

NATURAL HIGH

National Geographic Symphony shows Gaelic Grounds in new light. Page 8



This aerial shot shows the capacity crowd at the Symphony for Our World in the Gaelic Grounds
PICTURE: VISIONAIR TECHNOLOGIES

The Leader

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Wednesday, October 3, 2018

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▲ GOOD WEEK
Gaelic Grounds
Saturday's National Geographic event proved that the GAA stadium could host a large concert



▼ BAD WEEK
Local democracy
Final say on O'Connell Street redesign will rest with An Bord Pleanála and not local councillors



☀ QUOTE OF THE WEEK
"I thought they were on about the film Twelve Years a Slave. I didn't think someone would actually talk like that."
Witness to racist incident at Texas Steakout

INSIDE THIS WEEK



CELL PHONE CHARGE
Extra month for Ger Dundon
Page 11



RENTS ON THE RISE
Increase of 12.4% annually
Page 10



MORTGAGE MATTERS
Croke: choose the right term
PAGE 26

DEATH
The death has occurred of Sarah Millward nee Coll, formerly of Fanningstown, Crecora, Co Limerick, in Leek, Staffordshire, England on August 27 2018. Requiem Mass was held at St Mary's Church, Leek on the 20th September 2018. Internment will take place in Dromin Cemetery, at 2 pm on Wednesday October 3 2018.

Mayor could be voted into office by public



The current Mayor of Limerick City and County, Cllr James Collins, at a recent Culture night event in King John's Castle. If the proposed plebiscite is carried next May the people of Limerick will be able to vote in a directly elected mayor



WHAT WE THINK
EUGENE PHELAN
LEADER EDITOR

IT has emerged that the people of Limerick are to be asked if they want a directly elected mayor in a special plebiscite to be held next May.
It could take as long as five years or more before we have such an election, if the people were to agree to the proposal to be put before them next year.
At the moment we have

the farcical situation of two mayors, and the sooner that changes, the better. What will be interesting to find out is what executive powers the new mayor will have and other details about the job, including salary and term.
We believe the position is for five years and there is bound to be huge interest, but it does throw up a tantalising prospect of candidates from

beyond the political spectrum.
One would imagine all the political parties would run candidates, but it would be fascinating to see if any high profile personalities put their name forward. It would really put the cat among the pigeons if you had a well known business or sporting personality running as an independent!

WEATHER FOR THE WEEK



WEDNESDAY
Mostly cloudy with a stray shower. High of 17°C



THURSDAY
Mostly cloudy, showers around and temperature high of 16°C



FRIDAY
A couple of showers and cooler with a high of 12°C



SATURDAY
Overcast all day but should remain dry. High of 12°C



SUNDAY
Still dull, but remaining dry. Temperature peak of 13°C



MONDAY
Temperatures picking up with 15°C peak. Still overcast

WEBTOP TEN

1. Hundreds attend lavish wedding reception at Limerick's Adare Manor
2. Limerick dairy farm in a million on the market for €2.5m
3. Teenager hospitalised after attack by group of men in Limerick city
4. Investigation reopens into Limerick greyhound that tested positive for cocaine
5. Crash on outskirts of Limerick city causing major tailbacks
6. Twelve arrested by gardai investigating child abuse allegations
7. Man accused of causing thousands of euro worth of damage at Limerick store
8. 'Overwhelmed by drugs': Family of late Limerick mum-of-four urge victims to 'seek help'
9. Limerick GAA reveal official All Ireland hurling team photograph
10. Limerick criminal jailed for having mobile phone in prison



Plush wedding at Adare Manor reportedly cost millions. See our story online now for more

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Josh Prenderville

Greyhound Board, PRO

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

A perfect day in Limerick for me would be a Saturday morning trip to the Milk Market and a walk by the River Shannon if the weather holds up, followed by a trip home to my home town of Hospital to catch up with family and friends. Then back into the city just in time for a nice meal out and to experience the city's nightlife. Experiencing the best of both the city and county in the one day is always a plus.

What's your first Limerick memory?

I lived in England until I was 8, so my first Limerick memories were family holidays. I remember bringing a Limerick jersey back and wearing it in England and nobody having a clue what the jersey was for! After we came over permanently I've fond memories of kicking a ball in the green area in Hospital - which is a playground now - for hours on end.

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

You can probably guess - Hospital! It's obviously where I grew up and where my family and a lot of my friends still are. I was always brought up to never forget where you come from and it's why I try and get back there as often as I can, even though I'm living in the city now.

What do you think gives Limerick its unique identity?

One word - people. The amount of characters I have met in my personal and professional life is unbelievable. Everyone in Limerick has a story behind them. More importantly, though, everyone in Limerick looks out for each other, in the good times and bad. That's not always the case in places and Limerick people should be proud of that.

Do you have a favourite local restaurant?

Bambu on O'Connell Street is fabulous, I love an Indian and their food is top quality, really reasonable as well. Limerick does have some great food options though



depending on what you're looking for. An honourable mention must go to the Glen Tavern at lunchtimes as they even know my order at this stage!

How would you describe the people of Limerick?

Warm and passionate. Limerick people are some of the friendliest people you could ever meet and they're passionate about everything, whether it be sport, politics, culture or anything in between. They want the best for their city and county always, and to be the best. We don't have to look any further than our All-Ireland success to see how passionate Limerick people are.

How important do you think sport is to Limerick?

It's the lifeblood of Limerick, it really is. Everyone else makes small talk about the weather, Limerick people make small talk about sport. It's just ingrained in all of us to support Limerick teams and sportspeople, and Munster of course, from a very early age. Again, I think the reason sport is so important to us is because we're so proud of Limerick and want to see it doing well wherever possible.

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

I still think keeping young people here is proving to be a challenge. It's almost a forgotten narrative now but I know so many people my age who just aren't in Limerick any more, mainly for economic reasons and they continue to be attracted away, whether it be to other Irish cities or abroad. Keeping this generation in Limerick is a big battle.

FRONT PAGES OF THE PAST

16 YEARS AGO
JUNE 8, 2002

THE bold heading on the front page of the Limerick Leader city edition read 'Bertie Snubs Willie' after the Taoiseach Bertie Ahern left Willie O'Dea out of his new Cabinet.

The story revealed that it had been 20 years since Fianna Fail had a TD from the

city in the Cabinet.

The World Cup soccer finals were on with Roy Keane making the news for leaving the team after a bust up with Mick McCarthy. But it did not stop 900 punters going to Dolan's for early morning breakfast as the beat Cameroon in the opening game.



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Teenager assaulted by group of men at taxi rank in city

FINTAN WALSH

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No arrests have been made in connection with an assault on a teenager in Limerick city centre in the early hours of Sunday morning.

The incident took place near a taxi rank on O'Connell Street near

Bedford Row at around 3am on Sunday, September 30.

It is understood that the 18-year-old victim witnessed a man being attacked by a group of men, and attempted to intervene.

The young man was then attacked by the group, and it is understood he sustained kicks to the head and hand.

The 18-year-old was taken to University Hospital Limerick, where his injuries were treated as "minor" according to gardai.

According to a source, the victim suffered a broken nose, damage to thumb ligaments and a split lip. The 18-year-old, who is a college student, was discharged on Sunday morning.

Gardai launched an investigation

into the assault on Sunday afternoon, however no individual or individuals have been arrested in connection with the early morning incident. A spokesperson said that investigations are ongoing. Anyone with information is asked to contact Henry Street garda station at 061212400 or Garda Confidential Line at 1800 666111.



Henry Street gardai are investigating the attack



One of the artists' impression from the original O'Connell Street proposals that were floated this year

Ground investigation works cost €443k

Contract: One company tendered for O'Connell St project

DAVID HURLEY

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MORE than €400,000 was spent on ground investigation works as part of the multi-million euro revitalisation of O'Connell Street, it can be revealed.

Documents, including invoices, obtained by this newspaper under the Freedom of Information Act show just one company tendered for the contract to carry out the works after it was publicly advertised early last year.

Tender documents state the purpose of the contact was to "identify in greater detail the location and nature of existing buried services in the street, as well as the extent and details of the existing basements in the street and the existing obsolete sewer tunnel under the street".

The works, which involved the

creation of 85 "slit trenches" were carried out along the full length of O'Connell Street from its the junction with Newenham Street and Barrington Street to Patrick Street.

"The site (O'Connell Street) is heavily trafficked with a number of junctions and access to adjoining side streets. The site is underlain by various services and is also underlain by vaulted basements and a Victorian sewer," stated briefing documents which were issued as part of the tender process.

Following the conclusion of the tender process in February 2017, Priority Geotechnical Limited was awarded the contract by Limerick City and County Council.

Internal correspondence between officials within the council state the tender from the Cork-based company was deemed to be "the Most Economically Advantageous" after it was assessed by ARUP

Consulting Engineers on behalf of the local authority.

Priority Geotechnical Limited was also approved to act as Project Construction Supervisor Stage on the works.

The cost of the works, which were carried out over several months last year, totalled €443,762.29 (including VAT).

The monies were paid in full by Limerick City and County Council earlier this year.

Plans for the multi-million euro revitalisation of O'Connell Street are set to come before An Bord Pleanala in the coming months as the planning process is to proceed outside of the normal Part 8 process.

The project, which will cost around €9m in total is being part funded by the European Union with the remainder of the money coming from local and national sources.

Ann McCabe to give 'searing testimony' in new TG4 series this week

JESS CASEY

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A NEW TG4 documentary series will tell the story of the tragic day in Adare in 1996 when Detective Jerry McCabe was killed by the IRA, from the point-of-view of his widow Ann McCabe.

Inspired by Netflix-style documentaries, Finné is a brand-new homegrown TG4 series, featuring the human side of big Irish stories that have made the headlines over the past 50 years.

In this week's episode, airing this

Wednesday evening, Ms McCabe, pictured with grandson Garda Eoin McCabe, will recall her heartbreak after her husband Detective McCabe was killed while serving the State.

In her 'searing testimony', Ms McCabe will recall how she was fully sure that his killers would be given life sentences, and her shock when they were convicted for manslaughter rather than murder.

Ms McCabe will also reflect on how she took a stand for the memory of her deceased husband when 'whispers' started circulating that his killers would be released under an early release programme under the Good Friday Agreement.

Speaking in the programme, Ms McCabe says that she misses her husband

every day.

"When you lose the love of your life the way I lost Jerry, it makes you a totally different person. You never get over losing them," she says.

"We were a very private family, just a normal family, but we were thrown into the very deep end of the politics.

"And, sadly, Jerry was part of it even though he shouldn't have been. Jerry was just doing his job," Ms McCabe says.

Following Detective McCabe's death, Ms McCabe suffered "sleepless nights", she adds.

"I still cry quite a bit. I attended a psychiatrist for eight years after."

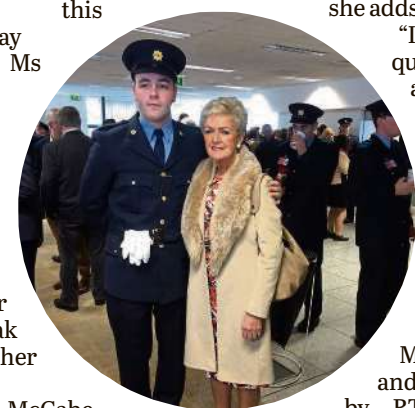
Filmed over 12 months by Galway's Magamedia and presented by RTE's courts correspondent, Orla

O'Donnell, Finné revisits 'gross miscarriages of justice' that have taken place in Ireland in the recent past.

"It is only through searing personal testimony that we gain real insight into the human story behind the official accounts of these life-changing events," said Paddy Hayes, a series producer and director.

"Finné allows each individual the time and the freedom to tell their raw and powerful stories in their own words."

The Story of Ann McCabe will air Wednesday October 3 at 9.30pm.





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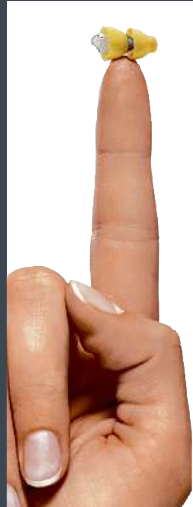
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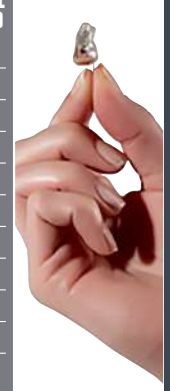
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LEADER NEWS BULLETIN

POLICING

TD's 'grave concerns' over ban on garda overtime

DEPUTY Maurice Quinlivan has expressed grave concern at the ban on garda overtime and the implications it could have in Limerick.

The ban on discretionary overtime was implemented last week by Commissioner Drew Harris last week in a bid to keep within budget.

"Due to the lack of frontline gardai, overtime has become a fact of life, essential just to keep a station and a district functioning on a basic level. Stations cannot function properly without it," said Deputy Quinlivan.



"There are three months in the year left, including the Christmas period, which often sees a significant spike in police work, in increased public order issues, and burglaries," he added.

Figures released under the Freedom of Information Act show more than €1.56m was paid in overtime across the Limerick garda division during the first half of 2018.

A total of €839,684 was paid between January and March while €722,712 was paid between April and June.

The total overtime paid to gardai in Limerick during all of 2017 was €2,501,551.

RESEARCH

UL study links acne with 'psychological distress'

ACNE sufferers struggle with psychological distress as a result of "perceived social stigma" around their skin condition, a new study by the University of Limerick has found. A survey of 271 acne sufferers found that their own perception of how society views their appearance is associated with higher distress, with those who perceived high levels of stigma more likely to experience anxiety and depression.

Researchers Aisling O'Donnell and Jamie Davern found that acne sufferers also report further physical symptoms such as sleep disturbance, headaches and gastrointestinal problems. The study also found that more women than men reported acne as negatively impacting their wellbeing.

CRIME

Cocaine, cannabis herb and ecstasy tablets are seized

GARDAI in Limerick have seized approximately €2,000 euro worth of suspected cocaine, cannabis herb and ecstasy tablets from a man that was "acting suspiciously".

Gardai from the Divisional Drugs Unit in Limerick made the seizure from a man on Upper Denmark Street on Monday.

"Shortly after 4pm a man in his 20s was stopped acting

suspiciously on Upper Denmark Street. He was searched and found to be in possession of suspect cocaine, cannabis herb and ecstasy tablets, all pending analysis, with an estimated street value of €2,000," said a garda spokesperson.

"A caution statement was taken from the man and the investigation remains on-going," added the spokesperson.



Limerick Fire Service tackled over 120 house fires last year, it revealed as Fire Safety Awareness Week began

120 house fires tackled in 2017

LIMERICK Fire Service tackled more than 120 house fires in 2017, it has stated this week.

In a social media post to promote Fire Safety Awareness Week, Limerick Fire Service has offered a number of tips to the public on how to make homes more safe. "One such danger is overloaded sockets and damaged electrical goods. Each socket is only rated for 13 amps. If

you have an extension lead with four sockets on it, it doesn't necessarily mean it can take four plugs."

Limerick Fire Service warns the public not to use electrical items with frayed or damaged cables; avoid using spurious phone chargers and cables; don't use plugs or sockets which are damaged; and always get a registered electrician to carry out any work.

Is a directly elected mayor on the way?

Plebiscite: Local voters will be asked for views on plans

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GOVERNMENT plans to ask Limerick voters for their views on proposals for directly elected mayors have been given a cautious welcome.

The decision to hold a plebiscite (vote) was agreed by the Cabinet last week and announced at the weekend by John Paul Phelan, the Minister of State for Local Government and Electoral Reform.

The plebiscite will take place next May on the same day as the local and European elections.

The exact powers and functions of any directly elected mayor have not yet been confirmed and it is not known how the idea will work in practice or what will happen with the current mayors.

The current Mayor of Limerick city and county, Cllr James Collins, says the proposal to institute a directly elected mayor for Limerick is a unique opportunity that must be grasped by the people.

"This is a real game changer for Limerick. I believe that for far too long our community has been held back by a central government that was not in tune with the wishes of local Limerick people," said the general election candidate.

"He or she will speak for the people of the



This is a real game changer for Limerick

CLLR JAMES COLLINS,
MAYOR OF LIMERICK



entire city and county and can drive forward the changes and improvements we all want to see. However, it is crucial that any directly elected Mayor has the executive powers needed to drive change," he added.

Former Mayor of Limerick, Diarmuid Scully has cautiously welcomed the proposal.

"A directly elected mayor will have a popular mandate, but without a majority on the council she/he will have no power," he said.

However, Sinn Fein councillor Seighan O'Ceallaigh says there are questions that need to be answered before the plebiscite takes place.

"There are a lot of questions still to be answered about this proposal in relation to Limerick. It's a nice headline but we need to see the details. How many mayors will there be in Limerick? How many cathaoirleigh? What type of role will it be and what relationship will the Mayor have with the Council?" he asked.

A government spokesperson says further details on the proposals will be announced nearer to May.

"Further detailed proposals on the plebiscites and the questions to be put to the electorate, as well as the specific powers to be given to executive mayors, are to be brought to government in the coming months."

If the plebiscite is approved by voters in Limerick, it is likely the first vote to elect a mayor will take place in 2021.

Voters in Cork city and in Waterford will also be asked to vote on the proposals next May while votes in Galway and Dublin have been put back.

Victim slashed across the face in 'personal' attack

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A MAN is recovering after he was slashed and stabbed repeatedly during an altercation in the city.

The victim received over 200 stitches and spent three days in hospital following the vicious attack which happened near Punch's Cross in the early hours of September 21, last.

