death in the family

with distress. That is, past times you used your old escape methods i.e., situational avoidance, reassurance seeking or checking, distraction and suppression, alcohol or drugs, binge eating, excessive sleep)

2. KNOW YOUR WARNING SIGNS

In addition to being aware of common triggers of your distress, it is also useful to be aware of the warning signs that tell you that you are having trouble dealing with your distress, and hence need to focus on using your action plan. Warning signs are the feelings, thoughts, physical sensations, and behavioural urges or actions that signal you are feeling overwhelming distress.

3. COMMIT TO DROPPING ESCAPE METHOD & DOING OPPOSITE ACTION

Once you acknowledge your

distress, via being more aware of your triggers and warning signs, you are then in a better position to make a commitment to dropping your usual escape methods. The commitment you make might sound something like... "I will try to tolerate this distress, rather than using my old habit of drinking to dull the pain" or "I will stay with this feeling, rather than avoiding situations that make me feel this way" The main thing is making your actions a conscious choice, rather than an automatic habit

4. ACCEPTING DISTRESS

In essence, recognise and allow the emotion; watch the emotion by detaching from it, describing it and using imagery; be present focused on a task or your breath; and finally deal with the inevitable emotional comebacks.

5. IMPROVING DISTRESS TOLERANCE

Use all the distress improvement activities in your armoury. Some will be active e.g. walking in nature, swimming and others soothing e.g. talking with friends, having a cup of tea or reading. Essentially these that you have discovered work for you, the words of encouragement that can help you through the moment of distress, and aspects of problem solving that may be relevant when you do have some control over the situation distressing you.

Overtime distress will be there but you are less likely to be overwhelmed.

*** 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**



Last days of summer: Baals Bridge in full sunshine taken by Terence Keehan



Flower power: By Claire Waters

Readers**Pictures**

WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO NEWS@LIMERICKLEADER.IE WITH READERS' PICTURES IN THE SUBJECT LINE



Claire Waters also submitted this colourful floral scene



Taking a break: Feathered friends find a warm spot at the end of slipway on the Shannon by Christy Hogan

POSITIVE PARENTING

LOVE PARENTING

Top Tips

With Junior Cert results just out, talk of exams and pressure is rife. See below for some parenting notes on helping your child to manage both.

Be aware of your own emotions. Take time out to relax so when your child looks for support you are ready to listen objectively.

Avoid having too high expectations or being overly attentive. Who enjoys being quizzed to death?

Take time and spend it with your child. Reassure them that you are always there to support and encourage them, no matter what.

Your child is unique, so cannot be compared to their siblings or other children. Instead encourage them to consider their work in terms of their own path and towards achieving their own personal best.

Step back and let them organise their study themselves. By keeping the lines of communication open they will be more comfortable to ask for help when they need it.

Encourage them to keep going. After all, failure is merely feedback.

Remind your child that nervousness and worry is common for every student. Consider and discuss ways to manage this in a way that works for them.

Provide lots of fruits and vegetables and, low-sugar, low-caffeine foods.

Ensure that your child is sleeping well for about 6-8 hours. This helps increase their thinking and concentration.

Encourage your child to keep exercising and not to give up hobbies or interests.



Mothers playing with their children in a living room. Below are seven simple messages on parenting that will provide a solid foundation for minding both yourself and your child

Minding yourself and your child: Seven key messages

THERE is so much information on parenting available through web-sites, blogs, books, radio and television programmes that it can sometimes be overwhelming and confusing. Sometimes, it's useful to go back to basics and remember what really counts. Below are seven simple messages on parenting that will provide a solid foundation for minding both yourself and your child.

1. PARENTS NEED GOOD SOCIAL NETWORKS

Parenting is easier when you can talk with others or spend some time looking after yourself. It is important to share the good times and celebrate achievement; it is equally important to have a support system (friends/family/neighbours, local parent/toddler groups; local groups or clubs) in place during the more difficult times. If you are really struggling, talk to your GP, PHN or other trusted professional or friend to get some support.

2. THE PARENT-CHILD RELATIONSHIP IS KEY.

A strong, loving relationship with a parent or carer is the most important thing for a child. Remember it is never too early or late to start spending time together. Have a chat and find out what they would like to do, whether that is getting outside for a walk or cycle; getting involved in events such as park run together; reading together; watching a favourite film or simply making a cuppa and having a chat.

3. A POSITIVE PARENTING STYLE WORKS

Give your child positive attention, lots of affection and specific praise. Set routines, rules and boundaries and be consistent, no idle threats—children thrive with a routine. Try to remain calm and model positive ways (deep breathing, taking a walk) of dealing with powerful emotions such as anger or frustration. Be genuinely interested in what your child is saying, doing, thinking and feeling.

4. BABY SEE, BABY DO

Be the role model your children need. Children learn by watching their parents so try to model appropriate, respectful behaviour. Avoid talking negatively about others in front of your children. Avoid bad language. If your child talks to you about someone who has caused them harm, discuss this with them without assigning blame. Instead explore the reasons why they did what they did and the impact this had on the other person.

5. NAME IT AND TAME IT

Communicating with your child is so important at every age. Parents and children who can talk to each other, share problems and address challenges together will have strong, healthy relationships. Be aware of your own emotional. If your child is struggling with big emotions, help them to name and describe their feelings. This is the first step in being able to manage emotions.

6. BUY WELL, EAT WELL, BE WELL

Healthy food is important for all the family and is especially important for children's growth. Include them in planning the menu, shopping and cooking meals. Try to eat at least one meal as a family each day. This is a simple way for everyone to connect.

7. CHILD SAFETY IS KEY

Toddler proofing your home, using car seats, teaching road and water safety, learning basic first aid, supervising young children and knowing where older children are and who they are with all helps in terms of reducing child injury and harm. These key messages were developed by Tusla, Child and Family Agency. For more information, on what works best for children and families at different stages of childhood, please see www.parenting24seven.ie. If you would like further information on parenting or local events and services, please visit us on www.loveparenting.ie, find us on Facebook



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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Antibiotics – friend or foe?

WITH the stresses of September, many people feel under the weather and ask their GP to prescribe antibiotics – even though the symptoms might not be of bacterial origin.

Antibiotics are the most over-prescribed medicine in the world – as a result, now we have many species that are resistant to even our most advanced drugs. What used to be a miracle cure in the early 20th century is rapidly becoming our enemy due to overuse.

In ancient times in Greece and India, moulds, herbal remedies and even warm soil have been used (in Russia) to

treat an infection, until Sir Alexander Fleming a Scottish biologist, defined new horizons for modern antibiotics with the isolation of an enzyme from *Penicillium notatum* fungus in 1928.

Skip ahead 50 years, and Martin Blaser, Chair of the Department of Medicine at New York University recently published a book called “Missing Microbes”, highlighting the potentially dangerous long-term consequences that arise from the rampant overuse of antibiotics. He argues that changes in our microbiota may even be promoting the transmission of deadly



Antibiotics are the most over-prescribed medicine in the world

organisms, as one of the important roles of an intact microflora is to resist colonization by pathogenic (bad) organisms.

Blaser also points out that, not only does the individual use of antibiotics cause permanent changes in the gut flora, but that infants

born to women given antibiotics during pregnancy, or the 30% of children delivered via Caesarean section, may be starting life with a significantly altered and insufficient level of friendly gut flora. This is a serious concern because lack of

diversity in friendly gut bacteria has been shown to contribute to a large number of diseases and complications.

What is the problem with this miracle cure? Anti-biotics kill bacteria, but not yeasts and fungi or parasites. It does not discriminate between disease-causing bacteria and our beneficial strains. Even a single course of antibiotic can cause a significant change in the variety of strains we have for years ahead, affecting overall health. Taking a diverse probiotic supplement with the necessary antibiotics can reduce their side effects and enhance the efficacy of the treatment.

Diversity is crucial in our microflora, as each bacterium has its unique

health benefits. Studies show that reduced diversity is behind common

DID YOU KNOW?

Garlic has the potential to improve the effect of antibiotics on antibiotic resistant pathogens

gastrointestinal problems like IBS and even inflammatory bowel syndromes and other autoimmune diseases. Why?

Because near 80% of our immune cells

reside in the gut and are regulated by the microbes living there.

New research points to the gut flora imbalance with not only digestive and immune problems, but skin disorders, obesity and mental health problems.

Therefore, if you suffer from any of these ailments, or have taken antibiotics ever in your life – it is time to find out what is growing inside you and re-establish your healing bacterial diversity.



Bowe Dental Clinic

Dr. Robert Bowe, BA, B Dentsc, MFDrCsl., Trinity College, Dublin

I chose Teeth in a Day at Bowe Dental Clinic....

“Since I had my non removable teeth fitted I couldn't be happier. I have never looked back and I no longer worry about them falling out. The money I spent on my new teeth was the best money I have ever spent. I also got 20% tax back and the VHI paid some of the cost too. I am just delighted with my comfortable, trouble free teeth.”

R Murphy



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Because progress is not linear

WHEN it comes to training and body/fitness goals there is something very important each and every person needs to keep in mind - Progress Is Not Linear.

What do I mean by that? Well most people adopt a training regime and they expect their before and after pictures to show an improvement; they expect their running times to constantly get better; they expect to constantly be able to lift heavier, to swim faster, to feel fitter - constant progression and constant improvement. In fact, it's when they don't see these things, that they start to feel demotivated, start to give up on their practice routine.

But the truth of the matter is, your progress will never be constant. We have days and weeks and months and moments of "blips" along the way and for one reason or another, we will not and can not maintain the constant progression and improvement we expect.

Those "blips" are life - happening and changing and moving every single day. The sooner you can see progress in its

true form - the sooner you can start to be more at ease with yourself and your own journey. There is a constant practice you can keep through all of this though - you can track your progress. In "good weeks" and "bad weeks". Tracking your progress - or lack thereof - is a great tool to help you understand your body better. Here are my favourite ways of tracking my own progress.

1: TAKE PICTURES

This is singly the best tool in my opinion for tracking progress. I always tell my clients to take photos following this criteria:

- * Take photos in the same mirror
- * Take photos at the same time each week
- * Try to wear the same clothing in each snap
- * Take photos from the front, from the back and from the side
- * Picture progress does not lie. You can clearly see changes as they happen and it can be such a motivational tool for people too.

2: TAKE MEASUREMENTS

Measurements are my next favourite way to track progress. Get



Taking a photos in the same mirror is a great way to see the changes made with your fitness routine

a measuring tape and take monthly measurements. My top areas for seeing results are:

- * Waist - Place the tape over your belly button line
- * Hips - Place the tape at the widest point of hips/bottom
- * Chest - Place the tape over the nipple line
- * Legs - Record each leg individually placing tape around widest point of the thigh

3: NOTE HOW YOU FEEL

Your body and how you feel in your skin will not lie. Notice your

moods, notice how your tummy feels, notice how your body feels. Sometimes that kind of progress is all you need. Feeling good is what we all strive for. Feeling good in your own skin is amazing. Are you feel like you have more energy? Are you feeling stronger?

Have you been lifting heavier? Have you been running for longer? Has that class you've been doing gotten easier?

Do you feel less stressed? Have you noticed more muscle definition? Little changes can lead to big progress.

4: NOTE HOW YOUR CLOTHES FEEL

Notice the changes in how your clothes feel on your body. Notice if they are looser or tighter. Notice how you feel wearing them.

5: STEP AWAY FROM THE SCALES

I feel so strongly about this point that I am going to say it again, try not to get caught up with weighing yourself. It's the single most de-motivating thing I find when working with clients. Weight really does not accurately reflect the changes that are and can be made following a food and fitness plan.

Healthy Recipe The Perfect Salsa

What You Need

- 6 ripe tomatoes
- 1 big bunch of fresh coriander
- 1 onion
- 2 fresh jalapeño or green chillies
- 1 large clove of garlic
- 1-2 limes
- extra virgin olive oil

What To Do

Finely chop the tomatoes and coriander and place into a large bowl.