The alleged culprit – Stephen Curtin, aged 27, of Salvia Court, Southill – was refused bail after he appeared in court charged with assault causing harm.

Detective Garda Dean Landers told Judge Marie Keane the defendant made

no reply when the charge was formally put to him following his arrest.

He said the charge relates to an offence which occurred at a property at Rosbrien Terrace, Rosbrien Road, at around 4.30am.

The court was told gardai were alerted after numerous 999 calls were received in relation to a "blood-soaked" man who was in a distressed state at Punch's Cross.

Gardai later established the man had been slashed across the face three times and was also stabbed in the abdomen, back and legs.

A knife was located near the property where Mr Curtin was staying on the night and a blood-soaked

tee-shirt was found inside the house.

Solicitor Tom Kiely said his client had co-operated with gardai and had given an alternative version of events to them when questioned.

He said it will be defence case that his client had been "confronted and set upon" and that he was defending himself.

In reply, Detective Garda Landers said he believed what happened was a "close personal attack".

Judge Keane was told CCTV has been obtained and that a number of items, including a car, have been seized and are to be forensically examined.

Bail was refused.



Adam Hayes of Lee Estate, Island Road, will be sentenced next month

Serial offender pleads guilty to spate of shoplifting offences

A SERIAL offender has admitted stealing hundreds of euro worth of property from several stores and businesses in the city centre, writes David Hurley.

When arraigned at Limerick Circuit Court, Adam Hayes, aged 32, of Lee Estate, Island Road, pleaded guilty to nine separate theft charges.

Judge Tom O'Donnell was told handbags worth a total of €234.50 were stolen from Allens, William Street, on four separate occasions in January and February as well as cosmetics worth €330 from the Body Shop, O'Connell Street, on three separate dates.

The other offences, which Hayes has

admitted, relate to the theft of pizza worth €42 from Garvey's SuperValu, Grove Island, and beauty products worth €42.96 from Charlotte Quay pharmacy.

Previously, Limerick District Court heard the defendant was identified on CCTV and that he made admissions following his arrest.

Seeking an early sentencing date, barrister Brian McInerney said his client, who has more than 100 previous convictions, has been in custody since February.

Judge O'Donnell adjourned the matter to next month when he will hear evidence.

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Door now open to future concerts after Gaelic Grounds performance

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THE DOOR is now open for large scale concerts and events at the Gaelic Grounds following the hugely successful National Geographic Symphony Orchestra performance at the weekend.

It was the first ever major concert to be staged at the Ennis Road stadium, attracting upwards of 8,000 awestruck spectators.

The thousands in attendance were serenaded by the 80-strong orchestra who were accompanied by the Limerick Chamber Choir, performing to authentic National Geographic footage on some of the continent's largest high definition screens.

Gaelic Grounds chairperson Paul Foley said this Tuesday that said the success of the concert means that "the door is opened for further large-scale events" at the grounds in the future.

He said that the idea of a large scale concert had been mooted for a number of years, but the biggest challenge had been securing acts to perform at the venue.

He said Irish production company CWB were central to the performance, and also to the All-Ireland final screening and homecoming in late August.

"We learned a lot during the year of City of Culture, and Limerick does have a real interest in these sort of events, and it was great to see that manifested again through the National Geographic show on Saturday night.

"It means we have been able to demonstrate such a show can be delivered and, in fact, this is the third large scale ticketed event delivered at the Gaelic Grounds this year, over six weeks," he said.



Conductor Kevin Zakresky leads the 80-strong National Geographic Symphony Orchestra at the Gaelic Grounds PICTURES: CATHAL NOONAN/TRUE MEDIA

Conductor Kevin Zakresky took social media by storm for leading the orchestra while donning the green and white Limerick jersey for the entire performance.

Mr Foley said that "was a really nice touch". He added that the orchestra and personnel thoroughly enjoyed their experience in Limerick.

"They were very, very positive about Limerick. They stayed in Limerick over the last few days. They were very, very positive about the city and the reaction of the crowd. They had great fun," he told The Leader this week.

Mayor of Limerick City and County, Cllr James Collins praised the event as a "triumph", adding

that it brought significant economic impact to the region.

"As part of my work on concerts, I have met the head of Festivals and Events for Failte Ireland. We are working on getting more funding for major festivals in Limerick. Progress has been made and I am confident that we will soon deliver further major events which

entertain and will also help hotels, bars and businesses throughout the city."

Mr Foley thanked CWB, Limerick City and County Council, Mayor Collins, hurling manager John Kiely, football manager John Ryan the Limerick Leader and Live95fm for their contribution to the event.

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Below: Zakresky's wearing of the Limerick colours was described as a 'really nice touch'

Right: the view from the stands

Bottom: right: orchestra members look at the action on screen PICTURES: CATHAL NOONAN



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



Limerick Leader



WOMAN'S WARNING AFTER LATE NIGHT APPROACH LEADS TO 'UNNERVING' REPORTS

Diane O'Doherty

I think the blaming of women for walking alone is a disgrace. Maybe for once we should think about re-educating both men and women in general decency to leave others alone



Emma Ryan

Lived in Limerick it is one place where nobody is ever left behind, every one helps everyone and strangers see strangers safe home - still love it

David Russell

The fact that this is news worthy shows that Limerick must be a relatively safe city. There would be thousands of incidents like this every night in London

HURLING MANAGER JOHN KIELY APPEALS FOR PEOPLE TO 'GIVE PLAYERS A CHANCE'

Niamh Humphreys

They have brought so much pride and passion back to Limerick and 45 years has been a long time to wait but they have been fantastic and selfless with their time.



John Neville

Makes perfect sense, players need time to recover and enjoy time with their own friends and families

TEENAGER HOSPITALISED AFTER ATTACK BY GROUP OF MEN IN LIMERICK CITY

Brenda Moore-Taylor

Good young man for stepping into a dangerous situation to do the right thing! Praying he heals well and quickly.



Sherrie Keogh

What about all the expensive cameras all over the town that are supposed to make everyone feel safer?

Annette Ingle

Is there no one manning these cameras that they ring up and tell the guards where to go?

HUNDREDS ATTEND LAVISH WEDDING RECEPTION AT LIMERICK'S ADARE MANOR

Name in Black

It was on Friday, the bride looked Stunning. The bridesmaids were fabulous, they wore rose gold dresses all different styles. The church was covered in flowers and lanterns it was beautiful



Denise Mulvihill

Wedding venue hosts wedding.....wow!

Cath O'Neill

Best of luck to whoever they are. It's their own money

Robert Greaney

Passed it Friday was huge buses everywhere, total class wedding, had vintage buses there lovely touch



Boys get in touch with feminine side

There was the usual smattering of male runners in drag participating in this year's Cook Medical Women's Mini Marathon which took place in University of Limerick. See pages 20-21 PICTURE: DON MOLONEY

City rents increase by 12.4% annually

Expensive: Average monthly rent rises to €880

DAVID HURLEY

david.hurley@limerickleader.ie

AVERAGE monthly rents in Limerick city have risen by more than 12% over the past year, new figures have revealed.

According to the latest Rent Index published by the Residential Tenancies Board (RTB), the average monthly rent in the city was €880 at the end of June.

This compares to €783 at the end of June 2017 and represents an increase of €36 per month (4.3%) from the end of March 2018.

The Rent Index is produced by the RTB in conjunction with the Economic and Social Research Institute (ESRI) and is based on more than 18,000 tenancies across the

country which have registered with the RTB.

The Index shows standardised average rents in the Limerick City West electoral district (city centre, Raheen, Southill) are €1,010.78 compared to €932.89 in Limerick city north (Caherdavin, Moyross, Thomondgate) and €1,084.75 in Limerick city East (Garryowen, Castletroy, Rhebogogue).

Nationally, average monthly rents grew 7.6% annually and by 3.4% quarter-on-quarter.

"Affordability remains a significant issue in the rental market with continued economic and population growth contributing to rising demand. We can see rents have continued to increase with growth rates back up in Dublin,"

said Rosalind Carroll, Director of the Residential Tenancies Board.

The latest Rent Index shows average monthly rents across County Limerick as a whole have risen by 10.8% year-on-year and now stand at €920.

Outside of the Metropolitan District of Limerick, the highest average monthly rent of €837.31 is being paid in the Adare/Rathkeale Municipal District.

An average of €691.04 is being paid in the Cappamore/Kilmallock Municipal District while average rents in the Newcastle West district are €556.73.

According to the RTB, annualised rents have increased by 7% for at least three consecutive quarters in all parts of Limerick.

Report shows property prices on the rise

THE latest Daft.ie property report has shown that houses prices have increased by 8% in Limerick and by 12% in the county.

In Limerick city, according to the latest House Price Report released by Daft.ie, prices in the third quarter of 2018 were 8% higher than a year

previously, compared to a rise of 9% seen a year ago. The average house price is now €191,000, 61% above its lowest point.

In the rest of Limerick, prices in the third quarter of 2018 were 12% higher than a year previously, compared to a rise of 8% seen a year

ago. The average house price is now €191,000, 45% above its lowest point.

House prices nationally rose by 1.3% in the third quarter of 2018. The website said there was a "muted price gain" for the three month period between June and September in Limerick of 1%.



Ger Dundon (pictured in 2017) admitted having the device at Portlaoise Prison last January

Gangster had mobile phone in prison cell

LEADER REPORTER
news@limerickleader.ie

GANGLAND figure Gerard Dundon has been sentenced to one month's imprisonment for having a mobile phone in jail.

Gerard Dundon, aged 32, who has addresses at Prospect, Limerick and in the UK pleaded guilty to the offence when he appeared before Portlaoise District Court.

Detective Garda Michael Esmond gave evidence that on January 29 last a planned search was carried out at Portlaoise Prison and that while the accused was being searched a mobile phone fell from his person.

The detective said the phone was

later seized and sent for analysis.

However, he told the court that no information could be obtained from the device, as gardaí could not plug it in to access its contents.

The accused has 114 previous convictions.

Kenny Kerins BL said his client has been on remand since early last year awaiting sentence on other matters which are before the courts in Limerick.

Dundon is due to be sentenced later this month after he pleaded guilty, in July, to endangerment and possession of a sawn-off shotgun at a house in Bruff.

Those charges relate to a garda operation in the village on February

26, 2017 and a related high-speed pursuit which resulted in a collision.

Mr Kerins said his client is a resident of England and had returned to Limerick for a boxing championship when he found himself in difficulty.

The barrister said the telecommunications device could not be used but that his client accepted it was a phone.

Dundon has been subjected to internal prison discipline for the offence. He has been removed from the general population in the prison, but has also lost his privileges.

Judge Catherine Staines imposed one month prison sentence.

Significant grants for city based projects

Local youth projects in Limerick will share in a €216,258 pot from new Government capital grants.

Among the big winners in the city are Limerick Youth Service City Disadvantage €20,000, North side Family Resource Centre - Follow your Dream €20,000 and West End Youth Centre €18,500.00.

Blue Box Creative Arts Therapy Centre (€10,242.21),

Limerick Youth Service (YPFSF) Interim Traveller Project (€12,302.60) and Southill Area Centre (€13,506.50) were

other city-based projects to receive significant funding boosts.

Welcoming the grants, Senator Maria Byrne said: "New Government capital grants announced today are going to be of huge benefit to young people here in Limerick, as they will improve the quality of the services on which local young people rely."

The grants approved support purchases of equipment and small scale projects, including the upgrade of bathrooms and kitchens in youth services.

Eligible local services were invited by the Education and Training Board (ETB) to apply for support.

Senator Byrne added, "Investing in and supporting young people is a key priority for this Government. Thanks

to our strengthened economy, the Government is able to improve supports to the communities who need it most. Much of the upgrade works to take place under these grants will be in areas of disadvantage.

"I'd like to thank the Youth Officer (s) in our local ETB for their work in supporting local youth projects and I know that Minister Zappone has thanked them for their assistance to the Department of Children in the design and implementation of this scheme. They act as a contact point in their respective



localities and play important support role to the providers of youth services here in Limerick"

Minister for Children and Youth Affairs, Katherine Zappone,

said: "I am delighted to be in a position to announce these grants. I am confident the grants will assist in improving the quality of the services to the benefit of young people involved."

"The provision of these grants underscores the Government's continued commitment to enhance the quality of services which add such value to our communities. Investing in young people is a key priority for Government.

"In 2018 we are investing a total of €61.5m in current and capital funding in clubs, services and supports for young people."

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Homeowners urged to buy locks for their oil tanks

GARDAI are appealing to homeowners with oil-fuelled central heating to ensure their tanks are properly secure as winter approaches.

The appeal follows an incident this week where kerosene worth around €250 was stolen from a tank outside a home in the city.

"It's that time of year again where we are filling our tanks so the best advice is to buy a decent lock for the oil tank and to fit a sensor light over the tank," said Sergeant Kevin Balfe of Henry Street station.

"As you can imagine, thieves hate to be lit up and



Around €250 worth of oil was stolen

if a good strong light comes on they might think twice about stealing your fuel and take off," he added.

Homeowners should also take measures to ensure that oil tanks are not visible to passing criminals.

Where possible, deliveries of home heating oil should also be arranged for times when homes are occupied.

Con saw stolen from van which was not locked

INFORMATION is being sought after valuable construction equipment was stolen from a parked van which was not locked by its owner.

According to gardai, the incident happened in recent days while a workman was carrying out repairs at Rhebogue Road.

The theft happened in broad daylight at 3 o'clock in the afternoon.

"He didn't lock his van and a con saw worth €1,000 was taken from his van," said a garda spokesperson.

Gardai at Henry Street are investigating the incident and can be contacted at (061) 212400.

Phone snatched from young woman out walking

GARDAI are appealing for information after a mobile phone was snatched from a young woman while she was walking.

The victim, whose aged in her early 20s, was walking alone in the Castletroy area with her phone in her hand when another young woman engaged her in conversation.

"Suddenly her phone was grabbed from her hand and the woman ran off with it," said Sergeant Kevin Balfe.

While shocked, the young woman was not



The woman had the phone in her hand

physically injured during the incident.

"I know some phones can be quiet big and therefore difficult to keep in a pocket but nonetheless the phone must be kept out of sight," he added.

Anyone with information about the incident is asked to contact Henry Street garda station at (061) 212400.

Handbag stolen at nightclub

A HANDBAG was stolen from a young woman who was socialising at a nightclub in the city centre at the weekend.

According to gardai, the victim, whose aged in her late teens, left her bag down when she went dancing.

"She had left her handbag behind her and when she returned her bag which contained her phone and money was gone," said Sgt Kevin Balfe.



On a Gold Wing and a prayer at 'Drive'

Paddy Loftus, Kildimo, on his Honda Gold Wing participating in the third annual Drive Against Suicide which started from the Fitzgerald Woodlands House Hotel. See weekend Limerick Leader for more PICTURE: KEITH WISEMAN

Man in court over alleged sex attack

Bail: Defendant released despite garda objection

DAVID HURLEY

david.hurley@limerickleader.ie

A NIGERIAN man was granted bail after he appeared in court charged with sexually assaulting a woman during a house party in the city.

The 34-year-old is accused of grabbing the woman and dragging her into a bedroom in the early hours of September 30, 2017.

Opposing bail, Detective Garda Barry Moylan said it will be alleged the assault lasted for several minutes.

He said it will be alleged the man waited on the upstairs landing while the woman was in the bathroom and that he threatened her before grabbing her and assaulting her.

He said the woman, who is

married and aged in her early 30s, did not know the man prior to encountering him at the party.

The detective said the defendant has no ties to Limerick and he expressed "serious concerns" he would attempt to leave the jurisdiction if released on bail.

He said the alleged victim has identified him as the culprit and that a number of independent witnesses stated he made "several attempts" to dance with the woman and that he persistently tried to talk to her during the party.

Solicitor Sarah Ryan noted the woman did not make a formal complaint until a number of weeks after the incident and that her client was arrested and questioned earlier this year.

She said her client, who is studying at UL, was arrested at his home address after the DPP directed he be charged having reviewed the garda investigation file.

"He was at his address, he had made no effort to leave (since his initial arrest)," she said.

Judge Marie Keane was told there was an altercation between the defendant and the woman's husband in recent months which is the subject of a separate investigation.

Judge Keane said while the defendant is facing a "very serious charge" he is entitled to the presumption of innocence.

She granted bail subject to strict conditions and adjourned the matter until next month.

Woman threatened to 'kill' her ex-partner

A WOMAN shouted she would kill her ex-partner after a judge indicated she was refusing a garda application to revoke his bail, writes David Hurley.

Following her outburst during a sitting of Limerick District Court, the woman was physically removed from the courtroom by gardai.

The 36-year-old defendant, who is facing charges in relation to an incident over the summer, was brought before the court as gardai

had concerns he was not complying with the terms of his bail.

Judge Marie Keane was told he had failed to answer his mobile phone when called and that gardai believe a message sent from his Facebook account to his ex was an attempt to intimidate her.

Addressing the court, the defendant said he did not answer the calls as the 'ringer' on his phone was broken. He said he later phoned the garda station and insisted he did not

send the message on Facebook Messenger.

As the man was giving evidence, the woman began shouting at him as she sat in the public gallery.

She claimed her ex-partner had previously threatened to kill her and she shouted if he was not remanded in custody she would "kill him myself".

Judge Keane refused the garda application and affirmed the man's original bail conditions.

Suspected arson attack condemned

FINTAN WALSH

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THE METROPOLITAN Mayor of Limerick has condemned an arson incident allegedly caused by a group of anti-social youths in the outskirts of the city.