Peel and finely chop the onion, deseed and finely chop the chillies, then scrape into the bowl.



Peel and finely grate in the garlic.

Squeeze in the juice from 1 lime, add 2 tablespoons of extra virgin olive oil, and

mix well.

Season to taste with sea salt, black pepper and more lime juice, if needed.

Moore2Life

What I'm loving this week

Caravan Renovation

Over the weekend we took our recently renovated caravan for a test run. We hit the road to

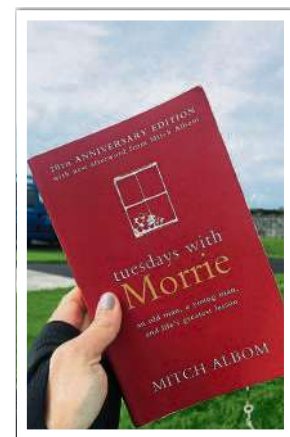
Doolin on Saturday afternoon and set up for the night at Nagles Caravan and Campsite. In case you missed the journey, we bought an old caravan about six weeks ago and renovated it in the hope of travelling Ireland to visit it's many beaches. The whole renovation can be seen on my Instagram page in the "highlights" section. (www.instagram.com/leannemoorefitness)

Doolin was gorgeous,



Book Recommendation

My latest read is "Tuesdays With Morrie" - and it's a tear-jerker. A book about life-lessons - it tells the story of how the author Mitch Albom was moved and influenced by his former college professor More Schwartz. And how in Morrie's final days - he taught Mitch the very best lessons of his life.





TWINKLE TWINKLE

CLODAGH RYAN OF MATTHEW STEPHENS

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MATTHEW STEPHENS

The Diamond Specialists



CHIMENTO

Since 1964, the CHIMENTO family has given life to unique and exclusive creations whose undisputed protagonist is Italian Gold. Creativity, craftsmanship and attention to detail are the distinctive elements of CHIMENTO pieces, which have become a symbol of jewellery of exceptional quality. A perfect synthesis of tradition and design, the CHIMENTO collections represent an expression of a contemporary aesthetic with an elegant and refined style.

Numerous celebrities have worn these exceptionally beautiful pieces, including: Jennifer Lopez, Madonna, Lady Gaga, Rachel Mc Adams, Chrissy Teigen, Kerry Washington, Alessandra Ambrosio, Adriana Lima, Emily Blunt and many more.

The CHIMENTO family is defined by their history, culture and the tradition of Italian goldsmiths, consolidating their role as protagonists of Italian-made jewellery with their generational shift.

CHIMENTO doesn't stray from the quality path and continues to give design masterpieces with new models and historical collections with a strong identity. CHIMENTO shares its' unique style all over the world with the aim of conquering new luxury squares and new

markets, in which to spread a brand image that is increasingly becoming stronger and more recognizable.

The symbol of success at the heart of the company DNA, is revived today in new and splendid innovative jewellery. In 2001 CHIMENTO interpreted the shape of Bamboo in a collection immediately appreciated for its technical quality. In the collection, the horizontal arrangement of the Bamboo is central to the design, embellished with a line of diamonds. It envelops the shapes in a nature-inspired style, creating totally new, feminine and striking jewellery.

All CHIMENTO jewels have an International Guarantee that certifies the authenticity of the creation and the exclusive design. The finishes are handmade by talented master goldsmiths. Diamonds, precious stones and pearls are selected and qualitatively controlled by the CHIMENTO Gemological Laboratory in order to guarantee a high level of quality.

A stunning selection of CHIMENTO jewellery can be seen here in Matthew Stephens Jewellers including the beautiful Bamboo Collection. Why not pop instore and try on these pieces, adored by celebrities around the world?



STYLE & FASHION

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Step out in style, men of Limerick

WHEN it comes to men's fashion in Limerick you need look no further than Connolly Man on Patrick Street and in the Crescent Shopping Centre.

Tony Connolly has been a landmark business on the men's fashion scene for more than 48 years and in that time they have earned a reputation for providing their customers with excellent value, unrivalled variety and expert service. The range at Connolly Man covers the full menswear and fashion spectrum including denim, lifestyle, footwear and leisure clothing. They also stock Munster's largest collection of classic and contemporary suiting and formal hire for every occasion, so rejuvenating the autumn/winter wardrobe for 2018 has never been so simple.

Mr Limerick, Edwin Fitzgibbon, is pictured here out and about and in the Patrick Street store cutting a dash in some new arrivals. You can team up with a sales assistant to choose your look, which is another great service offered by Connolly Man. Happy shopping gents!



Edwin Fitzgibbon goes for a casual vibe in G-Star jeans and jumper PICTURE: ADRIAN BUTLER



Mr Limerick, Edwin Fitzgibbon, wears a Tommy Hilfiger jacket and Scotch and Soda shirt, knitwear and jeans



Edwin wears a Herbie Frogg suit teamed with Brent Pope shoes



Cool and casual: Edwin models a XV Kings jacket, shirt and jeans and Tommy Bowe shoes



Mr Limerick strikes a pose in a Marc Darcy suit, Remus grandfather shirt and Tommy Bowe shoes

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Emma Doran
Occupation: Castletroy
From: Promotions and
events coordinator at
Limerick's Live 95FM

M My favourite store is Zara as it is on trend every season. If I can't get out to the Crescent Shopping Centre it's easy to shop online. I would really love to see a larger Zara store in the heart of Limerick city. My favourite style icon is Aoife McNamara. She is a fabulous Limerick designer. She has a great vision when it comes to fashion. She has amazing style and a phenomenal eye when it comes to fashion.

CELIA SAYS

Coat from New Look: The style of Emma's coat is timeless and the colour is great with almost any outfit.

Bobble hat by Aisling

Maher: I'm a devil for detail when it comes to a bobble hat and for me it really is all about the bobble and the material used. You can just see from this photo that the quality of this design is top-notch!

Bomber jacket from Zara:

Emma recently purchased this suedette bomber jacket from Zara and she tells me she is getting fantastic wear from it, wearing it over both jeans and dresses.

Blouse from Zara:

This checkered blouse from Zara is a great length and a great choice for the autumn.

Boots from River Island:

I love the little heel on Emma's knee highs - not too high for during the day.

Bag by Michael Kors:

This beige Michael Kors handbag is a great tote to bring you from day to night and it fits everything Emma needs throughout the day - love it!



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**Look out for Celia's 'My Week' column
in the Limerick Leader every Thursday**



MANABOUTTOWN

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One is the loneliest number: The fear of rejection (part 1)

WE'VE all been there.... you meet someone you really like and things seem to be going great.

You've been chatting, messaging, snapping and flirting for weeks and you seem to have loads in common with them. They're good banter and they seem to like you too so you want to take things to the next level. You want to ask them out on a date. But what if it all goes horribly wrong? What if you've built yourself up to the point where you're brave enough to ask them out or even worse, make some kind of romantic gesture and then..... They say no! It can actually be pretty terrifying. There are so many questions running through your head. What if they say no? What if it ruins our friendship? What if they say yes but only out of pity? It takes a lot of balls to look at someone you have feelings for and ask them if they'll go out with you because of all those hypothetical answers I've just mentioned. But then again, what if they say yes?

I'm well aware of all the questions that run through your brain when you start to fancy someone because I have a massive fear of rejection. So much so that a girl will have to hold up a sign saying "I like you" before I'll make a move or, more commonly, make the first move themselves. I'm



A girl will have to hold up a sign saying "I like you" before I'll make a move

getting a lot better at it but nonetheless; I'm very familiar with the doubts and the fear of rejection that comes with asking someone out. And it is real. They might say no. You might feel embarrassed. There's no point in dismissing that but there's also the potential that the person you like will return your feelings and overcoming the fear and the doubts will totally be worth it. So how do you do it? How do you overcome the doubts and the fear of being rejected and take that chance? I can't give you a magic spell or a hack but what I can give you are some tips and advice that I've studied myself.

GIVE YOURSELF A BREAK

Often the biggest thing standing in your way when it comes to the fear of rejection is you. Have you ever thought, "Well this person isn't going to say yes to me because nobody ever says yes to me"? If you have, you're not the only one

because this kind of thinking is very common, especially for people who struggle with low self-esteem. The biggest problem with this kind of thinking is that you become a self-fulfilling prophecy. If you never put yourself out there, then you'll never know if someone actually does like you and will say yes. Imagine the person you like is waiting for you to ask them out because they too are too nervous to make the first move. Then, if you don't ask them, they'll think that you don't feel the same way and what could have been a nice opportunity to be happy together is lost. The moral of the story is not to approach this situation thinking the worst. If you've been chatting to them for a while then you have some chance at least so even if it doesn't go the way you'd like, don't lock the door before you try to open it.

THE FEAR OF BEING VULNERABLE

A fear of rejection usually stems from a fear of vulnerability. If you asked your friend to buy you a burger after the nightclub and they told you where to go you'd probably laugh it off so the word "no" isn't that scary in itself. So, what makes it so scary when you want to ask a person you like to go for a drink with you? Vulnerability. It's not easy for anyone to bare his or her feelings to the world - especially if it's to someone you have actual



feelings for. It's not about someone not wanting to go for a drink, the fear lies in the fact that you put yourself out there, let someone know that you liked them, and got rejected. And it's a pretty awful feeling.

The only way to get past it is to take baby steps. When you're in the chatting/messaging phase, take small risks by being vulnerable in little ways. Like if they ask you what songs you like, tell the truth and tell them the reason instead of picking something that you think will make you seem cooler. You don't have to be too dramatic but a little honesty will help break down barriers and let you get used to showing vulnerability to someone you like.

HAVE SOME CHILL

As in try not to fall too hard, too fast. When you ask someone to go out with you, start small. Think about the date itself and don't start thinking about the future beyond

the date. It's hard because your thoughts will gravitate towards the future if you really like the person. But in the interest of softening any potential rejection, try to focus on thing at a time. Why? Because you'll find it easier to deal with the idea that someone doesn't want to go for a drink with you than the rejection of an entire relationship that you may have already built up in your mind. It's not easy but it does make things easier. In reality, you need to have realistic expectations when it comes to asking someone out. They might say yes to dinner or a drink but that's really all they're agreeing to so don't start thinking of baby names or pricing hotels for the afters of your wedding. I'm not saying you should have no or low expectations, rather keep them reasonable so if the bubble bursts, the fallout is less severe.

Next week we'll look at issues like letting the past hold you back, the effect on your mental health and acceptance.

Style News

Beauty Blog Awards

A FEW weeks ago I revealed that I had been nominated in the 'Best Male Influencer' category for the 2018 Beauty Blog Awards. I'm delighted to say that I have now been shortlisted for the award. The Beauty Blog Awards were set up five years ago to honour the best of the blogging scene in Ireland. In recent years blogging has changed and evolved into a much more dynamic industry with microblogs, Vloggers, Influencers and social media stars all coming to the fore and I'm proud to be shortlisted in my category. I'm up against some of the biggest names in the industry so I need your help. The voting is all done online so if you've enjoyed my articles or my blogs or my social media content over the last 12 months then please head over to www.beautyblogawards.com and vote for me in the 'Best Male Influencer' category. Thank you again for getting me to this point.



Watch This Space

Tag Heuer Aquaracer

THIS weeks watch of the week from Keanes Jewellers is the Tag Heuer Aquaracer. The Aquaracer is one of the most popular Tag Heuer watches. It was created in the early 1980s - originally introduced with the Tag Heuer 2000 name - and its design has always been characterised by the six studs on the bezel.

The model I'm wearing is the Tag Heuer Aquaracer 300m Calibre 5 40.5mm. The 40.5 mm steel case - water resistant to 300 metres - alternates

polished and brushed surfaces.