Mungret Lodge, a 150-year-old protected structure that sits at the entrance of Mungret College, sustained exterior fire damage on Friday night.

Limerick Fire Service dispatched two units to the scene at 9.25pm and quenched the flames within an hour,

The Leader was told this week.

Gardai at Roxboro Road are investigating the criminal damage incident, though no arrests have been made yet as investigations are ongoing.

It is understood that, at the time of the incident, a group of youths appeared to be intoxicated while lighting fireworks in the area.

According to distressed residents, a number of youths were throwing firecrackers at homes in the Mungret Woods area on Friday night.

The suspicion, according to locals, is that a firecracker was thrown at the

historic gate lodge, built in the 1860s.

Mayor Butler has condemned the suspected arson.

"It's completely unacceptable. It's an incredible resource in Mungret College, and there are some residents living beside it that deserve respect and to live quietly in their homes, rather than this kind of activity happening. But it has been ongoing.

"And I appeal to parents of all teenagers who are gathering on a regular basis, drinking heavily and engaging in behaviour that is not suitable for where they are at."



The 150-year-old protected structure sustained exterior fire damage on Friday night

Twelve quizzed as part of ongoing child abuse probe

Investigation: Suspects detained at various garda stations

DAVID HURLEY

david.hurley@limerickleader.ie

TWELVE people remained in garda custody this Tuesday night following their arrest as part of a major investigation into the alleged abuse of a large number of children in Limerick.

The arrests were made at a number of locations across the south west on Monday as part of an ongoing operation which involves gardai from the Limerick division and other parts of the southern region.

There are strict reporting restrictions in place meaning further details of the allegations and the arrests cannot be disclosed in order to protect the alleged victims.

"Gardai have arrested a number of people in relation to an ongoing investigation. They are currently detained in garda stations in the southern and western regions of An Garda Síochána," a garda spokesperson told the Leader.



Twelve people were arrested

It's understood those arrested include men and women across a number of age groups.

It is not known if any of those arrested were detained at garda stations in Limerick.

The case was highlighted in the Dail earlier this year and a "serious incident" review into the handling of allegations has been commissioned by Katherine Zappone, the Minister for Children and Youth Affairs.

The terms of reference for the review have been drawn up and it's hoped it can get underway before the end of the year.

Eleven adults were arrested by gardai from the Limerick division in March as part of the same criminal investigation.

A number of children have also been placed in State care.

To date, nobody has been charged in connection with the investigation and it's expected a file will be prepared for the Director of Public Prosecutions.


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Limerick school welcomes back 11 All-Ireland Champion hurlers

JESS CASEY

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THERE'S not many schools that can claim 11 All-Ireland champion hurlers but last Friday, a Limerick city secondary warmly welcomed back their former pupils for an event that was "45 years in the making."

Ardscuil Rís, on the North Circular Road, is "incredibly proud" to have 11 past-pupils on the Limerick panel, as well as a coach and a selector, according to principal Tom Prendergast.

"You are all very, very welcome to this event 45 years in the making," Mr Prendergast told a packed sports hall as the hurling heroes visited their alma mater with the Liam MacCarthy Cup.

"I'm very grateful that you came back here to your alma mater because as John (Kiely) said, you need to recover, you want to get back to your clubs, to be focused and drive on again."

Students, teachers, staff and parents welcomed back Limerick captain Declan Hannon, Shane Dowling, Kevin Downes, Cian Lynch, Mike Casey, Peter Casey, Aaron Gillane, William O'Donoghue, Barry Hennessy, David Dempsey and Barry O'Connell.

Coach Paul Kinnerk and selector Brian Geary are also past pupils of the secondary school.

Limerick senior hurler Paul Browne who suffered a cruciate injury earlier this year and who has a strong association with Ardscuil



Principal Tom Prendergast with staff and 11 All-Ireland Champions as they visited their alma mater PICTURES: MICHAEL COWHEY.

Ris was also present.

"The Sunday Times recently published its top 400 schools in the country, which was based on the number of students each school sent to third-level over the past three years," Mr Prendergast said.

"Ardscuil Rís featured very prominently, in terms of progression rates. When you look at the boys schools, Ardscuil Rís is the top boys school in the country in

terms of how many students it sends on to third level."

"The school has a well-deserved reputation for academic achievements but that is only one part of our story here in the school.

"It's only one part of the very broad narrative of Ardscuil Rís, that involves a hugely impressive range of extra-curricular activities for our students."

"Today is another part of our

story in Ardscuil Rís as we celebrate the wonderful achievements of the Limerick Senior hurlers in winning the 2018 All-Ireland senior hurling championship," he said.

There are a lot of people involved in this success, observed the principal.

"Each player on the panel had family support. They had the support of their parish, their clubs, their primary schools and all the

various secondary schools, that played a crucial role in their success.

"You are an ambitious group of young men, you are role models for you, wearing the uniform that you wore," Mr Prendergast said.

"Thank you gentlemen for taking the time to return to your old school. We are incredibly proud of your achievements."



Above; Teacher Catherine Casey with some of her past pupils from left, Aaron Gillane, Shane Dowling, Brian Geary, Peter Casey, William O'Donoghue and Mike Casey

Right: A packed sports hall in Ardscuil Rís as the school welcomed back their former students



STATE OF THE ART CORONARY INTERVENTION AT MATER PRIVATE CORK

On Tuesday 28th August 2018 the first intracoronary lithotripsy procedure in the Republic of Ireland was performed by Dr. Barry Hennigan and Dr. Ronan Margey, consultant interventional cardiologists, and the team at the cardiac catheterisation laboratory in the Mater Private Hospital, Cork.

Heavily calcified arteries are amongst the most difficult vessels to treat with a stent especially when the calcium fully encases the vessel and the artery is very twisted/tortuous. The Shockwave™ balloon delivers pulsatile sound waves which disrupts and fractures the calcium which is embedded inside the internal lining of the artery as well as deep within the wall of the artery enabling the cardiologist to subsequently deploy stents in vessels that are so restricted by calcium deposits and plaque that it may be impossible to do so safely otherwise. Conventionally these patients would previously undergo a "drilling" (rotational atherectomy) procedure which may be associated with greater potential for vascular injury especially in tortuous arteries. In cases where drilling was considered high risk these patients would conventionally be referred for open heart surgery.

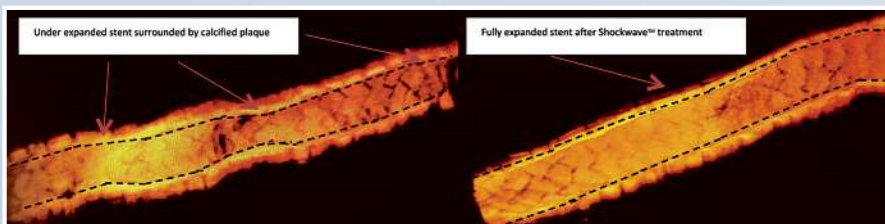
Dr Barry Hennigan described the case: "In this specific case our patient presented with a heart attack having had a stent a year prior in another country but unfortunately the initial procedure proved extremely difficult at the time and despite the cardiologists best attempts with drilling they were unable to achieve a satisfactory result and the patient was left with a very small under-sized stent with a significant residual blockage which was always destined to manifest itself at some point down the line.

"On our first attempt we barely managed to introduce a wire into this vessel never mind a balloon in order to perform angioplasty in order to address the problem. As the calcific disease was encasing the patient's stent, particularly at the very beginning of the vessel, this was a particularly challenging situation to deal with. I spoke with a colleague in the U.K. who had experience with this device and had heard a lot of excellent reports at international meetings. Following discussion at our multidisciplinary team meeting we decided that a reattempt at a coronary intervention was appropriate with the Shockwave™ balloon instead of sending this patient for open heart surgery.

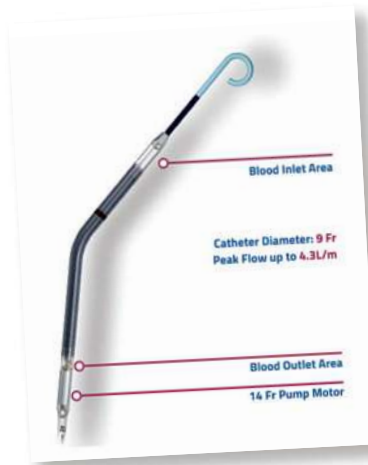
"Thankfully this patient had an excellent result with an almost a doubling in size of her stent and complete clearance of the obstruction at the beginning of her artery following use of the device with disruption of her concentric calcification. Certainly she has avoided a coronary artery bypass operation given her procedural success."

Ms. Karen Heard, the patient who underwent this ground breaking procedure, spoke to the Mater Private Cork's Chief Operating Officer John Mulhern on the day of her discharge from hospital:

"Since first experiencing, and receiving treatment for heart issues in Hong Kong 18 months ago, this is the first time that I feel completely confident that my health situation has been fully understood. The Cath Lab and Cardio team at Mater Private Hospital Cork are an



These are longitudinal reconstructed 3D images created using a tiny infrared camera inserted into the patient's coronary artery (Optical Coherence Tomography) to evaluate the stent with high precision. The left image was taken following initial balloon angioplasty but before lithotripsy. The panel on the right shows excellent stent expansion following application of the Shockwave™ lithotripsy balloon beyond that achieved by balloon angioplasty. Luminal contour indicated by broken line.



**Mater
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Cork**

CHOOSE WELL

*Shockwave™
balloon
and console
pictured
on right.*



amazing group of people, who display fantastic skill as well as a unique human quality. All the people - consultants, nurses, care workers, and cleaning/food team - are a credit to you. A big thank you."

These are longitudinal reconstructed 3D images created using a tiny infrared camera inserted into the patient's coronary artery (Optical Coherence Tomography) to evaluate the stent with high precision. The left image was taken following initial balloon angioplasty but before lithotripsy. The panel on the right shows excellent stent expansion following application of the Shockwave™ lithotripsy balloon beyond that achieved by balloon angioplasty. Luminal contour indicated by broken line.

At Mater Private Cork, we strive to provide our patients with the latest up to date technology and another recent advancement for the unit and a first in Cork was another procedure performed by Dr. Margey and Dr. Hennigan involving a high risk multivessel coronary intervention using a specialised heart pump (Impella CPTM) inserted via the leg artery which enabled a patient with severely reduced heart pump function who was deemed too high risk for bypass surgery to undergo a complete repair of his severely diseased vessels which would have proved impossible otherwise or likely to result in cardiac arrest due to his long standing heart pump failure.

"I have experience in using this device in the U.S. previously and was delighted that we were able to secure it for our catheterisation laboratory and perform this procedure safely and effectively. When we were ballooning the narrowing's all of the patient's blood flow was being generated by the Impella pump and I am certain the patient would not have survived with conventionally available treatment," said Dr. Ronan Margey.

The Mater Private Cork is the first private hospital in Ireland and one of only three units in the country that have the Impella CP device available. It provides up to 4 litres of blood flow per minute through a tube inserted in the groin which mechanically pumps blood out of the heart and into the major blood vessel of the body (Aorta) using an axial flow pump. This can essentially take over the function of the heart when the heart temporarily fails but can also provide valuable support to the heart pump in patients at high risk during procedures when a patient has already been identified as having "pump failure" prior to their angioplasty and stenting procedure.

Dr. Barry Hennigan (left),
Brendan McConnell (M3 Medical Distributors - middle)
and Dr. Ronan Margey (right).



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UL will welcome almost 3,000 students this year

University welcomes worldwide students

JESS CASEY

jess.casey@limerickleader.ie

THE UNIVERSITY of Limerick will welcome almost 3,000 international students to campus this year, as part of a programme the university estimates is worth more than €21 million to the region.

According to the university, UL continues to be an attractive location in 2018 for international students to come to take bachelors, masters and research degree courses as well as students visiting for one year, a semester or the summer under the Erasmus exchange and Study Abroad programmes.

"University of Limerick attracts students from around the world generally and specifically from our key regions of activity: USA, China, India, the Middle East, Southeast Asia and West Africa," said Josephine Page, director of the International Education Division at UL.

"Students and parents are becoming more aware of Ireland as an education destination and focus increasingly on the strength of the education system, the stable political environment, the high level of student support and the fact that education is through English."

"International students create important cultural, diplomatic and economic links between Limerick and the world."

"By attracting international talent, University of Limerick ensures a culturally-rich setting for domestic students to prepare for the global work environment," Ms Page added.

In the 2019 QS Graduate Employability ranking, University of Limerick is ranked 201-250 globally.

Woman confronted men racially abusing diner

Liveline: British man said he had to leave popular restaurant

FINTAN WALSH

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A WOMAN who witnessed a black British man being racially abused at a popular Limerick city restaurant said she believed the group of men insulting the man were talking about the film *Twelve Years A Slave*.

Derek Burnett of Saffron Walden, Essex, wrote a letter to the Limerick Leader describing how he was racially targeted by a group of nearby diners in early September.

He said one of the men said he "hated n****s" and that he would like to "take a baseball to every one of them".

It emerged on RTE Liveline with Joe Duffy that the restaurant was Texas Steakout on O'Connell Street.

The Leader made attempts to

contact the restaurant. Mr Burnett told RTE that he had to leave halfway through his meal and that he was "almost metaphorically chased out".

The witness, Natalia, told RTE that the group of men, who have not been identified, said "he should be eating off the floor".

"We were in a restaurant and there was a group of men behind me, and Derek would have been right behind me. They were talking really loudly, but I heard them saying: 'They should be slaves' and all this, but I didn't think for a minute that Derek would have been beside them for them to be talking about someone like that. My aunt was looking and spotted that they were slugging the man.

"I thought they were actually on about the film *Twelve Years a Slave*. I



Derek Burnett was dining at Texas Steakout

didn't think someone would actually talk like that." She said she confronted the men and said: "You should hang your head in shame" and offered to pay for Mr Burnett's meal.

"Grateful as I certainly was for the intervention of these good people, and deeply touched by their humanity, the reality is when you are on the receiving end of such bitter animosity, and for no reason other than the colour of your skin, amplified all the more in being away from home and in a foreign country, it is still deeply disturbing and immensely debilitating and you're left unsure what to think and in deciding the best course of action to take," he wrote.

He added that it is "high time that Ireland and the public confront the issue of racism.



Pictured launching Inspire at the Crescent Shopping Centre which takes place on October 19 and 20, were Liz Costigan Fleury, BEO, Sharon Connellan, BEO, Aoibhin Garrihy, BEO and Leanne Moore, BEO. PICTURE: ALAN PLACE

Be Inspired at Crescent's beauty and health event

INSPIRE, Munster's leading fashion event is back this October 19 and 20 and is offering something for everyone from top tips on fashion and beauty to advice on making health and wellness a priority.

"Inspire is a highlight of our events calendar each year at the Crescent - this year proves no different welcoming some

great guests across Friday and Saturday," said John Davitt, Centre Manager, Crescent Shopping Centre.

The event kicks off on Friday, October 19 when Inspire welcomes renowned make-up artist to the stars Paula Callan to the Crescent Shopping Centre at 12 noon to deliver a masterclass creating a 'day into night time glam'

look for shoppers to recreate along with top tips from some beauty experts at the Crescent.

Friday will also showcase top fashion for autumn winter from Crescent retailers. Fashion shows will take place throughout the afternoon from 1pm to 3pm in various malls.

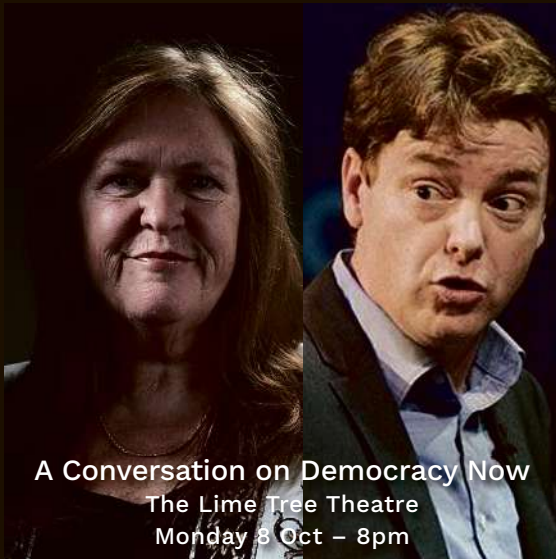
On Saturday Inspire

presents the very first bite-sized BEO events. BEO is a nationally renowned health brand designed to inspire, educate and empower, for all those interested in health, wellness and fitness.

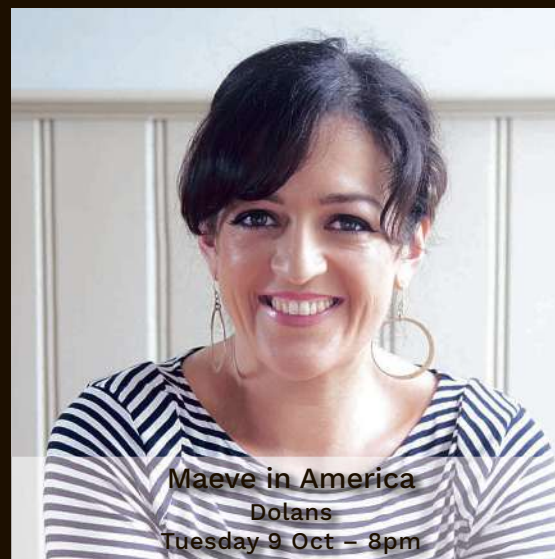
Register to attend BEO Bites at the Crescent at www.beowellness.ie. See our weekend editions for more details on Inspire.



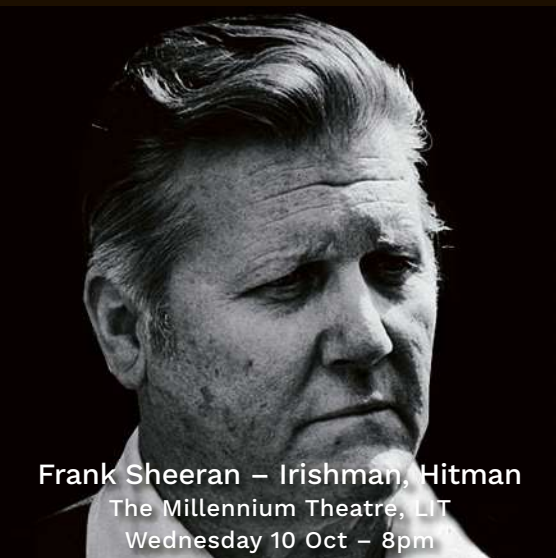
MynameisJohn | My New York
The Commercial
Sunday 7 October 9pm



A Conversation on Democracy Now
The Lime Tree Theatre
Monday 8 Oct – 8pm



Maeve in America
Dolans
Tuesday 9 Oct – 8pm



Frank Sheeran – Irishman, Hitman
The Millennium Theatre, LIT
Wednesday 10 Oct – 8pm

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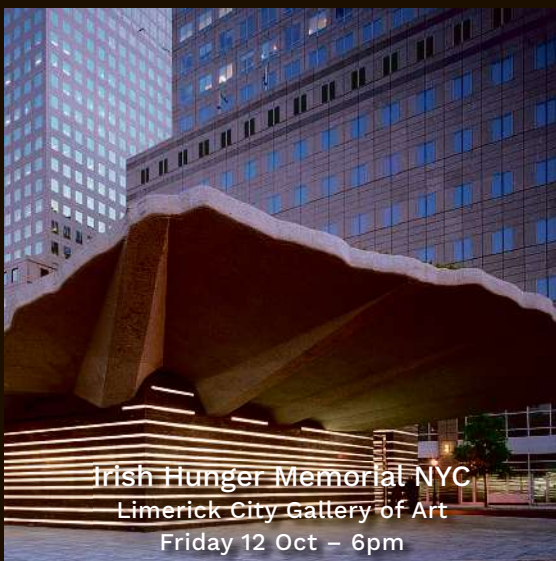
Limerick City
7-14 October 2018



Luka Bloom | My New York
Dolans
Thursday 11 Oct – 8pm



The 5-Borough Tour
The Commercial
Thursday 11 Oct – 8pm



Irish Hunger Memorial NYC
Limerick City Gallery of Art
Friday 12 Oct – 6pm



Sound of New York
The Commercial
Friday 12 Oct – 8pm

PATHWAYS
Irish Routes to the Art of the Matter

Pathways with Donal Dineen
Dolans
Saturday 13 Oct – 8pm

STRICTLY RHYTHM

Strictly Rhythm
The Commercial
Saturday 13 Oct – 10pm



Colm K | My New York
The Commercial
Sunday 14 Oct – 9pm



An Roinn Gnóthaí
Eachtracha agus Trádála
Department of
Foreign Affairs and Trade



UNIVERSITY of LIMERICK
OILScoil Luimnigh



Dimensions exhibition at Limerick Museum

DAVID HURLEY

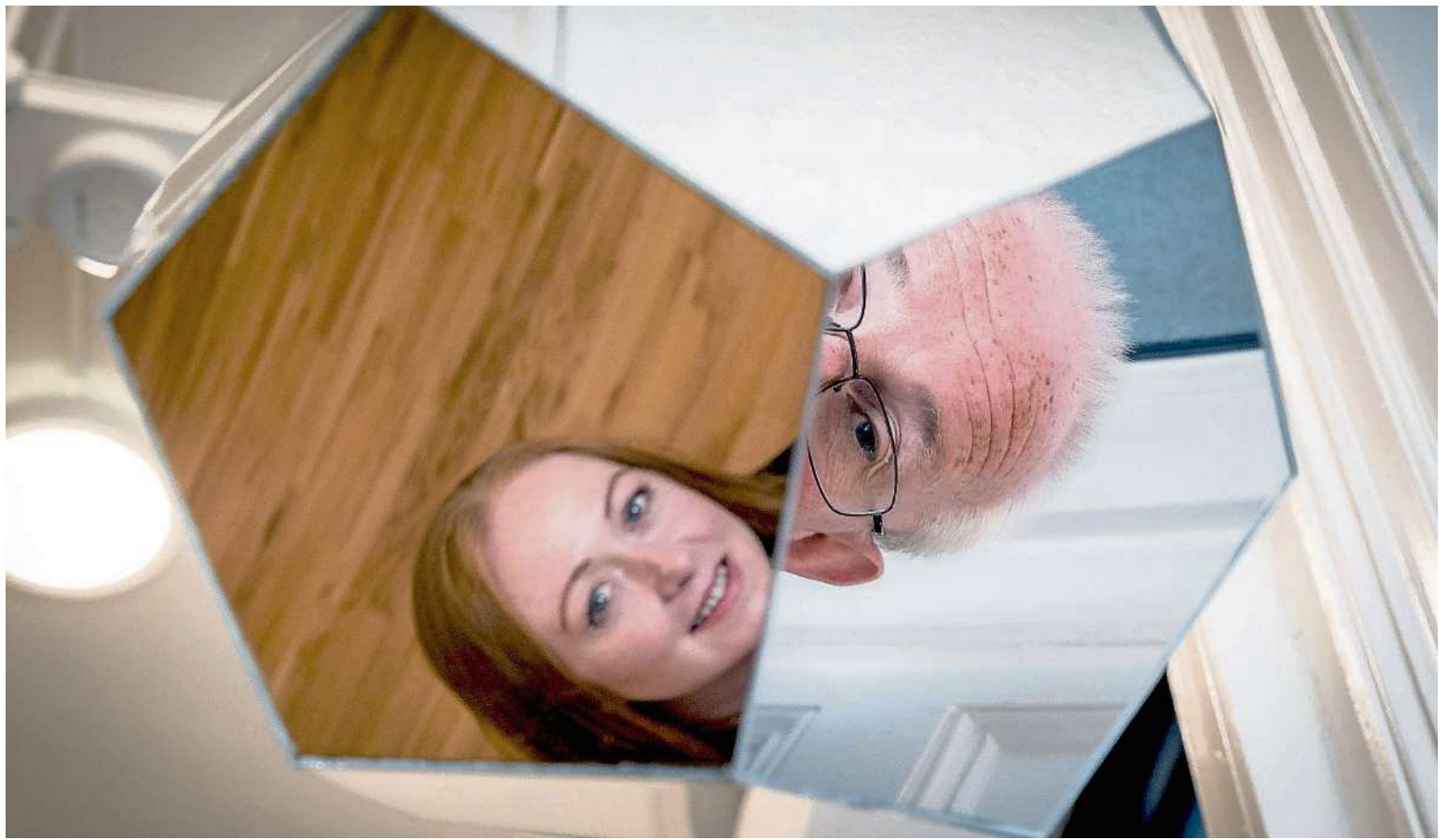
david.hurley@limerickleader.ie

A NEW exhibition by one of Limerick's best-known contemporary artists Cindy Fogarty has opened at Limerick Museum.

Dimensions is an overarching depiction of our post-modern experience, which crosses the boundaries of age, education, race, creed, culture and language by generating the same disorientating physiological sensation in each viewer, illuminating our commonalities as opposed to our differences.

Running until October 15, it is the latest in a programme of exhibitions which have been curated by Dr Matthew Potter and renowned artist Maurice Quillinan since Limerick Museum moved to the Old Franciscan Friary on Henry Street.

"Installations cross boundaries between age, education, race, creed, culture and language, by generating disorientating physiological feelings," said Cindy. See Page 34-35 for more photos.



Cindy Fogarty and Dr Matthew Potter, Limerick Museum, reflected in an installation at her exhibition, Dimensions, at Limerick Museum

PICTURE: KEITH WISEMAN

Mental Health Week '18 to invoke 'deep thought'

Wellbeing: Talks, workshops and events aim to raise awareness

JESS CASEY

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WITH MORE than 50 partner organisations involved and 28 public events set to take place, Limerick Mental Health Week 2018 kicks off on Thursday October 4.

Aiming to promote positive mental health in the community, Limerick Mental Health Week will see a series of public talks, exhibitions, workshops and events seeking to raise awareness of mental health in the local community.

"Limerick Mental Health Week 2018 has been months in production," Limerick Mental Health Week director

Patrick Fitzgerald said.

"We are proud to stand upon the pillars of: awareness of mental health, collaboration and creating awareness of the various services in Limerick around mental health."

"Growing year upon year to what is one of the biggest Mental Health Weeks in Ireland, we hope that we continue to invoke laughter, sadness and deep thought around mental health."

Talks and workshops during Limerick Mental Health Week will focus on young people, employability, recovering from addiction and more. On Friday, October 5, the week will officially launch with an opening



Limerick Mental Health Week director Patrick Fitzgerald

ceremony at King John's Castle from 6:30pm to 7:30 pm.

On Monday October 8 at 6:30 pm, the River Shannon will 'light up' for mental health awareness. Everyone is encouraged to bring their phone or a torch with them.

In addition to the schedule of free public events, this year will see the first annual 'Limerick Mental Health Fundraising Gala Ball', Mr Fitzgerald added.

Tickets for the event can be purchased on Eventbrite. More information and a full programme of events can be found on www.limerickmentalhealth.ie.

UCH hosts Ryans that performed in Croke

LOVERS of traditional and classical music are in for a treat in the UCH while supporting a good cause.

The Ryan family, who performed in Croke Park on All-Ireland hurling final day, will reprise their performance in the UCH on Friday, October 5 at 8pm. Their rendition of The Voyage, written by Limerickman Johnny Duhan, has been viewed almost 20,000 times.

The concert is in aid of the development of their community centre in Pallasgreen.

The Ryans have organised an all-star line-up. They will be joined by thirteen-year-old Lucia Murphy, a winner in this year's Dublin Feis Ceoil; storyteller Jimmy Stokes; local children in a newly written pageant; Mulcair Riverdance, and Strung, a four-piece classical / trad band. Strung has performed all over Ireland, USA and Europe, and recently played in Cork City Hall for the visit of Prince Charles and Camilla. Tickets from www.uch.ie or 087 2921322.

Man appears in court accused of damaging Lidl store

A JUDGE has refused jurisdiction in the case of a homeless man who is accused of causing thousands of euro worth of damage at a store in the city, writes David Hurley.

Thomas O'Brien, aged 30, who has an address at St Vincent's Hostel in Cork City, appeared before Limerick District Court charged in connection with an incident at Lidl, Childers Road in the early hours of Monday

morning.

The store was closed at the time and the suspect was arrested at the scene a short time after the alarm was raised and gardai alerted.

It is alleged the defendant threw stones at the front of the store resulting in significant damage being caused to three large windows.

The total amount of damage

caused was around €3,000.

Following his arrest Mr O'Brien was detained overnight at Roxboro Road garda station before he brought before Limerick District Court.

Judge Brian O'Shea refused bail and having heard details of the alleged facts, he refused jurisdiction which means the matter will now proceed on indictment at the circuit court.

Investigations are ongoing and a file is to be prepared for the Director of Public Prosecutions in relation to the matter.

Crews were deployed at the Lidl store on Monday morning to replace the broken windows and repair the damage which was caused.

The case has been adjourned for a number of weeks to facilitate the preparation of a book of evidence.

ROUNDUP

27 patients on trolleys

ACCORDING to figures published by the Irish Nurses and Midwives Organisation, there were 27 patients being treated on emergency department trolleys and on additional trolleys or beds in the wards at University Hospital Limerick on Tuesday morning. Cork University Hospital was the most overcrowded in the country.

Ní Riada on unity issue

Liadh Ní Riada has said she welcomes the fact that the issue of a United Ireland has now become a feature of the Presidential election campaign.

Ms. Ní Riada said: "I have sought, since the announcement of my candidacy to make discussion of a United Ireland a key feature of the election." Interview in weekend Limerick Leader



ASI seeks investment

The Alzheimer Society of Ireland's (ASI) Limerick Branch is calling on local public representatives to discuss a proposed investment of €12 million towards community supports for people with dementia which has been outlined in the ASI's Pre-Budget 2019 submission 'Dementia Support Across Ireland – Building Communities of Care'.

Bridge Congress

The 54th Limerick Bridge Congress will be held in the Greenhills Hotel, Ennis Road, Limerick, from October 12 to 14.

Congress will open on Friday night with a cheese and wine reception, followed by premier pairs, intermediate b-pairs, novice pairs and open pairs. Visit www.limerickbridgecongress.com for more info and a list of events.

Dogs test all clear

All 18 out of competition tests on the 12 semi finalists and six finalists of the 2018 BoyleSports Irish Greyhound Derby, which included two Limerick runners and was won by Ballyanne Sim, pictured, have tested negative for banned



substances.

All 18 in competition tests have also been deemed negative.



New Ibiza flights

RYANAIR has announced a new route from Shannon to Ibiza.

The new twice-weekly service to the

island will commence in April 2019 and was welcomed as "a really good boost" by MD Andrew Murphy.

Anthology by Helena

LIMERICK-based artist and illustrator Helena Grimes has an exhibition of new work opening in the Belltable this Thursday.

The artworks on show are drawn from Grimes' last four years of practice and are presented in The Bualadh Bos Children's Festival. It runs until October 20, Monday to Saturday, 12pm-5.30pm.

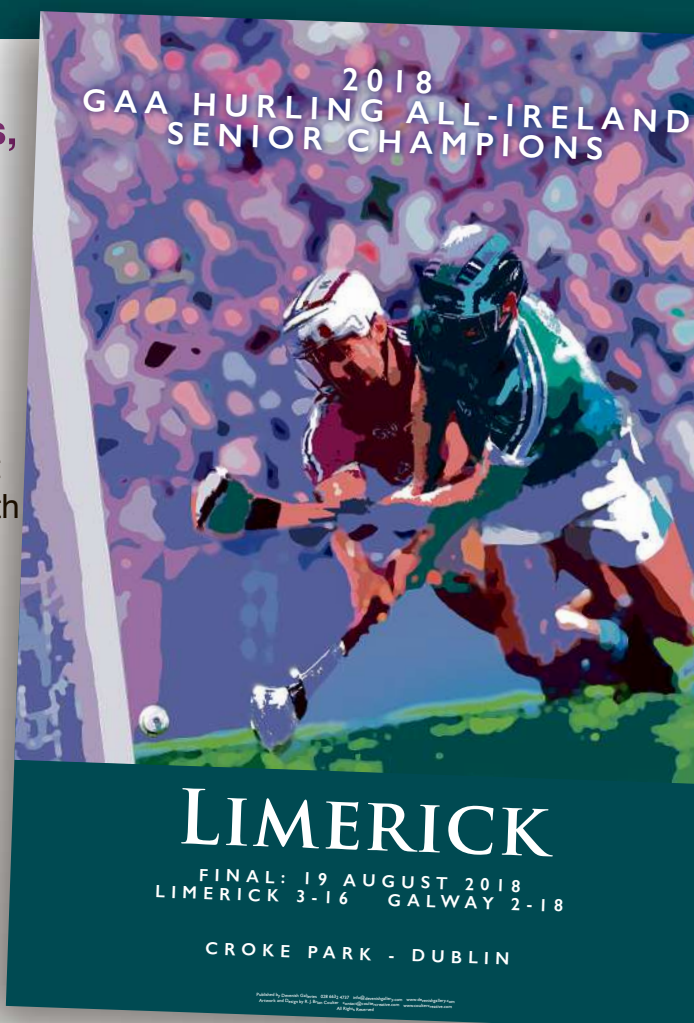
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small plates

GREAT TASTE cafe of the year 2018



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ASSOCIATION
OF IRELAND

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Punch's Cross, Limerick.

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Inspirational: "There are 3,000 ladies who are inspiring women to get out and either run, walk or jog because they can and it's fantastic for ladies' physical and mental wellbeing," said Angela Moloney, director of finance at Cook Medical

A marathon charity effort

Almost 3,000 women (and a few men) took part in the Cook Medical Women's Mini Marathon on Sunday. The Leader tagged along.

Pictures: Kieran Ryan-Benson **Words:** David Hurley



The Moloney and O'Sullivan clans

Michaela (in left of photo):

"The girls did it for charity (Miriam Kennedy Cancer Fund) and the rest of us did it for health reasons. It was fabulous, really well set up and well marshalled and good fun. In a previous life I was an athlete and I suppose I am trying to hold onto that little bit of an athlete in me so that's why I do it," said Michaela, who is a sergeant at Henry Street garda station



Bittersweet

Mathew McGrath, Kilfinane:

More than 60 friends and relatives of Breeda McGrath who passed away in January took part in the Women's Mini Marathon. "It's a tribute to Breeda's legacy that we are all here and we have great support in raising much needed funds for the Dunmanway Suite at Cork University Hospital," said Breeda's husband Mathew (wearing yellow wig)



Help Fight Leukemia

Rob McNamara: "Two years ago my mother got a bone marrow transplant so since then a group of us meet every Sunday morning to run. We said we would do the ladies' mini marathon and we heard that we had to dress in drag"



That's some run

Winner: Angela Moloney of Cook Medical looks on as UL graduate and Leevale athlete, Michelle Finn, crosses the finishing line in a time of 35 minutes and 2 seconds

Candid Comment

By SPARTACUS

● The good times are back for sure, Spartacus believes, as evidenced by the announcement this week that Ryanair is to run a twice weekly flight to the party island of Ibiza from April 2019. This is the place that can charge around €80 into a nightclub and where you can expect to pay around €40 for a vodka and coke. Michael O'Leary, weary from bruising battles with the unions, must be sure there is money to be made on the route, which will add 22,000 seats from Shannon to sun holiday destinations next year. Indeed Shannon will have eight services to Spain in 2019, a boon for holidaymakers in the region.