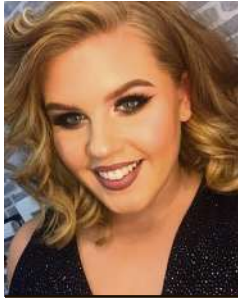
The unidirectional rotating bezel is now flat at the bottom rather than pointed and numbers are engraved and not black-lacquered. The watch is powered by the reliable Calibre 5 automatic movement, based on the Sellita SW200, which beats at 28,800 vibrations per hour and offers a power reserve of 38 hours. The dial of the



Aquaracer 300m Calibre 5 models features a horizontal streak pattern with pretty thick hour and minutes hands and a sweeping seconds hand

with a new triangle-shaped tip for improved visibility even with poor light conditions.

Hands and hour markers, like the bezel dot at 12 o'clock, are treated with luminescent material. You'll find the Acquaracer at Keanes for €1,950.



BEAUTY & MAKE-UP

JESSICA HOCKEDY

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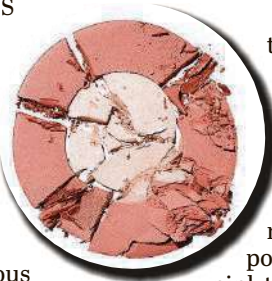
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More Pillow Talk: Charlotte Tilbury new additions to make-up line!

SOMETIMES a single shade can become a brand's lifeblood. Nars and Orgasm go hand in hand, Urban Decay became synonymous with Naked.

When our favourite redheaded make-up artist Charlotte Tilbury brought the world Pillow Talk, cult status rapidly followed.

Since launching the Pillow Talk Lip Cheat lip liner back in 2013, the mauve-rose shade has been adored by countless celebrities, from Amal Clooney to Gwyneth Paltrow, and it consistently sells out each time it's restocked.



Speaking about the cult shade and what inspired her, Tilbury said in a statement: "I wanted to alchemise that nude and pink, pout-perfecting pink that I used to mix

by hand. I knew I could bottle a 'suits-all' hue that would mimic the delicate rose-blush-skin hue."

The Pillow Talk demand is so hot, Charlotte and Co. have decided to give fans even more with an entire make-up collection inspired by the shade (I ain't mad about this!).

The Pillow Talk shade is a try before you die kinda shade - it's bucket list worthy!



This Charlotte Tilbury lipstick shade is loved by Nicole Kidman, Olivia Palermo, Gwyneth Paltrow and more

Lust corner

Must. Have. Now.



Glamglow GLOWSTARTER Mega illuminating moisturiser - €38

My mother got a sample of this product recently. I tried it and fell head over heels into a bush and tumbled down a hill in love with it! From the scent, to the texture, to the glow, I love what it does to my skin. It makes me look like I've actually been drinking enough water and eating my five a day!

My Make-Up Bag

Kristina Borcea

I have known the gorgeous Kristina for a few years now. She is currently a Mac make-up artist / Human Genetics Student at Trinity College. Kristina originates from Moldova but has lived in Ireland for 10 years.



After finishing her make-up course in LA College of Creative Arts, she got her first make-up job in Catherine Hickey's hair and make-up salon - we worked alongside one another for a while and it was amazing!

I enjoyed learning new tricks, talking about different products and getting to know each other and what styles of make-up we loved to create on our clients. Kristina is now living in Dublin and tells me she loves it!

Have you always had an interest in make-up artistry?

I think I always liked going through my mum's make-up and trying it on here and there. Throughout secondary school I loved getting my make-up done for different occasions. I really got into make-up when I started college in Dublin.

Who inspired you to become a make-up artist?

One of my best friends Laura who I met in college was one of my biggest inspirations. She always had a full face going to college and I admired her for it. She got me into watching YouTube and that is where I discovered Jaelyn Hill. Watching her tutorials helped me a lot and made me want to do a part-time make-up course.

Do you have a favourite skincare product?

I love the Mario Badescu Rosewater facial spray it just instantly makes me feel fresh and glowy. I also love the Volcanic ash exfoliator by MAC it's a must have for me.

Are you loving your journey working for MAC cosmetics in Dublin?

I am absolutely loving it! My team on Grafton Street are just so amazing and I love going into work. Being in a pro store is

certainly amazing as we always get exclusive collections and launches. Working in retail can certainly be tough but I love making that connection with a customer and helping them pick the right products for them! Getting amazing discounts and products is also a big plus and certainly helps with building the kit.

When buying make-up are you guided by brand name/appearance or cost/quality?

This is a difficult one. There are certain brands that I tend to lean towards but I think I am more of a cost/quality kind of gal! Being a student cost is a major part for me, I love finding dupes and brands who are more affordable like Morphe or Zoeva! However, I do love to invest in a good foundation and skin care.

Do you wear make-up everyday?

I am definitely not a morning person and with college starting so early I never allocate enough time to do my make-up. So unfortunately I don't.

What 3 products could you not live without?

My MAC Dark Golden mineralise bronzer 100%. It's just that perfect bronzer that works well when I have some tan or not. It just blends so well and

gives me the perfect bronze appearance and it's great as an eyeshadow too! I think I couldn't do my make-up without a blush. Blush has definitely made a comeback and I love how it transforms the face. Last but not least I couldn't live without my brushes. I love my Morphe M439 for foundation and I always will! I love zoeva and blank canvas too, they are affordable and very durable.

Do you have any make-up disasters?

I remember a few years ago I use to wear a very thick, matte and definitely a few shades darker foundation that was 100% not for me. I use to pair it with pink shimmery eye shadow and no lipstick!

Does wearing make-up make you feel more confident?

I wouldn't say so. I can easily walk out of the house with no make-up on. I think having skin problems has always made me want to cover it up but I have learned to embrace my skin a few years ago and it was the best thing that happened to me.

Do you spend a lot of time on Instagram looking at make-up/fashion?

I definitely do, I probably have an addiction to Instagram at this point. My whole feed is filled

with make-up and travel pictures. If I follow fashion bloggers it's more for their lifestyle and daily pictures rather than for fashion tips. I could look at make-up pictures and videos all day.

On average, how long does it take you to do your make-up?

I think most days it would take me about 15 minutes to do a full face without lashes. Doing Instagram looks certainly takes a lot longer but I enjoy the process and put on Netflix while doing a creative look.

What is one make-up tip you swear by?

My favourite tip that I actually picked up while working in Catherine Hickey's from the lovely Rachael, was to do a thin liner first and then finish my liner off after I have applied the lashes with liquid liner. This hides the lash band so well and gives you an easy guideline for your winger liner!

Does make-up play a big part in the industry you're in?

In the industry that I am in, everything revolves around make-up. I always have to be up-to-date with all the new products on the market to make sure I use the best products on my clients and give a very informed opinion to my customers in Mac.



I ♥ LIMERICK

RICHARD LYNCH

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Mental Health Week will provide a forum to generate discussion

LIMERICK Mental Health Week 2018 was officially launched recently at the Alex Findlater & Company Restaurant.

Members of Limerick Suicide Watch and Cllr Daniel Butler, Mayor of the Metropolitan District of Limerick attended the event.

Mental health week runs this year from October 4 – October 13 with the launch event of the week held in King Johns Castle on October 5 at 6pm. For the event launch, Limerick Mental Health Association is collaborating with the Limerick School of Art and Design Students' Union and the historical King John's Castle. The event will be a showcase of mental health organisations in Limerick along with a variety of performances and visual art developed around the concepts of mental health. The evening aims to engage the public with the arts and their own understanding of mental health. The arts are

key for self-expression and a means of understanding the world around us. The evening hopes to empower the community and spark creativity within us all.

Limerick Mental Health Week 2018 promotes positive mental health in the community and will provide a forum to generate discussion and promote positive mental health. This is achieved through a series of public talks, exhibitions, workshops and events. Organised by Limerick Mental Health Association and collaborated with other local mental health service organisations, the week aims to raise awareness of mental health in the local community.

As part of a team bonding and brainstorming session around Limerick Mental Health Week, representatives from many of the organisations involved took to the Shannon for some kayaking to "Reclaim the River". Meghann Scully, Spin Southwest DJ and author, is the Ambassador



Pictured at Limerick Mental Health Week 2018 launch are Lorna Horgan, chairperson Limerick Mental Health Ball, Patrick Fitzgerald, Limerick Mental Health Committee, Cllr Daniel Butler, Metropolitan Mayor of Limerick, Clodagh Cahill, Mental Health Advocate, and Meghann Scully, Spin South West PICTURE: ALANNA CAHILL/ILOVELIMERICK

for the Mental Health Week and said: "It was amazing to see our river in such a different way and to enjoy it

as an amenity and asset rather than to see it as a sad and tragic place." Meghann is delighted to become the

ambassador for the week and was affected like so many people by issues of mental health after tragically losing

her brother.

For more info see www.limerickmentalhealth.ie/services/mental-



Richard with Paul O'Sullivan, manager Longcourt House Hotel, wedding winners Caroline Cantillon and Liam Hurley and Triona Dore, Marketing Manager Longcourt House Hotel

SOPHIE BROUDER

Lucky wedding winners!

TO celebrate the opening of their gorgeous ballroom earlier this year, Longcourt House Hotel gave one lucky couple the chance to win a wedding reception at the

hotel. Last week, Presenter Gary Connor chose six couples on Limericks Live 95fm Live Drive and this past Saturday I was the MC for a colourful Mr. & Mrs. Quiz as

the six couples competed to win the wedding. Congrats to winning couple Caroline Cantillon and Liam Hurley.

What a great start to your life as husband and wife!

All set for Great Dalata Cycle

THE Dalata Cyclists were given a warm welcome for their arrival at the Maldron Hotel last week. The inaugural 'Great Dalata Cycle 2018' in aid of Children's Medical and Research Facility in Crumlin saw a number of Dalata Hotel Group employees cycle over 1,100km throughout the island of Ireland and is part of Dalata's wider charity initiative Dalata Digs Deep.

The cyclists stopped on the journey at the Maldron Hotel where James Collins, Mayor of the City and County of Limerick and staff awaited them with the MacCarthy Cup.

Congrats to all involved.



Pictured at Maldron are James Collins, Mayor of the City and County of Limerick and Valerie O'Neill, General Manager Maldron Hotel holding the cup with Joe Quinn, Clayton Hotels operations manager (second left back row), Sinead O'Toole, HR manager Dalata Hotel Group (back far right) and Cllr Jerry O Dea (front far right) with Club Vitae Maldron staff (in blue) and the Dalata cyclists (in white) PICTURE: RICHARD LYNCH/ILOVELIMERICK

THINGS I ♥ THIS WEEK

CULTURE NIGHT

Let Culture Night Limerick inspire you with over 80 free events to enjoy!

CATCH some culture in Limerick this Culture Night as the city and county prepares to welcome thousands of culture seekers to the more than 80 events on offer.

The depth and range of cultural offerings in Limerick will be on display at locations across the city and county of Limerick on Friday 21 September as part of the nationwide celebration of arts and culture.

The thousands of people who are expected to attend the events on Culture Night will be in for a treat.

From International Living Statues at the

Limerick's food heritage at the Milk Market with the Pigtown food series and the unique Pigtown Parade?

Enter the spirit of the evening with a colourful taster of Limerick Culture at Bedford Row Bedlam with hip-hop performances, mini all ages dance classes, performances by Limerick Music Generation and the Mary Immaculate Community Choir.

There will also be caricature drawing, a photo booth with live projection, kid's arts and crafts and street animators, ending the night with an LED performance.



Volunteers Jim Prior, Siobhan Murphy, Karen Fitzgibbon, Dawn O Driscoll, Fiona Mills, Stephanie Ryan, Geraldine Bowles, Geraldine Minogue and Austin James Fitzpatrick pictured at the Launch of Culture Night PICTURE: BRIAN ARTHUR

Hunt Museum to going behind the scenes at one of Limerick's busiest Garda Stations; there is something for all the family.

The gates and doors of some of Limerick's famous landmarks will be opened to visitors including the North Munster Masonic Centre, Limerick Museum in the Old Franciscan Friary and Sarsfield Barracks.

Watch in awe as Zoltan Gere, an expert in the ancient martial art of ground archery and horseback archery brings them to life in the iconic surrounds of King John's Castle. Or why not taste

Events are taking place at various locations across the city and county. There are over 80 events to choose from. All events are free but some venues may require advance booking.