● News that the final decision on O'Connell Street's redesign will rest with An Bord Pleanala and not local councilors prompted an outburst from the metro mayor. Cllr Daniel Butler is understandably aggrieved that councilors won't have the final say on the redesign, now that it is not going through a part eight process. He said this would remove genuine local consultation from the process, which is correct. However, the councillor chose to blame this undermining of democracy on members of the public that made submissions, blaming 'serial objectors' for the decision being moved to Dublin. Few, if any, public consultations excited such interest as the O'Connell Street plan did, with hundreds of submissions received after a high profile campaign led by the Liveable Limerick group. How Cllr Butler doesn't see the contradiction between him saying local democracy was being undermined by people actually participating in local democracy is beyond Spartacus. Clearly the high level of interest spooked council decision makers who decided to skirt around any more interference

with their plans by sending it straight to An Bord Pleanala. Perhaps Cllr Butler's ire might be better directed at the executive that made that decision.

● Now Spartacus is not sure if any of our councillors have plans to attend a Kindfulness Course that is being run at Laurel Farm, Bulgaden, Kilmallock this week. But if not maybe they the organisers could put on a special one for them in the future. The course will help you to pause, relax and breathe, teach you to be kinder and more compassionate with yourself and others and will bring calmness and peace into your life - it claims. The cost is €60 - great value for money Spartacus thinks to send our politicians on the course and what a difference it could make, just imagine councilors being nice to each other! Once filled with compassion, perhaps the elected representatives might discover the ability to manage meetings more efficiently and stick to agendas. We live and hope.

● If the Gaelic Grounds was once in the shadow of Thomond Park when it came to staging concerts, the Ennis Road stadium has emerged triumphantly into the light after Saturday's National Geographic Symphony for Our World. It was a fabulous event that solidified Limerick's reputation as a culturally-vibrant city and hopefully was the first of many concerts for the venue, which has proven itself a real rival to Thomond now, which itself hasn't staged a gig since Springsteen in 2013. A once close relationship between Aiken Promotions and Thomond seems to have cooled in recent years with Ed Sheeran performing in grounds around the country but not Limerick this summer. This is one musical battle that won't be won on the pitch.



Fast women

What a run! The 10k race was won by Leevale athlete Michelle Finn, centre, from North Cork who finished in a time of 35 minutes 2 seconds. Lauren Dermody, left, was second while Michelle's sister Carol Finn, right, came in third



Gráinne Costello and Luci Lane, Castleconnell

Gráinne: "I'm very, very happy with our time, it was a tough race because there was a lot of wind going up by Vistakon but it was lovely and it's a great event," said Gráinne who completed the Mini Marathon with Luci to raise money for Cancer Care West



Huge crowds

Start: Almost 3,000 people took part in the Cook Medical Women's Mini Marathon which saw them weave around the UL Campus. Hundreds of relatives and friends lined the route to support the participants

'Blessing of Animals' to take place in St Michael's school

JESS CASEY

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PET OWNERS are invited to bring their loyal and trusted friends along for a very special religious event, due to shortly take place in the city.

Limerick Animal Welfare (LAW), in conjunction with the Church of Ireland Limerick City Parish, have arranged for a 'Blessing of Animals' to take place on Saturday October 13 at 2:30pm

in St. Michael's Primary School.

The animal-welfare charity believes it is quite a number of years since a ceremony like this has taken place in Limerick, according to Rev Paul Fitzpatrick, curate of St Mary's Cathedral.

"So with the cooperation of Limerick Animal Welfare, the clergy and the parish community, a lively and fitting service is once again offered," Rev Fitzpatrick said. "We invite owners of pets to come along with their dependable,

loyal, trusted and faithful friends for the occasion," he added.

"Of course the safety and the welfare of all will be paramount. The site will be well marshalled on the day.

"It is noted also that city hall and an garda síochána are encouraging and supporting the event. A very special thank you is extended to St. Michael's National School for their support and assistance."

LAW has a 'No Kill' policy which means it provides a 'safe haven for

stray, abused and abandoned animals' until a suitable home can be found. If a suitable home is not found, animals stay in LAW's care for their lifetime, according to the charity.

Running costs for the 27-acre LAW sanctuary in Kilfinane total approximately €60,000 per month. "We have only a core staff and depend very much on volunteers," a LAW spokesperson said.

"We now run three charity

shops in the city which bring in a third of our expenses and are ran by volunteers, which is wonderful. Without these shops we could not have raised a loan from the bank to complete phase two at the Sanctuary."

"In 2003/2004 we purchased 27 acres of land in Kilfinane, with a interest free loan from a very kind supporter, and set about building phase one of our Sanctuary that we call 'the field of dreams'. We now have completed phase two."

Vaccines in stock as flu scare nears

At risk: UL Hospitals Group urges public to take up flu jab

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THE UL Hospitals Group is encouraging members of the public to get the flu jab, after developing its seasonal flu vaccination plan for its thousands of staff.

Hospitals, pharmacies and GP clinics nationwide have received their annual stock of vaccines, as flu season approaches.

And though no flu outbreak has occurred, visitor restrictions at University Hospital Limerick remain in place since last season's outbreak in January.

These restrictions are also compounded by the latest outbreak of the CPE superbug at UHL, where a total of 24 have been detected with the multi-drug resistant bug.

Speaking on the UL Hospitals Group's action plan for the imminent flu season, a spokesperson said it is being overseen by a steering committee of staff from multiple disciplines and departments.

"Vaccination clinics will be offered by colleagues in occupational health and by volunteer peer vaccinators who will vaccinate colleagues within the group. Vaccination clinics will commence in the first week of October and will continue until December.

"As well as seeking to maximise the uptake among staff through enhanced access to the vaccine, UL Hospitals Group will be working with colleagues in the Department

of Public Health, HSE Mid West Community Healthcare and the HSE nationally to promote the flu vaccine among the general public."

The spokesperson said flu-like symptoms are "very general in nature" and it is not unusual for patients to present to UHL on a regular basis.

UL Hospitals Group is urging those in at-risk groups to get vaccinated against influenza this year. Those most vulnerable to complications arising from flu include the over-65s;

patients with certain chronic illnesses; pregnant women and residents of nursing homes and other long-stay facilities. The vaccine is made available free of charge by the HSE to patients in these categories.

The spokesperson said that it is currently developing its winter initiative plan and are looking "to finalise plans as quickly as possible to ensure preparedness for winter".

"One of the ongoing challenges during the winter period, due to flu and other serious illnesses, is the demand for critical care beds. We are currently in the process of training HDU/ICU staff to open two additional beds for the winter period. Eleven staff have been trained to date. The first bed opened in August with the second bed to open at the end of September once the remaining staff are fully trained," she added. UHL was the most overcrowded hospital in the country last month, with 894 patients treated on trolleys.



The puppies were abandoned in Cratloe Woods and were rescued by a couple walking in the area

€1,200 raised for 'cruelly abandoned puppies'

MORE THAN 70 good Samaritans have raised over €1,200 for the treatment of three "cruelly abandoned puppies" that were rescued by a couple walking in Cratloe Woods, writes Fintan Walsh.

In a statement issued by Limerick Animal Welfare on Sunday, the Kilfinane-based organisation said: "A couple out walking in a remote part of Cratloe Woods could not believe

their eyes when they spotted three puppies huddled together under some bushes. The puppies were shivering and frightened with no chance of survival had they not been found. The puppies are very thin, covered in mange and have a huge worm burden. They have received veterinary treatment and are under the care of Law. Please donate towards their veterinary care, vaccinations

and neutering. All donations big or small are very much appreciated."

This comes a week after Law rescued a seriously-ill, blind puppy that was abandoned in forestry in County Limerick last week. The puppy, named Lilly, required a vet check, vaccinations and a worm dose.

A total of €1,676 was raised for Lilly. A total of €1,281 was raised for the three puppies.



Pictured at the Strand Hotel for 'Pigtown Foodworks' Food Industry event sponsored by LEO were, Colin Shields Ryan and Tom Flavin of The Strand Hotel



Miriam Mulcahy, Ballinwillin House Farm and Patricia Farrell, Wilde Irish Chocolates



Kevin Wallace, New Leaf Urban Farmers and Cllr. Noel Gleeson, chairman Limerick Food Strategy

Out & About

LEO-SPONSORED PIGTOWN FOODWORKS @ STRAND HOTEL

Pictures: ALAN PLACE



Colman Deely, Glenquin House, Mimi Crawford, Crawfords Farm and John Grisewood, Crokers Farm Ballyneety



Cate O'Connor and Thomas Fialon La Patisserie, The French Table



Deirdre MacMahon, The Urban Co-Op, Patrick Mulcahy, Ballinwillin House Farm, Theresa Storey, The Green Apron and Miriam Mulcahy, Ballinwillin House Farm



Tom Flavin, executive chef, Strand Hotel, Olivia O'Sullivan, Limerick Food Group and David Fitzgerald, Limerick Milk Market

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.

Friendly and upbeat Bob



First we have Bob. Bob is a very friendly, upbeat boy.

He loves his walks and is good on the lead. Bob would suit all home types as he seems to get on well with kids and other dogs.

Not sure about cats yet. If you would like to offer Bob a home please call us on 087 6371044 or visit the sanctuary any day between 12 noon and 3pm.

Up next we have Tobias. He is just two years old and has a lot of love to give. Tobias loves to play and go for walks. He would suit most home types. If you would like to offer Tobias a home please call us on 0876371044 or visit the sanctuary any day between 12 noon and 3pm.



Thirdly, we have so many kittens waiting to be adopted from Limerick Animal Welfare.

Each and every one of them are just a few months old and are so friendly and loving. They would make the perfect pets.

For more information on our cats and kittens please phone the cat unit on 0872295669 or visit us at the sanctuary any day from 12noon to 3pm.

Primrose is ready for a home

Lastly, we have Primrose. This little beauty is just two months old and has a big personality. She is both playful and loving. She would make a great addition to any young family. For more information on our cats and kittens please phone the cat unit on 087 2295669 or visit us at the sanctuary any day from 12noon to 3pm.



The Ilen sails into Limerick Docks

The AK Ilen arrived in Limerick docks last Saturday, marking the end of a ten year rebuild by the Limerick Ilen Project, a community project based in Roxboro. Pictured here are the crew onboard the sailing ship PICTURE: DERMOT LYNCH

Shannon welcomes new 'sensory room'

JESS CASEY

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WELCOMING the news that Gatwick Airport has set-up a 'sensory room', Shannon Airport has called on other European airports to follow suit.

Shannon opened Europe's first sensory room in March of last year for children and adults with neurodevelopmental challenges including autism.

The room has prompted many visits from major airports, including Gatwick, who are interested in following Shannon's lead, according to Shannon Group plc chief-executive Matthew Thomas.

"We know from opening our own airport sensory room in March 2017 that the Gatwick sensory room will be a tremendous assistance to passengers with autism and special needs," Mr Thomas said.

"We already have well-established Ryanair services between Shannon and Gatwick airports, and the new Gatwick sensory room means that a trip between the two airports will be even more user-friendly," he added.

"With the sensory rooms in operation at either end of the journey to and from the UK, we are making it easier for passengers who need these facilities.

"Having them can mean a huge difference for passengers with neurodevelopmental challenges."

Designed by Adam and Friends, the Shannon Airport sensory room is tailored to be a soothing place, away



Ryan Cunningham at the launch of the Shannon Airport Sensory Room in 2017 PICTURE:DIARMUID GREENE / TRUE MEDIA

from the activity of a busy airport.

The room includes facilities like an aquatic bubble tube, an undulated wavy wall, colour changing LEDs, wheel projector and other items.

"We realised that it was one thing for Shannon to put these provisions in place but if other airports participated in this programme, then it would mean that when the passenger arrives on the other side, they also get special treatment," Shannon Airport managing director Andrew Murphy said.

"That would be a huge gift to people with special needs and their families," he added.

"The response this drew from the aviation community was astounding,"

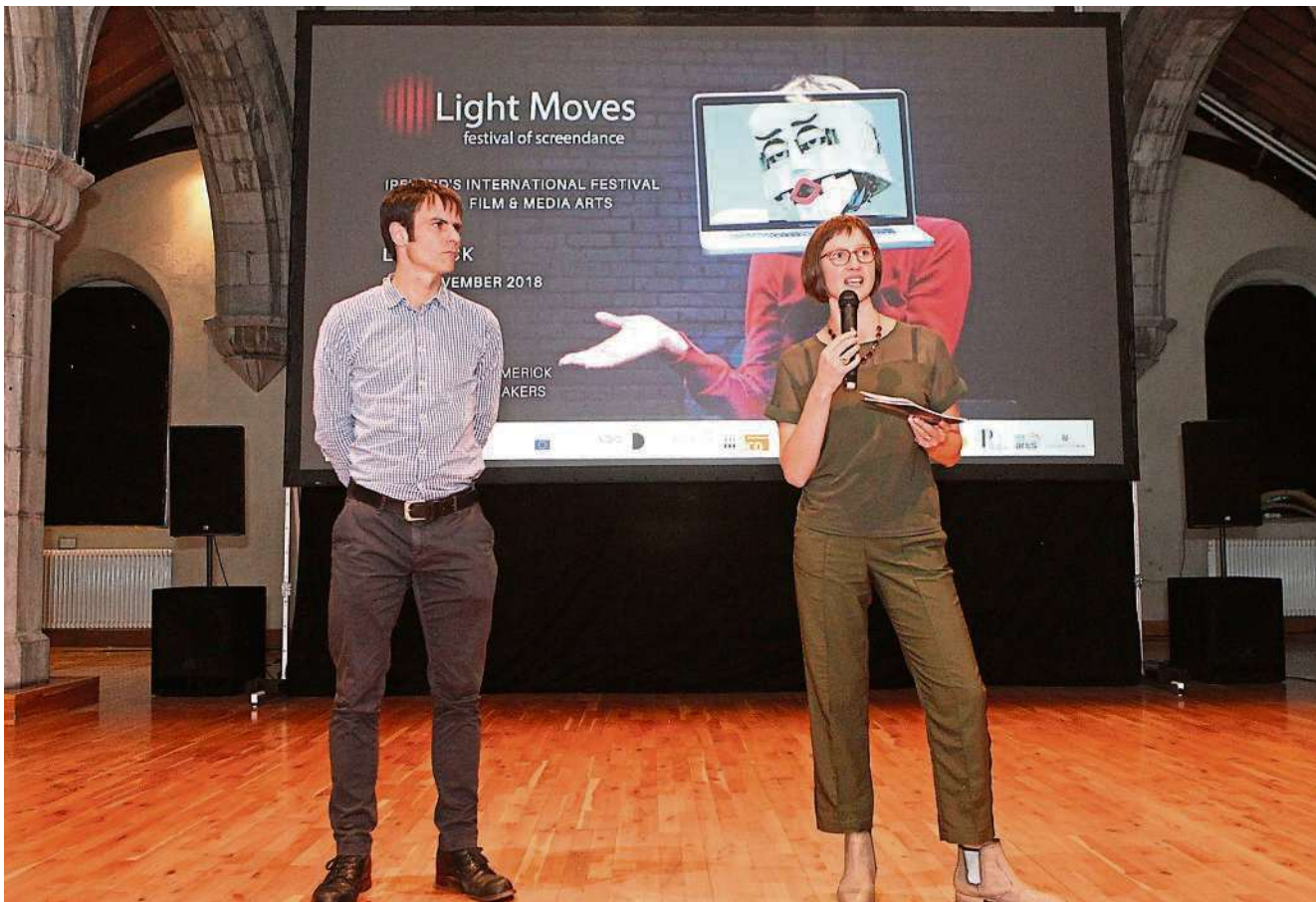
Mr Murphy added.

"Since establishing our sensory room, we have received more than 30 enquiries from airports, Government agencies and sporting venues around the world, including Gatwick Airport, looking for advice and guidelines on how best to establish an airport sensory room."

"We were delighted to assist Gatwick and we wish them every success. Our offer to assist other airports who might be thinking of following suit still stands."

Shannon Airport also operates an assistance programme for those with special needs.