On the night the extraordinary team of Culture Night Volunteers will be on hand to provide information, brochures and guidance or you can pop into the Culture Night Hub in the Tourist Office at 20 O'Connell St, in the heart of Limerick city centre. See www.culturenight.ie/events/limerick.



Pictured at the Limerick Garda Youth Awards 2018 launch are Gerry Roache, Chief Super-Independent, Gerard Walsh, Supervalu Store Manager, Kevin McCarthy, Managing Director Garvey Group and Sgt. Seamus O'Neill, Juvenile Liaison Officer at the Launch of the Garda Youth Awards PICTURE: CATHAL DOHERTY/LOVELIMERICK

Garda Youth Awards to honour volunteers

The 5th Annual Limerick Garda Youth Awards 2018 are designed to acknowledge the volunteering activities of young people living within the Limerick Garda Division between the ages of 13 years and 21 years. They also acknowledge the endeavours of young people that have faced and overcome challenges in their life.

An Garda Síochána recognise that a lot of good work is being done by young people in every community in Limerick and awards will be considered for nominated young people who by their presence, activity

and contribution make their communities a better place to live in.

"It's great to recognize good work be done by young people as their family and friends nominate them. I supposed that's something positive to the community," said the Chief Superintendent, Gerry Roche.

In all, there will be eight award winners this year with at least one winner from each of the four districts within the Limerick Garda Division. Awards will be considered for nominated young people who by their presence, activity and contribution make their communities a better place

to live in.

Since the first Award ceremony in 2014, they have had 33 overall winners out of nearly 300 nominations. Every person nominated will receive a certificate of nomination while the overall winners will be presented with their awards at a gala dinner in the Woodlands House Hotel on Thursday, November 29, 2018.

Application forms are available from Garda stations within the division, from the Juvenile Liaison Office, Mayorstone Garda Station at 061 456986 or they can be downloaded from the garda.ie website.



Beibhinns mother Brid Malone, Beibhinn and Celine Holman Lee pictured at Beibhinns coffee afternoon fundraiser for Lauralynn Children's Hospice

HERO OF THE WEEK

Miss Limerick 2018 Beibhinn Haren

LAST week, Beibhinn Haren, Miss Limerick 2018 held a coffee afternoon and a bucket collection fundraiser in her family home in aid of Lauralynn, Ireland's Children's Hospice and raised €1,300. Well done Beibhinn! What a lady!



Love to all,
Richard x



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



Project EDWARD runs today

Today is European Day Without A Road Death or Project EDWARD as the RSA have coined it. Everyone is encouraged to take extra precautions on the road. The event takes place in 31 countries and was started in September 2016.



Hozier gig for INEC Killarney

Hozier has just announced some upcoming gigs and he will be coming to the INEC in Killarney on December 20 and tickets go on sale this Friday. What a nice earlier Christmas prize for that lucky someone - or why not just treat yourself.



Red Army set off to Cardiff

Munster had a very comfortable win against Ospreys at the weekend in Cork (49-13) and this Friday they travel to Wales to play Cardiff in Cardiff Arms Park. Hopefully they can continue their good run.

Supporting mental health

LAST week Limerick Mental Health Week launched in Alex Findlater on O'Connell Street. Members of various mental health organisations and media came along to show support to a very important week. I am delighted to be the ambassador for the week and MC for the Ball.

The theme for this year is Youth in an Ever Changing World.

For me, it is wonderful to see mental health being spoken about so openly and it's creating a safe environment for people who are struggling to open up. One thing that has come to light as well, is the number of mental health services that are available in Limerick that I never knew about. These great organisations will come to light now and more people will know about them due to the events taking place.

RECLAIM THE RIVER

A few weeks ago a large group of us came together to 'Reclaim the River'. We went kayaking on the Shannon and got a history lesson about the city from the Huntsman museum to King John's Castle. It was so lovely to see the river from the water and as night fell the place looked beautiful.

Limerick Mental Health Week will be taking place from October 4 to October 13. There will be a variety of workshops and special events happening across the city to highlight the organisations that are available, to offer support to people who are suffering with mental health issues and for those wanting to learn more on how they can help. It will also raise vital funds for mental health services.

On October 5 the students from Limericks School of Art and Design will come together with the



Meghann, third from left, and friends the launch of Mental Health Week in Alex Findlater, O'Connell Street

Limerick Mental Health Association and there will be a showcase in King John's Castle. There will be performances and visual art on display to highlight mental health.

As the week goes on, events and talks will happen across the city that be informative and important.

On October 13 the weeks will wrap up with a Gala Ball in the Savoy Hotel. There will a drinks reception, meal and entertainment provided along with spot prizes. It is the inaugural Limerick Mental Health Ball and will raise money for many services around the city. Checkout Limerick Mental Health Ball on Facebook for information on the nights and to get tickets.



Paddle your own canoe: Meghann at the Reclaiming the River event

Banna Beach

AT the weekend I went to Banna Beach for a tag rugby tournament and it was a super event run by Tag Rugby Ireland.

On Friday teams from all over Ireland descended on the beach resort in Kerry. There was live music and DJs each night and on Saturday hundreds of people went to the beach to play tag rugby.

Games ran all day long and thankfully the rain

stayed away making it a much more enjoyable experience. When the finals wrapped and the winning teams got their trophies, a BBQ and live music was provided.

The Banna Beach Resort is a wonderful place with holiday homes, a leisure centre, bar and restaurant. It's a popular place for families to holiday and it was a wonderful location for a sporting weekend.



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Limerick

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PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council: Permission sought by Patrick Daly to retain existing porch and garage extension to front and single storey extension to rear at 34 Sheelin Road, Caherdavin Park, Limerick.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick, V94 WV78 during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

AUCTIONS

WHISKEY WANTED

for Celtic Whiskey Auction www.celticwhiskeyauction.com A bi-monthly online auction from Ireland's Leading Whiskey Experts beginning Monday 12th November. Got an old bottle of whiskey lying around? For FREE VALUATIONS. Call 01 675 9744 or email ally@celticwhiskeyshop.com

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FAIRVIEW RANGERS

Lotto results 17th September 2018

Jackpot €8,900

Numbers Drawn 2-4-25-26
 No winner

Lucky Dips: Jack Cusack c/o Niall Lee; Hughie Brogan c/o C Team; Susan Donnelly c/o C Team; Faich Moore c/o Anna; Brosy c/o Bar

Next Weeks Jackpot €9,000

Promotors Prize: Niall Lee

ST. MARY'S R.F.C.

Lotto Draw held Monday 17th September 2018

Winning Numbers: 5-16-26-27
 No winner

4 Winners €40 each: Fergal Molloy c/o J. Hurley; Pat Fitzpatrick c/o C. Cosgrove; Gerra Moloney c/o Gate; Catherine Ahern c/o F. Ahern

Next weeks Jackpot €3,400

Draw will take place in Cowhey's Bar

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 17/09/18

This Week's Jackpot: €3,700
 No's: 2-4-10-13

Lucky Dips: Tom Brown c/o Jimmy McCarthy; Val Costello c/o Laura Mulqueen; Imelda Kiely c/o Christy O'Neill

Promoters Prize: Dave Connolly and Paddy Murphy

Next Week's Draw held 24/09/2018
 Next Week's Jackpot: €3,800

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 • Guide Price: €2,000,000 - vat (if applicable)

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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† CONWAY

(12th Anniversary)

In loving memory of a dear mother Angela Conway late of Fatima, Corbally Road, Limerick, who died on September 19, 2006. Rest in Peace. Mass offered on Sunday September 23rd at 9:30am in St. Mary's Church.

Mam our hearts still ache in sadness

And secret tears still flow
What it meant to lose you
No one will ever know
Sadly missed by your son Frank, daughter-in-law Lily, grandchildren and great-grandchildren

IN MEMORIAM



† O'SULLIVAN

(Birthday Remembrance)

In loving memory of Carmel O'Sullivan, late of Castletroy View, whose birthday occurs 20th September.

A birthday wish we send today
But not on a card in the usual way

But written in gold on a cloud above
And sent to you with all our love.

Thinking of you on your birthday mam, all our love from daughter Anne-marie, Carmel son in law Chris, granddaughter Emily, Caoimhe and Saoirse xxx

I miss your smile, your loving ways

I miss the things you used to say
And when old times I do recall
It's then I miss you most of all

Always loved and miss by your daughter Irene, Cormac, Shane, Brendan and Kaydee.

A million tear stained kisses,
We send especially to you,
Because today's your birthday,
And we are really missing you.
Happy Birthday, all our love from your son Gerard, daughter in law Christine, grandsons Kaleb and Anthony xx

Put your arms around her Lord
Don't leave her on her own
For today is mams birthday
Her third away from home
Sadly missed and always loved, your son Tom, Pam and Lily.

A birthday wish we send today
But not on a card in the usual way
But written in gold on a cloud above

And sent to you with all our love.
From Harry, Paula, Robert and Hazel

Though we cannot see your smile
And your hand we cannot touch
We have so many memories
Of the woman we love so much
Your memory is our keepsake
With which we will never part
The laughs, the jokes and the songs you sang

Remain forever in our hearts
Always loved and remembered by your loving son Seanie, daughter in law Toni, Jordan, Millar, Donna and Jason. x

IN MEMORIAM



† POWER

(Ninth Anniversary)

In loving memory of a dear husband father, grandfather and great grandfather William (Billy) Power, late of 5, Collins Ave, Kincora Park, whose anniversary occurs on 20th September.

Just as you were you will always be

Someone special in our memory.
Your gentle nature, your quiet caring ways
Will be remembered during all of our days.

In God's care you are above
In our hearts you are kept with love.

Loved and never forgotten, your loving wife Teresa, son Kevin, daughters Mary, Michelle and Tracey and grandchildren xxx

IN MEMORIAM



† QUINN

(92nd Birthday Remembrance)

In loving memory of a dear mother, grandmother, great grandmother and great great grandmother Bridget Quinn, late of 20, Shanabooley Rd, Ballynanty, whose 92nd birthday occurs on 23rd September 2018. Mass offered

Today is your birthday,
And the memories are so sad,
Of a Mother we loved,
And wished that we still had,
They say it's a beautiful journey,
From the old world to the new,
Someday we'll make that journey too
Just to be with you.

If Heaven had a number
I would call you on the phone
To wish you Happy 90th Birthday

And ask you to come home.
Happy 92nd Birthday Mam From your loving sons Philip and John, Matthew, partner and family; Michael, partner and family; James, partner and family; Joe, wife and family; daughters Noreen and family; Rose, Pat and family; Breda and family; Lilly, Michael and family; Kathleen, John and family; Theresa, Martin and family and Anna, Alan and family xx

Your special day we cannot share
So our gift must be a prayer.
A million tear stained kisses,
I send especially to you,
Because today's your birthday,
And I'm really missing you.
Happy birthday from Anna, Alan and family xxx

No Birthday cards can I send
For there is no address -
Just a beautiful garden
Where my special mother rests.
Of all the gifts in life
However great or small,
To have you as my mother
Was the greatest gift of all
Happy birthday Mam, love from Kathleen, Hawn and family xx

No Birthday cards can we send
For there is no address -
Just a beautiful garden
Where our special Mam rests.
Of all the gifts in life
However great or small,
To have you as our Mam
Was the greatest gift of all.
Happy 92nd Birthday from John and Philip

We cannot wrap a present,
We have no balloons to blow;
We cannot hang banners
As we wish to do -
But all your friends in Heaven
Know how much we care
And how we wish we could come
To the party planned up there.
Happy 92nd Birthday Mam from Teresa, Martin and family

No words or verse can ever say,
What we feel on this sad day,
You left a place no one can fill,
We miss you, Mam and always will,
O Angels take this message to
Mam up above,
And wish her a happy birthday
from all of us with love.

IN MEMORIAM

Happy 92nd Birthday Mam from Noreen and family

Please God light our Mam's birthday candles,
And hug her really tight;
Tell Mam how much we love and really miss her,
Every day and every night,
No cards to send, your hands we cannot touch,
So God please take a message,
To a Mam we love so much.
Happy 92nd Birthday from Lilly, Michael and family



† REILLY

Tenth Anniversary & 60th Birthday Remembrance
Cherished memories always and today of a wonderful husband Michael Reilly, late of 18 Lenihan Avenue, Prospect (and Armagh), whose tenth Anniversary occurs on September 21, also his birthday occurs on the same day. Rest in Peace. Mass offered. Also remembering my dad Patrick, mam Eileen, Mike's dad Mick, his mam Margo, his sister Yvonne and nephew Jason at this time.

I lost my life's companion,
A life linked with my own.
Day by day I yearn for you,
As I walk through life alone.
The house you left is lonely,
And I am lonely too,
Those left behind are good and kind,
But my heart aches for you,
You were someone I could talk to,

On whom I could depend,
You were more than just a husband,
You were also my best friend.
If tears were a stairway to Heaven,
And memories a lane,
I'd climb each stair to Heaven
And take you home again.
Happy 60th Birthday Mike Love you always, your heartbroken wife Christina.

Dear Dad it's your 60th Birthday,
And we want you to know,
You're with us in spirit wherever we go,
Once a year we got a chance,
To wish you a birthday cheer,
But this year it's different Dad,
Because you are not here.
You were an exceptional man,
So strong and so wise,
And also very funny,

You were more than just a father,
You were also our best friend,
And so on this your 60th birthday,
And ten years away from home,
We long to let you know,
How proud we are to be your children,
Because we miss and love you so.

Happy Birthday Dad. Missed so dearly every day, your heartbroken daughter Eileen and son Stephen. Thinking of you Granda Pa. Also thinking of my grandmother Margo, Happy 80th Birthday

IN MEMORIAM

Forget you Dad, I never will
For in my heart, I love you still
For every thought there is a tear
For a dad I lost a loved so dear
Sadly missed by your son Michael, daughter in law Priscilla, grandkids Michael and Amy "Happy 60th Birthday Dad"

The world is full of wonderful things,
Beautiful flowers and butterfly wings,
Thousands of birds weaving patterns in flight,
Millions of stars decorating the night.

But if we search the whole world over,
One shore to another,
We will never find a treasure,
As precious as our brother in law Mike
Sadly missed by Rose, Mike and family

Ours is just a simple prayer
That God will keep you in his care
Happy 60th Birthday from the Kiely family

Brother and Uncle
Inside our hearts are aching
It never seems to end
Your leaving has left sadness
That never seems to end
Love from Josepha, Graig, John, Stacey, Clement, Logan, Letisha, Jaydeyn, Baby Brooklyn, Bernadette and family, xxx. Michelle, Shirley Noel and families xx



† REILLY

80th Birthday Remembrance
Birthday Remembrance (second away from home) of Margaret (Margo) Reilly, of 232 Swallow Drive, Carew Park and formerly of Armagh.

They say there is a reason
They say that time will heal
But neither time nor reason
Can change the way we feel
No one knows the grief we bear
When the family meets and you're not there

So many things have happened
Since you were called away
So many things to share with you

If you'd been left to say
But we want to tell you something
So there won't be any doubt
You're so wonderful to think of Mam

But so hard to live without
Happy 80th Birthday Mam, from Josepha, Bernadette, Shirley, Michelle, grandkids and great grandkids, sons in law and daughters in law. Also thinking of our dad, Jason and Yvonne at this time xxxx



† DUFFY

(25th Anniversary)

Treasured memories of a loving dad, grandad and great-grandad, Patrick Duffy, late of Castle Cafe and Thomondgate, whose 25th anniversary occurs on September 17. Rest in Peace.

On a soft September evening
You heard the angels call
You took the hand of Jesus
And quietly left us all
Our words are few, our feelings deep
Memories of you we will always keep.

Your daughter Mary, grandchildren Martin, Samantha, Edel and families. Hugs and kisses from your great grandchildren Keith, Michael, Aaron, Dylan, Holly and Freya xx

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Duster is showroom ready

Dacia Duster: Second generation SUV is more robust, but keeps its same practical size

TRISH WHELAN
www.CarAndTravel.ie

THE second generation Dacia Duster goes on sale this week priced from €17,390 making it Ireland's most affordable SUV.

The first Duster was launched here in the midst of the financial crises but it struck a chord with many Irish motorists looking for an affordable new car with basic features and who didn't want to go the used car route.

In keeping with the upturn in the economy, and resulting higher buyer expectations, new Duster has become more upmarket gaining a few frills while still offering real value for money.

This is an all-new model as not one body panel has been carried over from the previous car.

At last week's launch, Paddy Magee, Country Operations Director of Renault Group Ireland said Duster started off in 2012 as a 'shockingly affordable' car but soon turned into a smart buy and has doubled sales expectations since launch. The model now accounts for 10,300 of Dacia's 20,000 sales.

"It gave dealers revenue when the country was just coming out of hard times," he added.

Half of all Dusters have been financed by Renault/Dacia's own bank.

The addition of a 1.6 SCe 115hp petrol engine for the first time is a real game changer for Dacia as it will attract more urban based customers. Up to this, the Blue dCi 115hp 1.5 diesel unit was the only option. Both use a manual gearbox and both are WTLP compliant.

Product Manager Jeremy Warnock said customers appreciated a no-nonsense car at a basic cost, and one with good residual values. "If you get the basic car right, and keep it affordable, they'll buy it. We've kept it affordable, but is now a more sophisticated car.

"We have a lot of happy



Priced from €17,390 the Dacia Duster is Ireland's most affordable SUV

customers who bought the first Duster and who will be happy to trade it in for the new model which is better, more refined, and offers better performance," he said. Conquest sales are expected from other brands.

New trim names are Essential (from €17,390), Comfort (from €19,790) and Prestige (from €21,290). The entry model is just €500 more than the outgoing model and the price walk to the diesel is €1,200.

Core features across the range include six airbags including new

full-length curtain ones, LED daytime running lights, height-adjustable front headrests and seat belts, ECO mode and Stop and Start, Automatic door lock, ABS and Emergency Brake Assist, Electronic Stability Control and Traction control, and Isofix points in the rear.

While looking more robust and imposing, the new Duster has the same compact dimensions as the previous car. Boot space is 445 litres but a new 4x4 diesel version due in Q1 2019 will have 376 litres.

A completely new interior

features new technologies never before seen on the Dacia range.

We got to drive the new Duster 2WD model on roads around Maynooth in Co Kildare and enjoyed the feel of the car on both country roads and on the nearby M4 motorway.

We also got to drive 'a borrowed from the UK' pre-production version of the 4x4 on a new, more difficult course at Carton House and were more than surprised by its off-road capabilities on difficult terrain. An excellent new feature is the multi-view camera which

consists of a camera at the front, on either side and at the rear. It allows you to view the ground area around each side of the car which is a great aid in off-road driving, as well as with parking the car. High ground clearance is 210mm.

While new Duster has the same 3-star Euro NCAP safety rating as the previous model, with the bar rising considerably each year since the initial launch and the new safety features, the 3-star safety performance of this latest model is now actually far higher than the previous level.



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MITSUBISHI

Plug-in hybrid big on size, little on emissions

A 2019 updated Mitsubishi Outlander Plug-In Hybrid EV (PHEV) SUV will be available for Irish customers from next month (October), writes Trish Whelan.

This is one of the first PHEV's to be officially rated in the new, more realistic real-world WLTP fuel consumption and emissions tests, achieving a change of just 5g/km from previous NEDC protocol and a maximum EV range of 45kms.

Specifications levels are: Intense, Instyle and S-Edition.

It comes with up to a 20pc reduction in price from the previous model. The entry level Intense starts from €39,900, Instyle is from €43,900, and S-Edition from €47,500 (includes VRT reduction and SEAI grant for private customers).

The new model is equipped with a high level of technology for all round safety, EV, and driver focused technology as well as an enhanced exterior design and a high quality, refined interior.

The new more powerful 2.4 hybrid (petrol/electric) is in Tax Band A1 of €170; the 2.2 DI-D 4WD 6-speed manual transmission diesel has €280 road tax; the automatic version has a similar engine size and road tax. The 0-100km/h trip is now 10.5 seconds.

Outlander PHEV achieved a maximum 5-star Euro NCAP safety rating with its safety equipment that includes seven airbags, three child seat anchors, ABS with EBD and Brake Assist, Active Stability and Traction



The new Outlander Plug-In Hybrid on show in Geneva earlier this year

Control. It also features the brand's Super All Wheel Control with Normal, Snow, Lock and Sport Modes.

Instyle and S-Edition models have Forward Collision Mitigation System (including autonomous braking if a high risk of collision has been determined), Adaptive Cruise Control, Lane Departure Warning and Automatic High Beams. The S-Edition gets Blind Spot Warning with Lane Change Assist, Rear Cross Traffic Alert and a Ultrasonic Misacceleration System that comes in if the driver mistakenly presses the

accelerator when stopped or driving at low speeds. A system acts to warn pedestrians of its approach below 35km/h when in silent EV mode when there is no engine noise.

All models come with Mode 2 and Mode 3 charging cables for home and public charging as well as Quick charger ports. The battery can be charged for just €1.381.

Outlander PHEV comes with Mitsubishi's 8-year warranty which includes EV Battery and EV components.

MAINTENANCE & SERVICING

Limerick's complete car servicing garage

Seamus McGrath Motors' has recently opened their new state-of-the-art car servicing centre, which can offer general vehicle servicing using top quality parts and oils.

The price before the job: If your car is found to have defects during the service, then contact is made with the you or a report is issued to gain approval for whatever work needs to be done, so you are kept fully informed of the costs to you at all times.

As business has grown from strength to strength each year Seamus McGrath Motors have re-located to a modern hi-tech service centre at East Link Business Park on the Ballysimon Road. In the car servicing centre they have the latest equipment for pre-NCT testing, including gas analysers for both petrol and diesel, suspension tester, brake tester and slip tester.

Seamus McGrath Motors are dedicated to giving their customers the very best



Seamus McGrath Motors is conveniently located in the East Link Business Park near the NCT centre

service and quality possible at an affordable price. With all their staff undergoing continuous training, they are the experts in all aspects of vehicle repair and servicing.

Their highly trained staff are friendly and polite and would be happy to discuss any issues you have with your vehicle.

All makes and models of vehicles serviced by fully skilled technicians with free estimates and advice.

For further information contact Aidan Frahill on 061 317788, 061 603958 or 087 2456558.