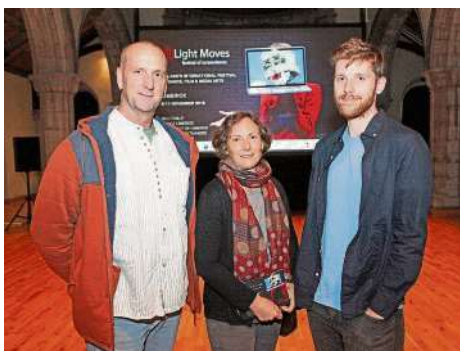
For more information, email askpa@shannonairport.ie



Jurgen Simpson and Mary Wycherley founders and curators of the Light Moves festival of screendance, at the launch of this year's festival in Dance Limerick, St John's Square PICTURE BY DAVE GAYNOR



Nick Nikolaou, Dooradoyle, and Sarah Fennell, Steamboat Quay, at the Light Moves launch



Grant McLay and Jenny Roche, Killaloe, and Jack Webb, Edinburgh

Out & About

LAUNCH OF LIGHT MOVES AT DANCE LIMERICK

Pictures: DAVE GAYNOR



Mike Finn, Thomondgate, and Richard Meade, Charleville, at the launch



Graham Patterson, Sarsfield Street, Emer Casey, programme and communications co-ordinator, Dance Limerick, and Celina Jaffe, Catherine Street



Jenny Traynor, director of Dance Limerick and Sheila Deegan, arts officer with the Culture Department of Limerick City and County Council



Dr Jill Cousins, director of the Hunt Museum, Stephanie Dickinson, Light Moves festival and Chelsea Canavan, The Hunt Museum, at Dance Limerick for the launch



Mat Rappaport, Chicago and Breda Lynch, LSAD



Valarie O'Gorman, O'Callaghan Strand, Geraldine Cantillon, Ennis Road, and Helen McMahon, Meelick



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)

Make an informed choice about your mortgage term

Once you've made an application for a mortgage and it's approved, and you have identified a property and have your offer accepted, you would like to think the hard work is over

Deposits are paid, the house secure, and the relief is palpable. Yes, it's a time for celebration, but don't relax too much, because what you do next is crucial and can impact your finances for a long time to come. And that is choosing the terms of your mortgage.

Many are confused about their options and given all the effort that has gone into getting a house, often make a rushed decision that ends up costing them.

One first-time buyer (FTB) contacted me recently, advising he went sale agreed on a property, notified his lender and then asked for advice regarding interest rate options. He was sent a link directing him to rates on their website and told to pick one and let them know.

Pretty shocking, but based on the number of people who contact me with similar experiences, not unusual.

He was new to this, didn't know whether to choose a three-year fixed rate over a five year one. He wasn't sure what happens at the end of the fixed rate period. Was he better off with a variable rate? Are rates going to go up? What term should he choose? All these questions were swirling around in his head and he wanted to make the right decision, but he was being left to his own devices, which made him nervous.

So, we met and talked through his options for 20 minutes and he was glad we did, because in that short period of time, the insights he discovered were profound for him.

We spoke about the term of his new mortgage. He was thinking about a 26-year term which would bring him to age 65 when completed, but wondered if it was better to opt for a shorter term? A longer term would mean a lower monthly repayment, so his instinct was edging him towards that.

If we didn't meet, he admitted he would probably have chosen the longest term possible.

That, in my opinion, would have been a mistake and I'll tell you why. My advice was to proceed with a term of 20 years.

Your mortgage term doesn't have to run to what once was the age you retired and received the state pension. This is something people tend to benchmark their mortgage term; we've got to stop this way of thinking.

Based on the amount he was borrowing, the difference in monthly repayments between a 20 and 26-year term was €202, a 16% differential between both.

Could he afford to pay the higher monthly repayment if he chose the shorter term? Absolutely, and even if it was tight, my advice would have been to find the money somewhere and incorporate it into his budget.

This gentleman will end up paying €100,206 in interest payments over a 20-year term as opposed to €134,085 had he opted for 26 years. By paying 16% more in monthly repayments, he will end up saving 34% in total interest payments, which was an eureka moment for him. When people see this for themselves or it is pointed out to them, it only confirms they are making the right decision.

His confidence soared when we ran

“**Your mortgage term doesn't have to run to what once was the age you retired and received the state pension**”

DID YOU KNOW?

According to a Fast Company study, 88% of financially successful people read at least 30 minutes per day.

the numbers, because the decision was going to save him €33,879.

We then spoke about fixed or variable rates, and his inkling was to choose a three-year fixed rate. He looked at me nervously, was it the right decision?

It wasn't a bad one. But not one I would have chosen.

What about part fixed and part variable? He looked at me as if I had just replied to him in Swahili. He didn't think you could do this, no one told him you could, but when we talked it through some more, it made huge sense to him.

We ended up with a 70% fixed and 30% variable rate split.

We also spoke about how he could accelerate the repayment of his mortgage further by overpaying each month. Opting for the 20-year term and overpaying by €150 each month, would reduce the term by two years six months, saving him €11,465 in interest.

Before we met, he was probably going to instruct the bank to proceed with a 26-year term and fix the amount he was borrowing for the first three years.

After a 20-minute chat, all that changed, because now he had a plan in place where he would become mortgage-free in 2035 and not 2044 as he had assumed. Most importantly, it all made sense to him – his decision was going to save him €45,344 in interest payments, and he was going to be 56 years old, not 65 when he was mortgage-free.

The moral of the story is to make a plan while you are going through the process of getting mortgage approval, get help if you need to, and educate yourself about what you can and can't do. As you can see the difference can be significant over time.

ASK LIAM

Our personal finance expert answers your questions ...

Q: I bought an item online with my credit card from a certain site but am worried I may never receive it, or if I do, it's not what I ordered. If either happened, can I get my money back?

A: Yes, you can. There is a form of consumer protection known as chargeback which helps people get what they paid for, or their money back.

It allows for the return of funds from transactions processed through a credit or debit card, if there was a problem with the goods or services they purchased.

All suppliers, accepting debit and credit card payments are liable for chargebacks in such instances, so if one of these happens to you, you should first contact them and seek a refund. If they will not refund your money or have gone out of business, you should then contact the issuer of the card you used and instigate the chargeback process.

A chargeback request can be made up to 180 days after the card transaction. In the case of goods or services being delivered, a chargeback can also be raised up to 180 days from the agreed date of delivery. The supplier/retailer has 14 days to respond to the chargeback request, otherwise the money you paid them is debited from their account, returned to yours.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK



Franklin Shoes, O'Connell Street - Winter Sole and Heel Deal. Ladies soles and heels from €19.95 per pair. Gents soles and heels from €24.95

Foot Solutions - Celebrating 10 years in Limerick. To thank all our loyal and new customers we are holding our largest ever sale. All shoes in stock reduced, all Podiatry Treatments 10% off from now until October 6



A weekend of Racing at Limerick Racecourse. Saturday, October 13 and Sunday 14 with JT McNamara Ladbrokes Munster National the feature. Keanes Ladies Day on Sunday, with the Top prize from Keanes Jewellers



LEADER BUSINESS

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Senator hits out at slow movement on Opera site

Senator: Byrne says 'city has gone through an awful lot of change'

FINTAN WALSH
 fintan.walsh@limerickleader.ie

A GOVERNMENT senator has blamed council management for not moving fast enough in transforming the proposed Project Opera site in the heart of Limerick city.

Fine Gael senator Maria Byrne made the remarks at the launch of her general election campaign at Bobby Byrne's pub last week.

Former Minister for Finance Michael Noonan launched her candidacy on Thursday night, after she was selected to run in the next general election in December 2017.

During a 16-minute speech, addressing more than 100 supporters, Sen Byrne commented on Limerick's economic comeback since the financial crash of 2008.

"Limerick has gone through an awful lot of change, especially in the last 10 years but we have a lot more change to go. I know when Michael [Noonan] was Minister for Finance, he gave money for the purchase of the Opera site, below at the bottom of Patrick Street."

Sen Byrne added: "While, you know, it's not the councillors' fault, I do blame management that they haven't moved fast enough in terms of changing around the unit. It is something that we need to do, it is very much part of the regeneration of the area."

Project Opera is a €180m development that aims to bring upwards of 3,000 people to work in the city centre.

In a recent Limerick Leader report, some 60% of the site will provide for office accommodation/innovation/education space, with 15% set aside for residential, comprising upwards of 100 units between residential and an aparthotel.

In late August, University of Limerick and Limerick Twenty Thirty, which is overseeing the project's delivery, held high-level discussions with a view to the college having a "significant" presence in the city centre.

A spokesperson for the University of Limerick confirmed it is "continuing to explore ways to develop a presence in the city centre area".

Sen Byrne says council management 'haven't moved fast enough' in delivering Project Opera. She made the remarks at the launch of her general election candidacy last week



Speaking to The Leader last week, Sen Byrne said that, following Limerick's economic success in recent years, "we cannot afford to go back to where we were 10 years ago, certainly".

She said that since being elected to the Seanad, she has gained "a great insight into the wishes of people". Issues presented to her at her constituency office on Henry Street include housing, medical cards, education grants, overcrowding, and microlocal issues, such as potholes and street lights. "You also have to be a good listener. And no matter how small somebody's problem is, it means something to them."

Deputy Noonan said: "I would like that Maria would be in the Dail, to continue the work for Limerick that I had started. We need someone of confidence and vitality to continue to drive the agenda forward, and I think Maria is the person to do that. So, you have my full support Maria. I couldn't think of a better or nicer person to succeed me in the Dail, and I know everyone here tonight has the same view."

Collisons' Stripe is valued at \$20bn

STRIPE, the online payments firm founded by Limerick's Collison brothers, has seen its valuation soar to \$20 billion after its latest funding round.

According to reports, Stripe's latest funding round raised \$245 million, increasing its value from \$9bn to \$20bn.

The former Castletroy College students, John and Patrick Collison, are understood to have a combined 25% share in the online payments business, making them the world's youngest self-made billionaires.

Patrick, CEO of Stripe, confirmed the raise, while new customers are understood to include Alphabet Inc.'s Google and Uber Technologies Inc, according to Bloomberg.

Bloomberg reports that the new valuation places Stripe among an elite handful of the world's most valuable private startups, including Airbnb Inc.,



Patrick and John Collison: Stripe valued at \$20bn

Palantir Technologies Inc. and Uber.

Indeed, the reports suggest, Stripe could have raised more money, but, according to Patrick Collison: "We talked to almost nobody."

"We are lucky in that we've been generating revenue from the start and have never been in the position where we had to raise money. It's more about looking a year or two ahead and deciding if we want to stay on the current track or go big on some things," he explained.

The brothers, who now live in San Francisco, have been making money since their teens – when Patrick won the BT Young Scientist of the Year, aged 16, in 2005.

The online payments firm was established in 2010 and is used by Apple, Twitter, Facebook, and Chinese online company Alipay. After the previous funding round valued the company at \$9bn in 2016, the pair were estimated to be Ireland's youngest billionaires.

Guest experience gong for Dromoland

Dromoland Castle has won 'Ireland's Guest Experience Award' at the Gold Medal Awards 2018.

Now in their thirtieth year, the Gold Medal Awards are recognised as the leading independent awards programme for the Irish hospitality industry.

Judged by industry experts, the Hotel & Catering Review Gold Medal Awards recognise and reward excellence in hospitality and catering operations across the island of Ireland.

These awards encourage and applaud hotels, restaurants, guest houses, spa and leisure facilities, event caterers, healthcare caterers, site caterers, as well as individuals and teams, that achieve the highest standard of product and service in the industry.

The awards were presented at a



Sharon Power, sponsor of prize presents the prize to Nico Hernandez, general manager, The Inn at Dromoland; David McCann, executive head chef Dromoland Castle, and Simon Hodgson deputy general manager, Dromoland Castle

black-tie gala dinner on September 25 at The Lyrath Estate Hotel, Kilkenny.

Dromoland Castle Hotel and Estate was named the winner of 'Ireland's Guest Experience Award'.

Mark Nolan, managing director of Dromoland Castle, said of the award: "We are delighted to receive such a prestigious award, particularly following our recent €20 million renovation investment into the castle which has combined all the modern luxuries expected of a five-star property with the unique and historical elements that Dromoland Castle has to offer."

"This award is very much a testament to the staff of Dromoland, providing the highest standard of service and making the experience all about the people".

Dromoland Castle and the Inn at Dromoland currently employs over 400 staff.



KEEP IT LOCAL!

Limerick businesses in the spotlight



Sohaila keeps her eye on the prize and wins Specsavers Spectacle Wearer of the Year

SPECSAVERS is delighted to announce that Sohaila Lindheim has won the coveted title of Irish Spectacle Wearer of the Year 2018. Following a nationwide search, Sohaila, a Limerick native, beat off stiff competition from over a thousand entries for a place at the grand final in London on Wednesday, October 24 at Northumberland Avenue.

Speaking about her win, Sohaila said: 'I'm absolutely over the moon to have been chosen as the Irish Spectacle Wearer of the Year, as I know so many people from across the country entered the competition. I'm excited to attend the grand final in

London and represent Ireland. To experience something like this is a once in a lifetime opportunity, so I intend to enjoy every minute of it!'

Store director at Specsavers Limerick stores, Sinead Clohessy, says: 'We are delighted that a customer from Specsavers Cruises Street has been chosen as the overall Irish finalist and we would like to congratulate Sohaila on this achievement. We want to wish her the very best of luck as she represents Ireland in the overall final in the UK in October.'

Sohaila was chosen from five age categories; 16-24, 25-34, 35-44, 45-59 and 60+.

As part of her prize, she will receive a full makeover before mingling with celebrities at the star-studded grand final in London, which celebrates specs wearers from the Republic of Ireland and the UK. Competition ambassador and former Steps star, Claire Richards, will announce the overall Spectacle Wearer of the Year 2018 who will win €12,000 in cash and €1,000 to spend on eyecare in Specsavers.

Now in its 23rd year, the competition raises valuable funds for the National Council of the Blind with €1 donated to the charity for each eligible entry received.



Sohaila Lindheim, pictured on Cruise Street after being named the Specsavers Irish Spectacle Wearer of the Year winner

Celebrate all things Christmas at Dromoland Castle

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, Macarons, Fruit Cake and Roulade, €47.50 per person.

Chef David McCann has also



Make Dromoland Castle your home away from home this Christmas

designed a festive five course menu which you can experience while enjoying a live performance of traditional festive carols by Trilogie featuring Kate Purcell. The special evening of celebrations will take place on the 7th, 8th, 14th, 15th, 21st and 22nd of December, €85.00 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 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 get-away,

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 has to offer.

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.

Shake off 2018 and welcome the dawn of 2019 at Dromoland Castle with a two-night stay. Dress to impress for the main Gala Black Tie Event, held in the Main Gallery, one of the most beloved parts of the Castle.

The perfect choice to celebrate a leisurely and luxurious start to 2019. A warm welcome on the evening by Mark Nolan (Managing Director) over celebratory cocktails and canapés before joining your fellow guests for a six-course gourmet dinner with wine pairings. Toast to the New Year with a glass of champagne in hand with festive entertainment on the night provided by House Jazz Band followed by wonderful fireworks at midnight.

On New Year's Day, savour a relaxing Table d'hôtel dinner in The Earl of Thomond followed by entertainment in our Cocktail Bar provided by our resident ballad singer, €780 per person sharing.

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



KEEP IT LOCAL!

Limerick businesses in the spotlight



SWEET TREAT FOR CITY CENTRE

Limerick Metropolitan Mayor Daniel Butler cuts the ribbon on the new Nom! Donuts & Gelato shop on Roches Street. The shop offers fresh donuts, gelato, waffles, gelato shakes and much much more



Santa doesn't do Google maps in Limerick

OLD school Santa is prepping for his trip to Limerick with his map this Christmas and has marked out the Clayton Hotel Limerick as his first stop, he says it's because "I always get a great welcome there and they have the best fun too...it's very Christmassy at their parties and they have someone

dressed up like me singing songs" Santa says get booking the Clayton for Christmas - no one likes to left on the naughty step! So avoid the naughty step and call 061 444105 to speak to one of our Christmas elves directly or email events.limerick@claytonhotels.com

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Recruitment

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limerickleader.ie

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LIMERICK LEADER

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As Limerick's most trusted local brand for news, sport and entertainment, the Limerick Leader is seeking a talented Reporter to join one of the best teams in provincial journalism.

The Leader has won multiple awards for its coverage in print and online - and the ideal candidate will play a key role in continuing that success story. We want someone with an eye for a great story and the technical skills to publish across the Leader's print and digital channels.

We are looking for a self-starter who can:

- Demonstrate excellent reporting skills and deliver fresh and engaging news.
- Build up a contacts book quickly and represent the Leader in the local community.
- Engage our substantial online audience through the use of video and audio.

The closing date for applications is Friday 5 October 2018.

To apply, please email alan.english@iconicnews.ie including a covering letter, CV and samples of your work.

LIMERICK LEADER

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Express

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(Under the auspices of the Little Company of Mary)

MILFORD CARE CENTRE, Limerick Serving the people of the Mid-West

Milford Care Centre, working in partnership with the Health Service Executive provides a comprehensive range of Specialist Palliative Care Services and Services for Older People throughout Counties Clare, Limerick and North Tipperary (Mid-West Region). We are a recognised Centre of Excellence in Healthcare and we pride ourselves in delivering high quality patient centred care to our many service users.

If you care about the delivery of Quality Care, come and do it with us



Our services are expanding to meet the growing demand of our services. We pride ourselves in the delivery of high quality care and are looking for like minded people to join our team. In this context we are seeking applications from highly committed nursing staff who may be interested in joining our team to fill both permanent and fixed term posts:

- (1) RGNs in Care of the Older Person - Nursing Home
- (2) RGNs in Palliative Care-hospice

Panels will be created from which current and future vacancies arising will be filled:

Further training and assistance with personal development will be available for the above posts. Job Descriptions and further details for these posts are available from the Human Resources Department on 061-201708 or Milford Care Centre website www.milfordcarecentre.ie. Interested applicants should submit a letter of application, and an up to date Curriculum Vitae (unbound), including names, addresses and contact details of three referees not later than 4pm on Tuesday 9th October 2018 to **Mr Declan Deegan, Head of Human Resources, Milford Care Centre, Castletroy, Limerick.** Please note short-listing may apply. Applications may also be emailed to recruitment@milfordcarecentre.ie

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BCD currently have a number of vacancies for the following positions:

General Operatives

If you are interested in applying please forward your CV to:

HR Dept, BCD,

**Railway Road, Charleville,
Co. Cork or
email hr@bcd.ie
Before Friday 19th October 2018**

**Tel: (063) 30200
Email: hr@bcd.ie
Web: www.bcd.ie**

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CPL Fuels Ireland is part of the CPL Industries group, which has been delivering solid fuel for many years. The CPL Industries group has established itself as one of Europe's leading smokeless solid fuel manufacturers and suppliers.