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SPORT

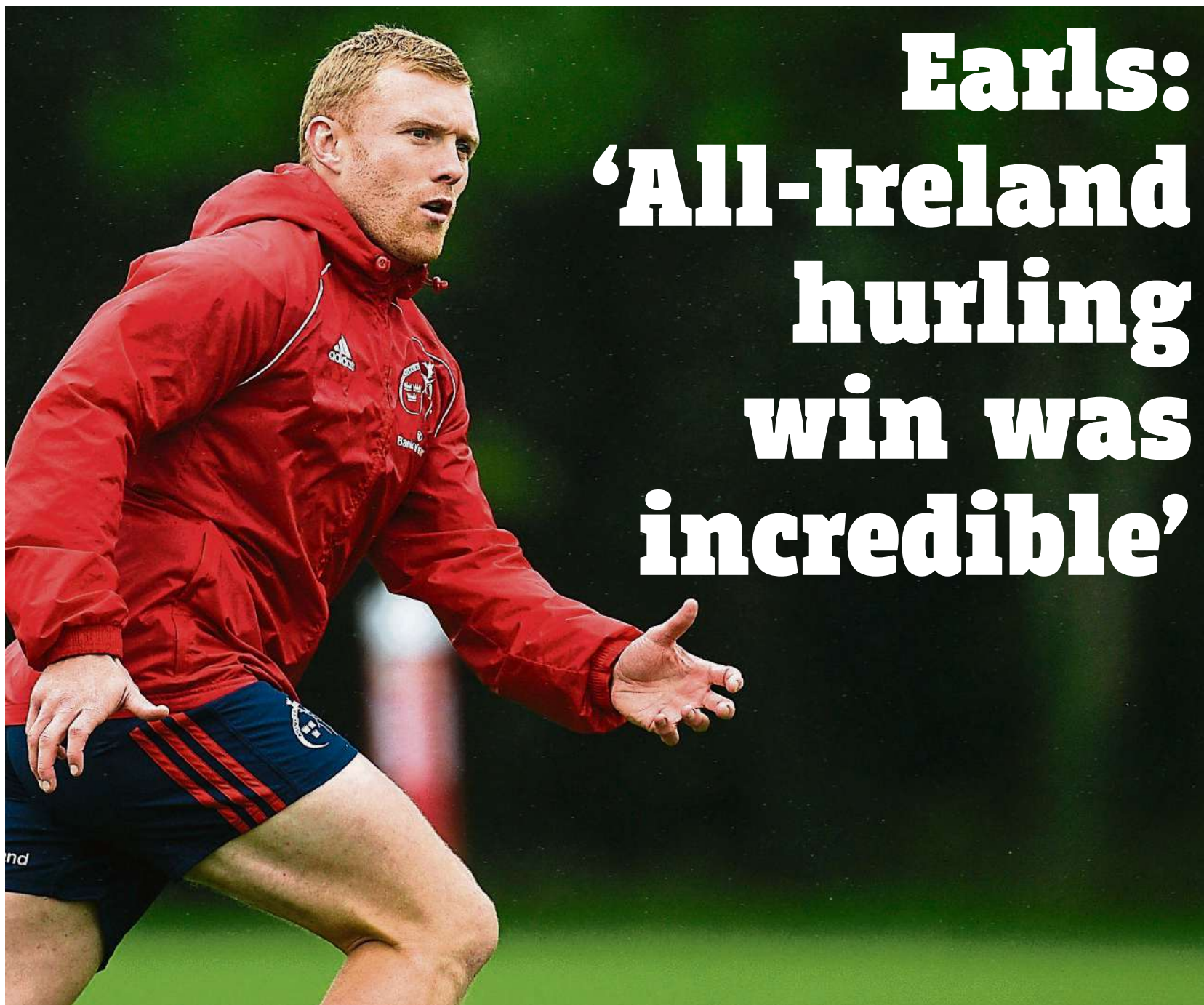
Leader



MUNSTER JUNIOR CUP

Local soccer sides chase cup glory

For more see Page 69



Earls: 'All-Ireland hurling win was incredible'

Munster: Winger Keith Earls did Q&A session with Limerick hurlers

COLM KINSELLA AT UL
ckinsella@limerickleader.ie

MUNSTER Rugby winger Keith Earls has described Limerick's All-Ireland final win as 'incredible' after spending time with John Kiely's squad this year.

Earls, who enjoyed one of his best seasons ever in the red of Munster and green of Ireland last term, did a questions and answers session with the Limerick senior hurling squad at the start of the year.

Earls explained at a Munster press briefing at UL this week: "I just went in for a Q&A. The lads were asking me questions, it wasn't like I was going through drills or motivated them.

"They were all winners

before I went in, between minor and U-21s and they are a team we can look up to now, the way they went about their business.

"I think it went with the season I had last year. When I started my career it probably started quick and then slumped off a bit and now I suppose it is after taking off again in a second burst and (they) were probably wondering what I was doing.

"It (Limerick's All-Ireland win) was incredible. I was never huge into hurling, but I enjoyed watching it. Going in to visit them for that Q&A at the start of the year got me deep into it. It was phenomenal for the county which was great.

"I think it was great for hurling in general,

throughout the whole country."

Earls is in line to make his first appearance of the season for Munster in Friday night's Guinness PRO14 clash with Cardiff at the Arms Park, 7.35pm.

The 30-year-old is looking forward to getting back playing competitive games having completed his pre-season programme.

"I am, especially when you see the lads going so well, but I suppose it is all about getting my body right as well, make sure I was in good condition to get back."

So how does the dynamic 70-time capped Irish international hope to follow a hugely impressive 2017/2018 season.

"It (last season) was enjoyable, you try and repeat it hopefully and go a step further. The main thing for me is to keep enjoying it."

The Grand Slam winner with Ireland said putting away his trophies and medals helped him re-set for the season ahead.

"My wife actually killed me. The trophies and the medals are locked away. I don't even keep them out to look at them.

"I put them away and maybe look at them when I retire, keep my focusing now on getting better. I enjoyed last year, but once I got to the beach it was about being a father and about relaxing and living a normal life.

"I have set my goals out for this year, but I won't be

pondering about that season."

Meanwhile, Limerick's three All-Ireland League Division 1A sides are in Bank of Ireland Munster Senior Cup quarter-final action this weekend.

The quarter-final ties include the nglamour Limerick derby meeting of Garryowen and Young Munster at Dooradoyle this Friday night, 7.30pm.

All-Ireland League Division 1A newcomers Shannon are in Munster Senior Cup quarter-final action on Saturday when Tom Hayes' side travel to Cork to take on Sunday's Well, 2.30pm.

Elsewhere, it's Cork Con v UCC and Cashel v Highfield,

SOCCER

Limerick eye crucial clash with bottom side Bray

COLM KINSELLA

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LIMERICK FC can all but secure the relegation play-off position in the SSE Airtricity League Premier Division by beating basement side Bray Wanderers at the Carlisle Grounds this Friday, 7.45pm.

Tommy Barrett's ninth-placed Limerick FC side currently enjoy a nine-point lead over Bray with just five series of regular season games to go.

Victory over Bray on Friday would see Limerick move 12 points clear of the bottom-placed side in the Premier Division with just four games to go.

Limerick's goal difference is 21 better than Bray's at present.

The Blues sit 11 points behind eighth-placed Sligo Rovers so hopes of securing automatic survival in the Premier Division appear all but over.

Struggling Limerick will need to bounce back from last Friday night's 5-0 thumping at the hands of Shamrock Rovers in Tallaght when they travel to the Carlisle Grounds on Friday.

Ronan Finn, Greg Bolger, Dylan Watts and Roberto Lopes helped themselves to first half strikes as Rovers stormed into a 4-0 lead against the Blues.

Limerick have now lost their last four Premier Division fixtures on the bounce, conceding 14 goals in those games while managing to score just one goal in reply.



Barrett's boys are off to Bray

Ladies footballers sparkle in Croke

TG4 ALL IRELAND JUNIOR LADIES FOOTBALL FINAL

JEROME O'CONNELL
@JeromeSport

"IT'S unbelievable - this doesn't feel real," beamed Limerick captain Cathy Mee after lifting the All Ireland Junior Ladies Football Championship trophy.

The success in Croke Park came exactly four weeks after the All Ireland hurling success.

The 5-6 to 0-8 ladies football final win over Louth, was just a second ever title for Limerick - adding to the 2010 success.

Mungret St Pauls' sister Olivia and Martina Giltenane, Dymphna O'Brien, Catriona Davis and Siobhan Moloney all won their second title last Sunday.

Captain Cathy Mee is one of the new generation - three years on the inter-county panel.

At the start of the year, the captain said that All Ireland honours was the furthest thing from their mind.

"Not at the start of the year. It's been a really tough

year, so up and down. No one gave us a chance going into today, which suited us fine. We knew ourselves that things were going really well for the last month or two and once we actually started to believe in ourselves things were going well and together we knew we were more than capable of winning today, outlined the Ballylanders star.

"The nerves were unbelievable beforehand but once we got out and once the game started you forget about all that. There were huge cheers going up whenever there was a score for Louth and Limerick and that's brilliant to hear and gives you a real buzz out on the field and I'm just so happy to have played here and then to come out on the winning side," she explained.

Last Sunday, she followed in the footsteps of 2010 winning captain Sandra Larkin.

"I tried not to think about it to be honest. I have thought too much about games before and we have lost and they would be games where we were favourites so I learned a long

time ago not to take anything for granted and just focus on getting ready for the game and putting in a performance," explained the wing back.

"There were nerves in the first few minutes and we had a few wides and maybe that was always going to happen because it was a big occasion - it was the same in the last match (London semi final) but we took over a bit earlier this time. We tried to keep possession and not try to force going for scores too much because they were quite defensive," she recalled, referencing how Limerick had to wait until the 14th minute for their first score.

Then three goals in five minutes put Limerick in the driving seat and the John Ryan managed side never looked back - leading 3-2 to 0-1 at half time.

While the Limerick attack gained many plaudits for their superb goals, the captain was quick to point to a strong defensive foundation.

"Louth have unbelievable forwards and they did attack in that first half but the



Champions: The Limerick players celebrate following their win over Louth in the TG4 All-Ireland Ladies Football Junior Championship Final PICTURE: SPORTSFIDE

amount of us that got back, meant they couldn't get through on goal and that was the main thing we focused on earlier in the year - stop conceding goals," said Mee.

Limerick were relegated from the intermediate ranks last season and a new management was put in place last December and the captain was full of praise for manager John Ryan, coach

Jim Moran and the backroom team.

"With new management coming in they had a strict gameplan and it took a while to buy into it but once we did it properly, we did it in bits and drabs throughout the year, we knew it was working."

She added: "We knew it would be hard for a team to be fitter than us".

Limerick lost twice to Louth in the league and the league semi final, but turned the tables to win All Ireland honours.

"I don't know if we actually learned that much from playing Louth but over the last few months the training for the championship has been good and our fitness has told."

County club hurling championship hots up

LIMERICK GAA CLUB SENIOR CHAMPIONSHIPS

JEROME O'CONNELL
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THE line-up for the knockout stages of the Credit Union Limerick Senior Hurling Championship will be confirmed this Sunday.

There are six games in the fixture list that will determine which two teams advance directly to the semi finals and what pairings will play in the two quarter finals.

There are also relegation issues to be finalised.

There is a Gaelic Grounds double-header - Na Piarasaigh v Patrickswell (2pm) and Kilmallock v Doon (3.45pm) with seven All Star nominees potentially in action across the teams.

All four are guaranteed progress in the championship but Sunday's results will determine the semi and quarter finalists.

Patrickswell are the only one of the four that can't reach a semi final. They lost last time out to Kilmallock and lost Cian Lynch to injury during that tie.

They face a Na Piarasaigh

side with one foot in the semi finals. They were close to full strength in their win over Adare two weeks ago with all six All Ireland SHC winners on duty and Alan Dempsey returning from injury as a substitute.

The meeting of Kilmallock and Doon will see inter-county defender Richie English attempting to shackle Graeme Mulcahy, who scored nine points from play in the previous round.

Doon could be without fellow inter-county man Darragh O'Donovan through injury.

The first game on Sunday is the noon meeting in Cloughaun of Adare and Ballybrown. Only a victory will stop Ballybrown from dropping down into Group Two of the championship for next season.

South Liberties and Murroe-Boher are in pole position to claim the final two quarter final spots. The Group Two duo have their destination in their own hands with victory over Cappamore and Knockainey, respectively ensuring they advance. Only the top table from this group will secure

promotion to replace Adare or Ballybrown in Group One for 2019. Liberties hold the aces here due to an earlier round win over Murroe-Boher.

However, both Cappamore and Knockainey are chasing the victories that could secure their senior status and hold off relegation to the Premier IHC ranks.

Monaleen and Ahane meet in Cappamore and while Monaleen appear better positioned to advance, both would need favourable results elsewhere if they are to reach the quarter finals.

All three Group Two games has 1pm starts on Sunday.

Meanwhile, the line-up for the knockout stages of the Limerick SFC was completed last weekend.

Champions Adare and 2017 finalists Newcastle West had advanced directly to the semi finals.

In the quarter finals; Monaleen play St Kierans and Ballylanders play Ballysteen - both in Kilmallock on Saturday September 29.

The relegation play-off is a city derby between Na Piarasaigh and St Patricks.



Monaleen's Luke Murphy attempts to break through a block during his side's clash with Murroe Boher in the last round of the Championship. Monaleen face Ahane on Sunday

Limerick set for first Basketball derby in 20 years

THE UL Arena will play host to the first Men's Basketball derby in over 20 years this Saturday night as the UL Eagles host the Limerick Celtics at 7pm.

The Mens Division One Southern conference clash sees the two Limerick powerhouses of Basketball go head to head for the first time at senior level.

The Celtics go into the game on the back of a 78-72 win over IT Carlow last weekend, while UL, who had a bye week, lost their opening round game against the Portlaoise Panthers.

Sunday meanwhile sees LIT face Ballincollig away at 1pm.

Admission to Saturday's game is €5 for Adults, €2 for under 16s and a family pass is only €10.

LIMERICK CELTICS 78 IT CARLOW BASKETBALL 72

Top scorers Limerick Celtics: Turrell Morris 25, Fabio Hernandez 20, Jordan Hehir 13

Top scorers IT Carlow Basketball: James Butler 20, Johnny McCarthy 20, Armand Vaikuls 9
Half time score: Limerick Celtics 37-32 IT Carlow Basketball

PORTLAOISE PANTHERS 85 LIT 73

Top scorers Portlaoise Panthers: Mike Pierre 18, Trevor Swayne 18, Jack Dooley 16
Top scorers LIT: Egidijus Baksys 19, Conal Brodrick 14, Matt Scamaffo 12, Andrew Curiel 12
Half time score: Portlaoise Panthers 51-40 LIT

'The League needs leadership and care'



DONN O'SULLIVAN
sport@limerickleader.ie

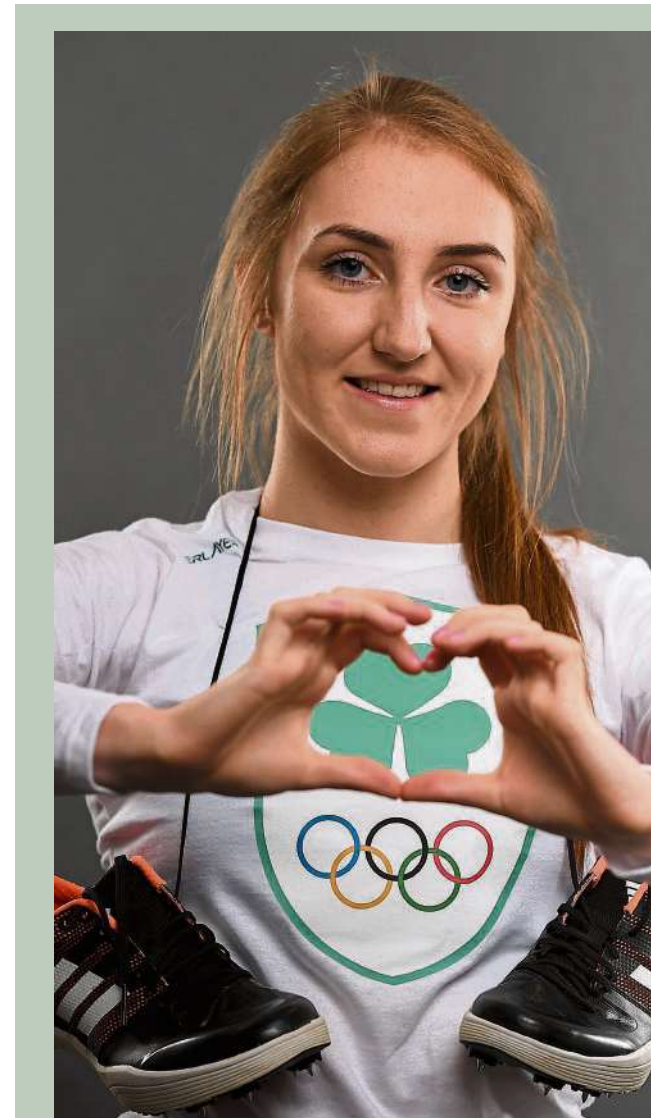
"We would need a day on that one, wouldn't we" the words of former Ireland manager Brian Kerr when he was asked about what the FAI needed to do to improve the League of Ireland.

"It needs dedicated people, dedicated to specific roles around the league. It needs imagination on the marketing side. It needs deals which are not specific to one club, but are deals for across the league, in terms of advertising campaigns and promotion, sponsorship and

in terms of the television deals. Most of all the league needs leadership and care from the very top of the association" Kerr continued.

The popular TV analyst added that the League of Ireland deserves more attention than it currently gets. Admitting that the importance of the league may be undervalued by the FAI.

"It is the most important league in the country. You have all the other leagues, the schoolboy leagues, junior football, Munster senior league etc, they are all needed, but the league that gives us the most profile, the



Pictured after receiving her new gear ahead of the Youth Olympic Games in Buenos Aires next month is Limerick athlete, Sophie Meredith

Limerick's Meredith primed for Olympics

TALENTED teenage Limerick athlete Sophie Meredith has been selected to compete at the Summer Youth Olympic Games next month in Argentina.

The Olympic Federation of Ireland included the West Limerick athlete in a squad of 16 athletes from 9 sports to compete at the prestigious competition which runs from October 6 to October 18 in Buenos Aires.

Seventeen-year-old Sophie Meredith, from Newcastle West, will compete in the long jump event at the Summer Youth Olympic Games which features over 4,000 athletes.

Meredith is a sixth year student Scoil Mhuire agus Ide (SMI) Newcastle West and competes with St Mary's AC, Rathkeale.

league that gives us our coefficient for Europe is the League of Ireland. The league needs some inspirational people at the top of the organisation to tap into all the goodwill that exists for the league try to make it happen" concluded Kerr.

Brian Kerr was in Limerick speaking at the launch of Virgin Media Sport channels.

Virgin unveiled the schedule of games that they will broadcast as part of the UEFA Champions League and UEFA Europa League as their channel launched in Ireland this week.

Additionally, six new sport channels have also been announced and will be introduced to ensure fans don't miss a trick.

Virgin Media Sport Extra 1-6 will host all matches broadcast during the UEFA Champions League and UEFA Europa League.

Kerr also went down memory lane as a return to Limerick this week, made him remember some of the greats of Limerick soccer he used to watch from the sidelines at the Markets Field.

"I remember being down in the Markets Field many a day as a young fella, watching

the likes of Ewan Fenton. At the time Limerick were a strong club. All the great players played with Limerick, like Joe O'Mahony, Kevin Fitzpatrick and Al Finucane"

It was not all fond memories however for the 65 year old former Faroe Island manager.

"I managed Shamrock Rovers' youth side when I was 20. I remember coming down to Jackman Park and being beaten by Ballynanty in a Youth Cup semi final, they broke my heart" he joked.

For more see #LLSport on social media

Whitehead moves to New Zealand

FORMER Limerick FC defender Tony Whitehead is heading to New Zealand to continue his soccer career with the ISPS Handa Premiership side Southern United.

Whitehead will join Limerick man Garbhan Coughlan at the club, following confirmation that the Raheen striker has re-signed for the Dunedin-based club. Coughlan scored eight

goals in 13 appearances for Southern United in an injury interrupted last season.

Twenty-two-year-old Tony Whitehead played 125 League of Ireland games for Limerick FC since making his debut as a 16-year-old in a friendly against Manchester City.

Whitehead confirmed his departure from Limerick FC in July where he spent a total of six-and-a-half seasons with the Blues and has been an

integral part of the club's senior squad. During that time he played under five different first team managers.

Following trials at West Ham United and Wycombe Wanderers, Tony Whitehead signed for Limerick FC from Charleville AFC in season 2011.

Tony Whitehead said: "I'm excited to make the move. Paul (head coach Paul O'Reilly) and the club have a

really good structure in place and there's a really nice family feel to the club, everybody in Dunedin I've met has been very welcoming.

"I've been really impressed by the intensity at training, looking at the squad Paul and Terry have put together there's really stiff competition for places and straight from the off the sessions have been good"



Whitehead, right, in action for Limerick FC

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

Murphy's comments highlight need for rugby 'macho culture' to change

Leicester Tigers coach Geordan Murphy, who this week caused quite a stir with his post match comments

The game's gone too PC. That for me is crazy, it's rugby - The words of Leicester Tigers coach Geordan Murphy.

Murphy's comments came in a post match interview with BT Sport, following his side's defeat to Wasps.

The former Ireland full back was referring to an incident in the game where Leicester's Will Spencer was sent off for a high tackle on Tommy Taylor. (If you have not seen same, I suggest you go and look at it now)

The tackle, which saw

Spencer's shoulder make contact with Taylor's head, was correctly adjudged to have been a red card.

However Murphy did not agree going as far as suggesting that he would start to pick players 'under five foot' to make it harder for them to be tackled.

Rugby, like all contact sports, is by virtue of the physical clashes, entertaining. The unique selling point of contact sports is just that, contact. The skills shown under the pressure of contact is what makes them stand out from others games.

The thing is, contact sports can be played hard and fair at the same time. Something rugby is slower to realise than other games.

"I see the game becoming very, very different to the game I played and loved" continued Murphy. He is right there. The players are bigger, faster and stronger than when Murphy played. The ball is also in play longer than before, so there are more rucks, mauls and tackles than ever before. Therefore the need for player safety is even more paramount now.

The macho culture of 'smashing' players and getting in 'hits' is all well

and good, but the most important factor of any sport is player safety.

A week after Dominic Ryan, a former player for Geordan Murphy's Leicester Tigers, gave a harrowing account of his battle with concussion, his former manager seems to belittle a tackle which saw one player shoulder another in the head.

Rugby will continue to see player numbers decrease as long as the laws do not protect the participants from serious injury. After all, if they aren't any players around to play, then there will be not need for coaches to coach. Everyone is a loser then Mr Murphy.

COLM KINSELLA

All is not black and white in pro sport

HALF an hour after Munster's Guinness PRO14 fixture with Ospreys ended at Musgrave Park on Friday night, Joey Carbery emerged from the dressing room and out through the entrance tunnel to the pitch.

Shrieks of delight from scores of young Munster fans greeted the out-half's arrival.

Carbery spent the next 15 or 20 minutes signing autographs and obliging young Munster supporters who wished to take selfies.

A few of his Munster team mates passed behind him on their way back into the dressing room, but few, if any, of the awe-struck young fans noticed.

Carbery has had a major impact since his arrival at Munster this summer, endearing himself further to the Munster rugby public when scoring a sublime, individual try during Friday night's win over the Ospreys.

The view that Carbery - who has signed a two-year-deal - is only at the southern province until such time as Jonny Sexton retires from playing is held by a section of Munster supporters.

But it is a view that is very hard to fathom. A huge amount can happen in the life of a professional rugby player and a province in a minimum two-year period.

Carbery insists he does not see his move to Munster as a short-term switch. He knows his own mind best.

JEROME O'CONNELL

Long may the confidence last from Croke Park All Ireland win

CONFIDENCE is everything in sport - it's simply one of the ingredients of success that can't be replaced

For decades Limerick GAA teams in varying codes travelled to Croke Park but more in hope than full of confidence - the dreaded wait since '73 hanging over all like a dark cloud.

On August 19 all changed when Declan Hannon lifted the Liam MacCarthy Cup in the Hogan Stand.

The out pouring of joy seen across Limerick city and in the Gaelic Grounds on the following Monday night for the homecoming

had to be seen to be believed.

The Wednesday of that week, a Limerick U-17 Ladies Football team played in an All Ireland Development Blitz in Abbotstown in Dublin. Before they left the bus, the girls were reminded that they arrived in Dublin from the home of the All Ireland hurling champions.



Limerick Captain Cathy Mee lifts the All Ireland Cup at Croke

Different codes of course, but the mantra was simply - 'if John Kiely's hurlers can end a 45 year wait, we can achieve success too'

To be honest, silverware probably wasn't expected but Limerick won the All Ireland Blitz.