CPL Fuels Ireland seek to offer a cost effective, more energy efficient, and greener alternative to traditional coal, and a fuel that people can rely on following the upcoming ban on smokeless coal. CPL has developed a range of solid fuels that are not only smokeless, but also contain a proportion of renewable biomass materials of up to 50%.

A number of vacancies are currently available at our manufacturing facility in Foynes.

TECHNICAL MANAGER

To manage the internal and external engineering resource to ensure the packing plant and associated equipment is maintained safely and in efficient working order. You will need a technical understanding of automated equipment, an electrical qualification and the aptitude to fault find on low voltage systems.

MECHANICAL FITTER

To be responsible for fault finding, maintaining, installing and improving our industrial process equipment. You will hold a recognised and validated engineering qualification and have a flexible approach to work, both individually and as part of a team.

GENERAL OPERATIVES (2)

You will be responsible for various tasks within our yard environment to ensure the seamless continuity of our operation. These are permanent vacancies and you will be paid at a rate of €12.36/hour. Experience of working on an automated packing line would be preferable.

LOADER DRIVERS (4)

You will be employed on a 6 month contract and will be expected to work on a shift basis. You will be paid at a rate of €12.36/hour. You will hold a current loading shovel licence.

OFFICE ADMINISTRATOR

You will provide a high level of administrative support to the site assisting with new starters, health & safety and procurement duties. This is a permanent vacancy. You will have proven experience within a similar role, ideally gained within a busy commercial environment.

To apply for these roles please email a copy of your CV and a covering letter to recruitmentireland@cplfuels.ie. Please also advise of your salary expectations.

DIESEL MECHANIC FITTER REQUIRED

Limerick based company with its own road going fleet and facility based machinery require experienced Mechanic to work under Head Mechanic.

The role will involve the following:

- Maintaining and repairing all trucks and trailers
- Completing all necessary paperwork related to the above
- Calling out to emergency breakdowns on the road
- Repairing machinery on site when required
- Working with an ongoing preventative maintenance program

Suitable candidates will require the following:

- Qualification as a Diesel Mechanic / Hydraulic Fitter
- Full clean Car (B) Licence

Replies with CV to:

Kieran.bh@gmail.com

RECRUITMENT

Dawn Meats. One of Europe's leading processors of premium quality beef, lamb and innovative value added meat products has a requirement for:



Apprentice Industrial Fitter

Based on site in Charleville, Co. Cork; the successful candidate will preferably have some plant machinery experience, ideally within the food or agri sector.

Applicants must be at least 18 years of age and have a minimum of grade D in any five subjects in the Junior Certificate or equivalent.

You must be highly motivated, possess good interpersonal, analytical and organisational skills.

Closing date for application is
Monday 8th of October 2018

To apply please send your CV with a covering letter to: hr@charleville.com or alternatively apply in writing to:

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Architectural Technologists

eml architects are an expanding Architectural practice, with offices in Limerick and Dublin.

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The ideal candidates will have the following level of experience and qualifications:

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- Proficiency in AutoCAD;
- Experience working with Irish Building and Planning Regulations;
- Experience in the preparation of Fire Certificate and DAC applications desired but not essential;
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Salary is negotiable depending upon experience.

Please reply with CV and examples of work to
limerick@eml.ie

All applications will be reviewed in the strictest confidentiality.



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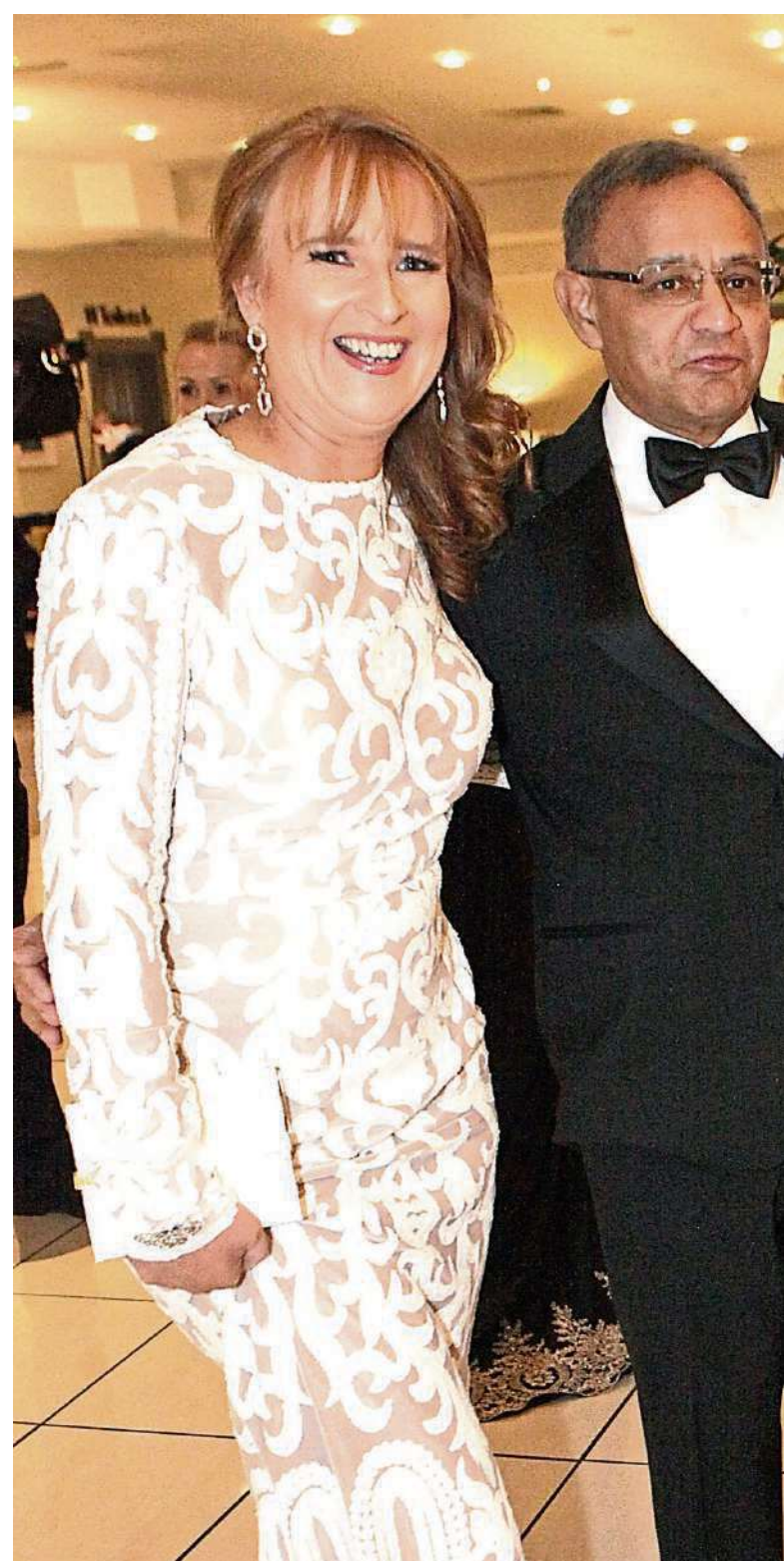
Please apply directly to aryan@blulift.ie by 7th October 2018



Nigel and Roisin Mercier, Mungret



Geraldine Clancy, Glenogra and Bill Hanly, Killonan



Out & About

BUTTERFLY BALL AT THE RADISSON BLU

Pictures: DAVE GAYNOR



Anne Marie Kavanagh, Glasgow Park and Helen McInerney, Rathbane, at the butterfly Ball



Leanne Clancy and Ed Dwan, Thurles



Nick and Mary Jackman, Newtown, Castletroy, in the Radisson for the Butterfly Ball



Melanie Lennon, Absolute Hotel, and Kevin Corbett, Limerick Leader, at the Butterfly Ball



Margaret Whelan, Rathbane, Carmel Collins, Ennis Road, and Mary Swanton, Caherconlish



LEFT: Georgina Flynn, Meath, Professor, Rajnish Gupta, Cratloe, founder of the Mid Western Cancer Foundation, Alanna Herath, Raheen, and Edel Gupta, Cratloe

ABOVE: Pat and Sheila Canty, Croom and John Butler, Adare

RIGHT: Professor, Colm Dunne, UL Medical School and Dr, Suzanne Dunne



Jarlath Kenny, Norma Fogarty and Tara and Damien Ramsey, Glenbrohane



Stephen and Philippa Keogh, Clonlara



Valerie Murphy, Valerie's Breast Care, Antoinette O'Connell, Ballinacurra and Hilary Thompson, Killaloe



John Mckay and Shaira Mahammed, Dooradoyle, and Aine and Richie Flanagan, Annacotty



Anne and Liam Keehan, Crecora



Limerick Museum exhibition opening, 'Dimensions' by Cindy Fogarty pictured with friends, family Dr Matthew Potter, Limerick Museum and Municipal Mayor of Limerick City, Daniel Butler.

Out & About

CINDY FOGARTY EXHIBITION AT LIMERICK MUSEUM

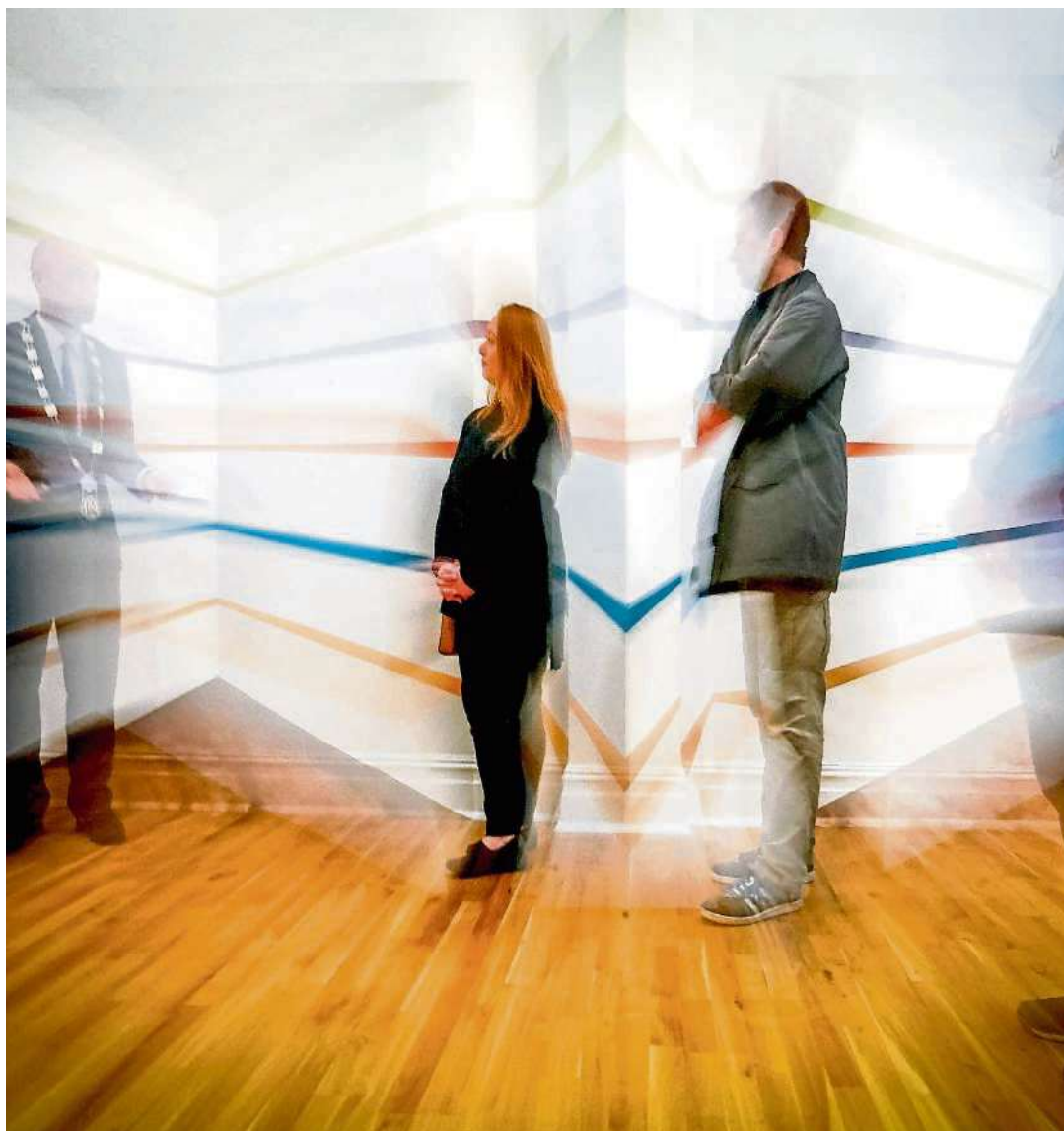
Pictures: KEITH WISEMAN



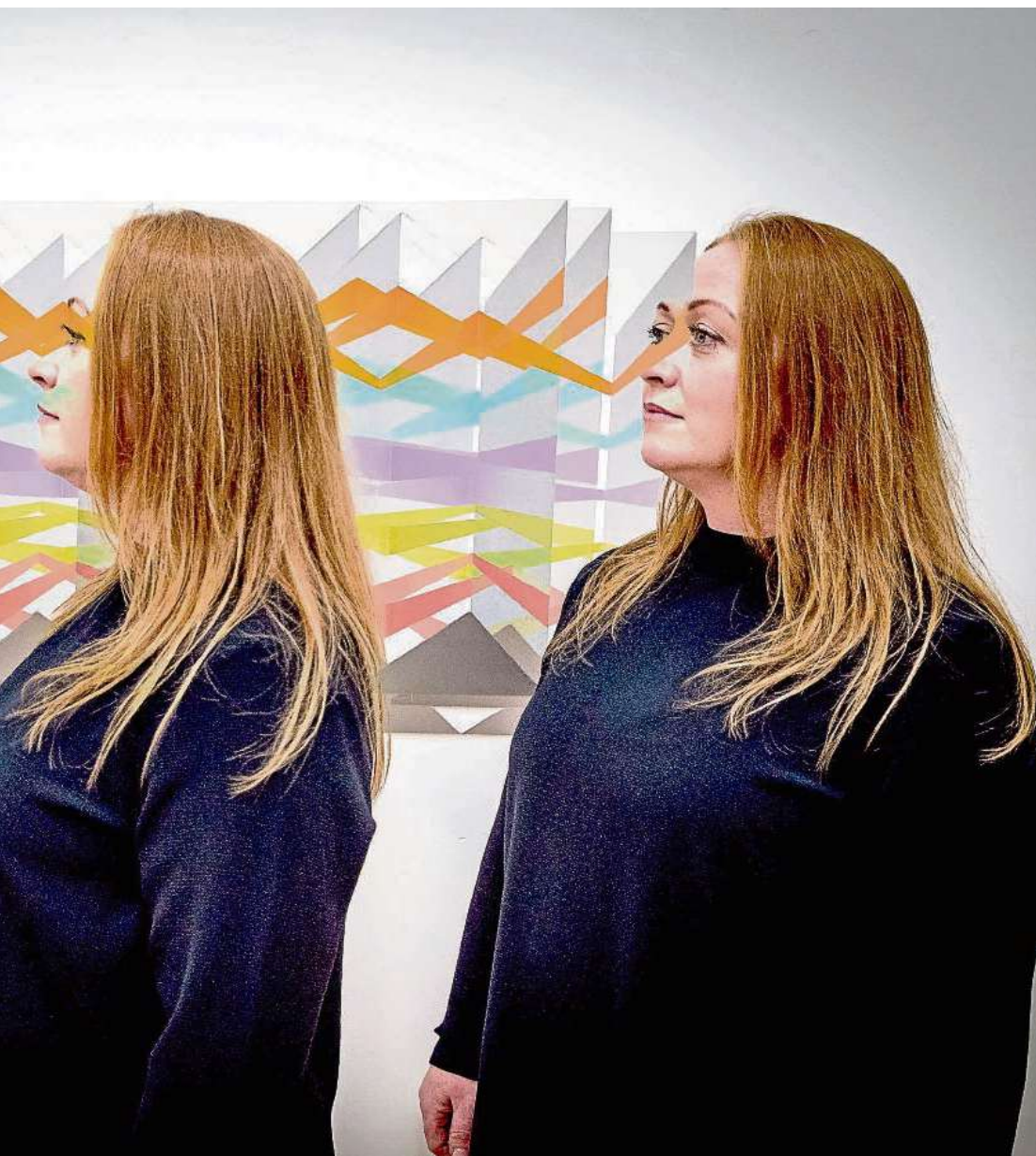
Cindy Fogarty pictured here with Municipal Mayor of Limerick City, Daniel Butler, Maurice Quillinan, artist/curator and Dr Matthew Potter, Limerick Museum



Cindy Fogarty pictured here with her family sons, Ruairi, Cathal Og and Daithi and husband Cathal McCarthy.