Last Sunday, the Limerick won the All Ireland Junior Ladies Football title in Croke Park - four weeks exactly after the

hurling win.

Limerick were outsiders but produced a most accomplished and sparkling display of football - scorching five goals in the process.

This was a team relegated last season without a win and who had lost to Louth twice earlier this year.

"We fed off their energy," said the Ladies Football manager John Ryan of the hurling win that inspired his side.

It's confidence and it's not just on the field of play, all GAA supporters are walking that bit taller since August 19 and long may it last.



Already a Munster fan favourite - Joey Carbery

COLM KINSELLA

McIlroy can roar to victory at the Tour Championship

FEDEXCUP points leader Bryson DeChambeau heads up the 30 strong field as the FedExCup Playoffs wrap up in the final event of the PGA Tour season, at East Lake Golf Club beginning this Thursday.

DeChambeau, Justin Rose, Tony Finau, Dustin Johnson and defending champion Justin

Thomas are the five players who are chasing the \$10 million end-of-season bonus purse in Atlanta simply by winning the TOUR Championship.

Fan favourite Tiger Woods also returns to postseason finale for the first time since 2013.

DeChambeau, who won both the Northern Trust and Dell

Technologies Championship to start the Playoffs, seeks to become the first since Woods in 2009 to win as the number one seed entering this week's final event.

Rory McIlroy heads the betting for the Tour championship at 15/2 and a strong case can be made for the 29-year-old from Holywood, Northern Ireland lifting the title

on Sunday evening.

McIlroy finished fifth in the recent BMW Championship when his four rounds included a 62 and 63. Before that, McIlroy claimed a 12th place finish at the Dell Technologies Championship.

Justin Rose and Dustin Johnston are also well fancied, but McIlroy makes most appeal.



Rory McIlroy, our tip for this week

Wednesday



TENNIS
GUANGZHOU OPEN
BT SPORT 7AM

RUGBY UNION
MANAWATU V TASMAN
SKY SPORTS 8.35AM

CYCLING
DIRO DELLA TOSCANA
EUROSPORT 11.30PM

CHAMPIONS LEAGUE
AJAX V AEK ATHENS
BT ESPN/VIRGIN 5.55PM

SERIE A
SAMPDORIA V FIORENTINA
ELEVEN SPORTS 6PM

CHAMPIONSHIP
QPR V MILLWALL
SKY SPORTS 7.45PM

CHAMPIONSHIPS
SHEFF UTD V BIRMINGHAM
SKY SPORTS RB 7.45PM

CHAMPIONS LEAGUE
REAL MADRID V ROMA
BT ESPN/VIRGIN 8PM

CHAMPIONS LEAGUE
VALENCIA V JUVENTUS
BT SPORT/VIRGIN 8PM

CHAMPIONS LEAGUE
YOUNG BOYS V MAN UTD
BT SPORT 2/VIRGIN 8PM

CHAMPIONS LEAGUE
MAN CITY V LYON
BT SPORT 3/VIRGIN 8PM

CHAMPIONS LEAGUE
BENFICA V BAYERN M
BT SPORT/VIRGIN 8PM

CHAMPIONS LEAGUE
PLZEN V CSKA MOSCOW
BT SPORT/VIRGIN 8PM

CHAMPIONSHIP
READING V NORWICH
SKY SPORTS RB 8PM



Thursday

RUGBY UNION
NORTHLAND V SOUTHLAND
SKY SPORT 8.35AM

TENNIS
GUANGZHOU OPEN
BT SPORT 9AM

GOLF
PORTUGAL MASTERS
SKY SPORTS 11.30AM

CYCLING
COPPA SABATINI
EUROSPORT 1.30PM

HORSE RACING
CLONMEL
ATR 3.50PM

EUROPA LEAGUE
SEVILLA V STANDARD
BT SPORT 5.55PM

EUROPA LEAGUE
PAOK V CHELSEA
BT SPORT 5.55PM

EUROPA LEAGUE
VILLAREAL V RANGERS
BT SPORT 3 5.55PM

GOLF
TOUR CHAMPIONSHIP
SKY SPORTS 6.30PM

EUROPA LEAGUE
CELTIC V ROSENBERG
BT SPORT 8PM

EUROPA LEAGUE
RB LEIPZIG V RB SALZBURG
BT SPORT 8PM

EUROPA LEAGUE
ARSENAL V VORSKLA
BT SPORT 2 8PM

Friday

RUGBY UNION
BAY OF PLENTY V WAIKATO
SKY SPORTS 8.35AM

TENNIS
GUANGZHOU OPEN
BT SPORT 11AM

GOLF
PORTUGAL MASTERS
SKY SPORTS 11.30AM

RUGBY UNION
CHEETAHS V PUMAS
SKY SPORTS 4PM

RUGBY UNION
CHEETAHS V ULSTER
PREMIER SPORT 6.15PM

GOLF
TOUR CHAMPIONSHIP
SKY SPORTS 6.30PM

TENNIS
LAVER CUP
SKY SPORTS 7PM

RUGBY UNION
CARDIFF V MUNSTER
TG4/EIRSPORT 7.35PM

RUGBY LEAGUE
CASTLEFORD V WAKEFIELD
SKY SPORTS 7.45PM

CHAMPIONSHIP
WIGAN V BRISTOL CITY
SKY SPORTS 7.45PM

RUGBY UNION
NEWCASTLE V EXETER
BT SPORT 1 7.45PM

BASEBALL
CUBS @ WHITE SOX
BT ESPN 9.10PM

Saturday

RUGBY UNION
OTAGO V CANTERBURY
SKY SPORTS 6AM

TENNIS
GUANGZHOU OPEN
BT SPORT 8AM

RUGBY UNION
TARANAKI V AUCKLAND
SKY SPORTS 8.35AM

GOLF
MEDITERRANEAN OPEN
SKY SPORTS 12.30PM

GOLF
PORTUGAL MASTERS
SKY SPORTS 12.30PM

SOCCER
FULHAM V WATFORD
SKY SPORTS 12.30PM

RUGBY UNION
BORDEAUX V CLERMONT
SKY SPORTS 1.45PM

RUGBY UNION
KINGS V WARRIORS
EIR SPORT 2PM

RUGBY UNION
CONNACHT V SCARLETS
TG4 5.15PM

GOLF
TOUR CHAMPIONSHIPS
SKY SPORTS 5.30PM

SOCCER
QPR V NORWICH
SKY SPORTS 5.30PM

RUGBY UNION
LEINSTER V EDINBURGH
EIR SPORT 7.35PM

BASEBALL
ORIOLES V YANKEES
BT SPORT 9PM

BOXING
JOSHUA V POVETKIN
SKY SPORTS BO 10PM



The champ: Anthony Joshua, pictured, put his titles on the line on Saturday night against Alexander Povetkin

Sunday



Drew Brees leads the Saints this Sunday

GOLF
MEDITERRANEAN OPEN
SKY SPORTS 12NOON

GOLF
PORTUGAL MASTERS
SKY SPORTS 12.30PM

SOCCER
KILMARNOCK V CELTIC
SKY SPORTS 12.30PM

DARTS
CHAMPIONS LEAGUE
BBC2 1PM

SOCCER
WEST HAM V CHELSEA
SKY SPORTS 1.30PM

RUGBY UNION
SARACENS V GLOUCESTER
BT SPORT 3PM

RUGBY UNION
MONTPELIER V TOULOUSE
SKY SPORTS 3.50PM

SOCCER
ARSENAL V EVERTON
SKY SPORTS 4PM

GOLF
TOUR CHAMPIONSHIP
SKY SPORTS 5PM

SOCCER
EINTRACHT V RB LEIPZIG
BT SPORT 3 5PM

NFL
NFL REDZONE
SKY SPORTS MIX 6PM

NFL
SAINTS @ FALCONS
SKY SPORTS 6PM

NFL
CHARGERS @ RAMS
SKY SPORTS 9PM

REA**O'CONNOR
MURPHY****MUNSTER & CONNACHT****AUCTION THURSDAY, 27TH SEPTEMBER, 2018**

Venue: The Limerick Strand Hotel
Auction Time: 11.00am

To include properties in Limerick x21, Cork x3, Clare x7,
Tipperary x1, Kerry x1, Waterford x1, Galway x1,
Roscommon x1, Donegal x6, Sligo x2

A SELECTION FROM OUR **44 PROPERTIES**.....FULL LIST AVAILABLE AT WWW.REAOCM.IE

**Parkview,
Edward Street, Limerick**



Superb Investment Opportunity,

8 x 2 & 3 bed apartments, city centre location adjacent to Colbert railway and bus station & The Peoples Park, To be Sold in 1 or More Lots

- Lot 1 - Entire (513, 505, 413, 406, 408, 316, 206, 208) AMV €700,000**
Lot 2 - Units 513, 413, 316, 206 AMV €335,000
Lot 3 - Unit 505, 406, 408, 208 AMV €365,000
Lot 4 - Individual AMV €67,000 - €106,000

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

BER C1 D1

**334 Brookfield Hall,
Castletroy, Limerick**



2 bed apartment within student complex, close proximity to University of Limerick, pooled rental system
Agent: **REA O'Connor Murphy** 061 279300

AMV €55,000

BER D2

**531 Brookfield Hall,
Castletroy, Limerick**



3 bed apartment within student complex, close proximity to University of Limerick, good investment opportunity
Agent: **REA O'Connor Murphy** 061 279300

AMV €72,000

BER C1

**71 The Paddocks,
Newcastlewest, Co. Limerick**



Attractive 4 bed semi detached, spacious living accommodation, walking distance to town centre
Agent: **REA O'Connor Murphy** 061 279300

AMV €150,000

BER C2

**2 Adamswood,
Croagh, Co. Limerick**



Well presented 4 bed semi detached, small residential development in the heart of Croagh Village
Agent: **REA O'Connor Murphy** 061 279300

AMV €180,000

BER C2

**Lands Lower Park,
Corbally, Limerick**



Circa 2.89 Ha (7.14 Acres) of land comprised in folio's LK52469F & LK37814F, suitable for a variety of uses SPP
Agent: **REA O'Connor Murphy** 061 279300

AMV €150,000

BER Exempt

**Thomond Student Village,
Old Cratloe Road, Limerick**



4X no. 3 bed apartments close proximity to Limerick Institute of Technology, pooled rental system
Agent: **REA O'Connor Murphy** 061 279300

AMV €40,000 per unit

BER D1 D2

**30 Harriston,
Old Cratloe Road, Limerick**



2 bed ground floor apartment, gated development, close proximity to Limerick Institute of Technology
Agent: **REA O'Connor Murphy** 061 279300

AMV €77,000

BER D2

**46 Churchfields,
Clonlara, Co. Clare**



Well presented 4 bed semi detached house, popular residential estate, walking distance of Clonlara village
Agent: **REA O'Connor Murphy** 061 279300

AMV €172,000

BER C2

**Clare Inn Suite,
Dromoland, Co. Clare**



2 X 2 bed, first floor Holiday Suites located to the rear of the popular Inn at Dromoland
Agent: **REA O'Connor Murphy** 061 279300

AMV €32,000 per unit

BER C3 D1

**41 Knocklyon,
Clonmacken, Limerick**



Modern 3 bed 2 storey mid terrace house, well established neighbourhood of Knocklyon
Agent: **REA O'Connor Murphy** 061 279300

AMV €190,000

BER C1

**63 Knocklyon,
Clonmacken, Limerick**



Appealing 2 bed 1st floor apartment, local amenities within walking distance, good rental return
Agent: **REA O'Connor Murphy** 061 279300

AMV €151,000

BER D1

**100 Bru na Sionna,
Shannon, Co. Clare**



3 bed 1st floor apartment, well maintained development within the town centre, ideal investment opportunity
Agent: **REA O'Connor Murphy** 061 279300

AMV €85,000

BER C1

REA
O'CONNOR
MURPHY

Register your interest: auctions@reaocm.ie
T: 061 279 300 - Full list available at: www.reaocm.ie

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