Cindy Fogarty pictured here with Municipal Mayor of Limerick City, Daniel Butler, Maurice Quillinan, artist/curator and Dr Matthew Potter, Limerick Museum



Limerick Museum exhibition opening, 'Dimensions' by Cindy Fogarty, a BA Honours Fine Art Painting graduate of Limerick School of Art and Design. Working predominately through the medium of paint, her practice examines our neurological digestion of information in our quickly evolving society and how we respond to it PICTURE: KEITH WISEMAN



Cindy pictured here with Dr Matthew Potter, Limerick Museum



Cindy Fogarty pictured here with her sisters Paula, Collette, Linda and Mandy.



Limerick Museum exhibition opening, 'Dimensions' by Cindy Fogarty. In the space' Barry Lemasney, Castleconnell.



Cindy Fogarty pictured here with Municipal Mayor of Limerick City, Daniel Butler, Maurice Quillinan, artist/curator and Dr Matthew Potter, Limerick Museum.



Cindy pictured reflection in her "Ethereal" exhibit a dodecahedron mirror



Pupils, teachers and Limerick hurlers, Shane Dowling, Mike Casey, Kevin Downes, David Dempsey and Peter Casey

Out & About

CHRIST THE KING BOYS SCHOOL CAHERDAVIN

Pictures: ADRIAN BUTLER



Shane Dowling, Mike Casey, Kevin Downes, David Dempsey and Peter Casey with their teachers, Liam O'Gorman, Ian Graham, Seamus Tracey and Liam Dillon with the cup



Shane Dowling holding the cup arrives with his team mates to the school



Teachers, Sinead Beary, Claire Keating and Ruth Andrews



Shane Dowling with Sean Murphy



Mike Casey with Marcy Fox and Mark and Alex Fox Scales



There was great excitement at Christ The King boys school, Caherdavin when hurlers Shane Dowling, Mike Casey, Kevin Downes, David Dempsey and Peter Casey brought the Liam MacCarthy Cup to the school
 PICTURE: ADRIAN BUTLER



Teachers, Liam Dillon, Catherine McCarthy and Shane O'Neill



Peter Casey and David Dempsey with Eimear Frawley and Poppy O'Connor



Hurlers, Shane Dowling, Mike Casey, Kevin Downes, David Dempsey and Peter Casey with Alex Kearns, Odhran Roche, Sean Ryan and Tadhg Hogan



Miss O'Connor with her Class holding the Liam MacCarthy Cup

Out & About

LIAM MACCARTHY CUP COMES TO SALESIAN PRIMARY SCHOOL FERNBANK

Pictures: BRENDAN GLEESON



Ruth Madigan and Aimee McNamara



Limerick Hurlers, David Dempsey and William O'Donoghue with Ger Purcell holding the cup



Alene O'Malley and Geraldine Rae with the MacCarthy Cup



David Dempsey autographing a hurley for Kealey Hartigan and Isabel Amrein



Michael, Yoilth and Zeytuna Moloney



LEFT: The Students and teachers with the Liam MacCarthy Cup

ABOVE: David Dempsey and William O'Donoghue with Sr Therese Murray

RIGHT: Ruth Collins and Kate Daly, with the Liam MacCarthy Cup when it visited Salesian Fernbank Primary School



David Dempsey and William O'Donoghue with Deirdre Cusack, Principal



Tom and Alice Rose Hayes with the cup



The Junior Infants with the Liam MacCarthy Cup



William O'Donoghue and David Dempsey with Toby Conlon



Louise O'Sullivan, Caoimhe Hartney, Robin Putizer, Kate Cronin, Jennifer Moloney, Siun Kirby and teacher, Alene O'Malley



Launch of the 11th Polish Arts Festival 2018 in the Hunt Museum. Christian Buchasdt, Gabriel Mulski and Wiktor Laskowski

Out & About

LAUNCH OF THE POLISH ARTS FESTIVAL IN THE HUNT MUSEUM

Pictures: KEITH WISEMAN



Tom Muldowney, Pat O'Sullivan and Grzegorz Sala, head of Consular Section, Embassy of the Republic of Poland in Dublin



Pat O'Sullivan, Justyna Cwojdzinska, Artistic Director of the 11th PAF and Grzegorz Sala, Head of Consular Section, Embassy of the Republic of Poland in Dublin.



Artists, Iwona Kreciwilk and Renata Ledzinska at the exhibition



Artist, Michal Lubinski and Rosa Fairbrother



Mieszko and Anya Bialek, Raheen at the opening

At the launch of the 11th Polish Arts Festival 2018' in the Hunt Museum. Ewa Kotula, Aleksandra Styka, Anna Hurkowska and Dagmara Katulska PICTURE: KEITH WISEMAN



Tom Muldowney, Pat O'Sullivan and Grzegorz Sala, Head of Consular Section, Embassy of the Republic of Poland in Dublin.



Justyna Cwojdzinska, Artistic Director of the 11th PAF in discussion with Mayor of Limerick City and County, James Collins

ENTERTAINMENT

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

Maeve to talk about time in America

Comedian Maeve Higgins, pictured right, is to appear as part of the I.N.Y Festival, which kicks off next week across the city.

Higgins, a contributing writer for The New York Times and the host of the hit podcast Maeve in America: Immigration IRL, will appear in conversation with journalist Sinéad Gleeson to talk about what it means to be an 'alien of extraordinary ability' in the land of Donald Trump, getting 'Inside Amy Schumer', and how to co-host a podcast with Mary Robinson, while also reading from her new book.

The event takes place on Tuesday, October 9 in Dolan's as part of I.N.Y, the Limerick-based festival that explores and celebrates the relationship between Ireland and New York, takes place at a number of city venues from October 7-14.

Best-selling author Charles Brandt, who has been working with Martin Scorsese on his latest film, is also booked to appear, as are musicians Luka Bloom, Qool DJ Marv and MynameisJohn of Rusangano Family. The festival is presented this year in partnership with the Global Irish Festival Series. See www.thisisiny.com for more.



Dublin based slam poet Clara Rose Thornton will feature at Make a Move

Make a Move to this festival

THE Make a Move Festival returns to Limerick for its seventh outing this weekend.

Running from Thursday to Sunday, the city wide festival will host a diverse programme that sees over 50 artists, producers and performers from hip hop, street art and spoken word backgrounds perform in a range of venues.

In one of the highlights on Friday

night, legendary Irish DJ and producer, DJ Mek will make his first appearance in Limerick in six years at the Record Room, while a Poetry Jam takes place on Saturday evening in the Wickham Tap and on Sunday a number of different poets and artists will gather in Narrative 4, including Chicago-born, Dublin based slam poet Clara Rose Thornton. See www.makeamove.ie.

HIGHLIGHTS

WEDNESDAY, OCT 3

Desi Wilkinson and Friends

Lime Tree, 8pm. €18/15

Trad & Folk Music

The Glen Tavern, 9pm

THURSDAY, OCT 4

Bernard And Fred

Kasbah Social Club, 7.30pm. €16

Make a Move festival

Various venues, until Sunday

Deleyaman & Jules Maxwell

LCGA, 6pm. €10

Jason Hennessy

The Glen Tavern, 10pm

FRIDAY, OCT 5

The Navarra Quartet

Belltable, 8pm. €17/15

Sounds Of Change

Dolan's Warehouse, 7.30pm. €10

Joe Henry

Dolan's Upstairs, 9pm. €17

The Altered Hours

Pharmacia, 9pm. €5

Barry Purcell

The Glen Tavern, 10pm

Mek a Move

Record Room, 10pm. €10

SATURDAY, OCT 6

Poetry Jam

Wickham Tap, 7pm. Free

Cracks

Belltable, 8pm. €17/15

Strung and Friends

UCH, 8pm. €20/15

Boy Azooga

Dolan's Upstairs, 9pm. €10

Bloody Kisses

Kasbah Social Club, 9pm. €10

Beat Club

Pharmacia, 10pm. €5

Joe Moloney

The Glen Tavern, 10.30pm

SUNDAY, OCT 7

Pale Waves

Dolan's Warehouse, 7pm. €20

Musical Chairs

The Old Quarter, 7pm

MynameisJohn

Record Room, 9pm. Free

Quentin

The Glen Tavern, 10pm

MONDAY, OCT 8

Trad Music

Locke, nightly at 5pm & 9pm

A Late Quartet

UCH, 7.30pm. €5

I, Dolours

Belltable, 8pm. €8

I.N.Y | A Conversation on Democracy Now

Lime Tree, 8pm. €20/5

TUESDAY, OCT 9

Music Club with Liz Nolan

UCH, 6.30pm. €65/55

I.N.Y Presents Maeve In America

Dolan's Warehouse, 8pm. €10/12

On the Nail

Chez le Fab, 8pm. Free

The Acoustic Club

Charlie Malone's Bar, 9pm

Wastefellow

Pharmacia, 10pm. €10/6

The Navarra Quartet to perform at the Belltable

THE award winning Navarra Quartet appear at the Belltable this week, the first concert in the National String Quartet Foundation's autumn season.

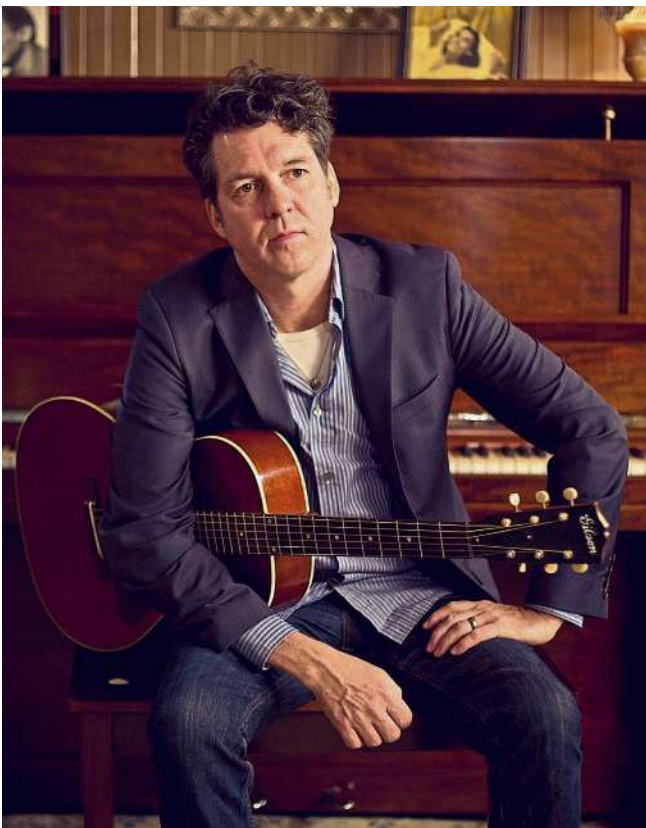
Featuring Irish cellist Brian O'Kane, the group have an international reputation as one of today's most dynamic and poetic string quartets and play Friday night at the Belltable.

On Saturday, Quintessence Theatre Company bring Cracks to the theatre, directed by Anna Simpson in a powerful original play exploring mental illness. The company physical ensemble story-telling techniques mingled with film and music in the darkly comic and deeply moving play.

See www.limetreetheatre.ie.



The Navarra Quartet play the Belltable on Friday night



Joe Henry plays Upstairs in Dolan's on Friday

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Quintessence Theatre perform the acclaimed Cracks in the Belltable on Saturday



RIGHT: The Make A Move festival takes over Limerick city



The Navarra String Quartet are at the Belltable on Friday

HIP-hop takes centre-stage in Limerick this weekend as the Make A Move festival bounces back. You can also catch two days of Lego creations, a dark comedy about mental health in the Belltable and some great music. And there's a free family fun day in the city on Saturday!

Thursday (October 4)

Street Beats is a mini-festival taking place on Little Catherine Street this Thursday. From 11am till 8pm, you can catch a stream of music and poetry in aid of Mid-West Simon. It's a free event but, as Simon is as worthy a charity as you can possibly find, it'd be cool to throw a few quid in the collection bucket. Entirely up to you, I'm fairly sure you can do without a latte for one day.

The **Make A Move** festival returns to Limerick city this weekend, celebrating the urban traditions of hip-hop culture and street art. It kicks off on Thursday at 7pm with a DJ workshop for women at Ormston House. Highlights of the weekend include DJ Mek and the Pressure Drop Sound System at the Record Room on Friday night (10pm, tickets are a tenner), an interactive street art tour with Eoin Barry leaving from Limerick Printmakers at 1pm on Saturday (tickets €5) and a free DJ set by Mynameisjohn at The Commercial on Sunday night at 9pm. See the full lineup at makeamove.ie

Friday (October 5)

On Friday, **Dolan's Warehouse** hosts **Sounds Of Change**, a night of international music, dance and poetry. It will feature award-winning fusion group Citadel, David Idioh from the Voice Of Ireland, dancer Yovanna Torres and singer-songwriter Julianne Hennelly. Apart from the central message that direct provision is a stain on Irish society comparable with the Magdalene Laundries, most of the night will be the sort of performance hoopla that you really

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

shouldn't miss. It's a fundraiser for the Movement of Asylum Seekers in Ireland, an organisation that aims to improve the lot of refugees and asylum-seekers. Doors at 7.30pm, tickets are a tenner.

The **Navarra String Quartet** are in the **Belltable** on Friday evening, playing some Schubert, some Vasks and Haydn's String Quartet in C Major - a cheeky little work that involves a cello battling with a viola for twenty minutes. I still think that if you're going to perform anything by Joseph Haydn you should immediately follow it with something by François-Joseph Gossec. Childish humour, wait for it, it'll come to you. 8pm, tickets are €17 / €15 concession.

American singer-songwriter **Joe Henry** brings his gravel-infused voice to **Upstairs Dolan's** this Friday night. He also brings the rest of him, to save you the confusion of staring at a disembodied voice on stage. His style encompasses folk, rock and

blues, making him one of one of the finest exponents of Americana you can have the joy of seeing on stage. Think of him as Nick Cave meets Tom Waits but with better taste in hats. I very much recommend that you see him live. Doors at 9pm, tickets are €18.

Cork alt-rockers **The Altered Hours** play a gig in **Pharmacia** this Friday night at 9pm. Somehow, they've managed to make being rough around the edges a trademark of their sound and, with tickets just a fiver, it's probably the best value you'll get from a ticket this weekend. They'll be supported by Casavettes and Galant.

Saturday (October 6)

Lim Brick City is an exhibition of Lego creations in **St John's Pavilion** this Saturday and Sunday. It's brought to you by people who love both Lego and terrible puns. They'll have over 100 custom creations and official sets on display, as well as a play area and Lego wall. It had a sold-out

weekend in May so early booking is advised for this one. It runs from midday to 6pm on Saturday and from 10am to 6pm on Sunday. Tickets are €12 for adults and €4 for children. If you're part of an entire family of Lego loons, you can bring two adults and four children for €25.

There's a **Family Fun Day** on **Bedford Row** this Saturday for Limerick Mental Health Week. You can expect face-painting, live music, an abundance of teddy bears, you know the drill. Compared to last year, there's been a dearth of free family days on Bedford Row in recent months so this one is very welcome. It will run from midday to 4pm.

Quintessence Theatre are at the **Belltable** this Saturday with their acclaimed play **Cracks**. It's an exploration of mental illness and the aftermath of a suicide attempt. That sounds dark - and it is - but it's also a play littered with enough black humour to easily draw you into the story of a woman

struggling with herself and coping with a mental health system dramatically unfit for purpose. First devised by the Dundalk-based company in 2016, the play is now on a national tour supported by the Arts Council and has had a lot of praise from people who have seen it. Definitely worth a punt. 8pm, tickets are €17 / €15 concession.

Sunday (October 7)

Joined Hands In Freedom is a performance event at **Narrative 4** this Sunday, exploring the links between black and Irish struggles for freedom. Hosted by Chicago-born slam poet Clara Rose Thornton, it will commemorate the visit of abolitionist Frederick Douglass to Limerick in 1845 during An Gorta Mór. You can expect a marvellous afternoon of spoken-word performance. It starts at 4pm and it's a free event.

Emo droop-rockers **Pale Waves** are in **Dolan's Warehouse** this Sunday night. The Manchester quartet have just released their debut album *My Mind Makes Noises*, picking up almost-perfect reviews from NME and Dork. They have some distance to go before people who aren't NME or Dork will rise to giving them an unbridled recommendation but it's definitely the best gig in Limerick this Sunday. Yes, that counts as a guarded recommendation. They'll be supported by *Swimming Girls* and *King Nun*. Doors at 7pm, tickets are €20.

All weekend

Helena Grimes' *Anthology* exhibition is at the Belltable until October 20. Sandra Sheehan's *The Colour Of Joy* runs at Friar's Gate Theatre until October 31. The *Ilen* exhibition is at the Hunt Museum until November 11. The *Maud Cotter* and *Anita Groener* exhibitions run at Limerick City Gallery until January 6. All free to visit.

That's your lot for this weekend and as always, if you go to things, there will be more things!



Pale Waves play Dolan's Warehouse this Sunday



Stephanie and Leonard O'Grady, Castletroy View were in J.J. Bowles Pub, Thomondgate to enjoy the atmosphere before the big game between Munster and Ulster at Thomond Park

On The Town

THIS WEEK WE VISIT JJ BOWLES BEFORE LAST SATURDAY'S MUNSTER MATCH

Pictures: DAVE GAYNOR



Niall Cantillon and Andrea Sheehy, Moyross



Rioghna D'Arcy, J.J. Bowles Pub and Mike Murphy, Thomondgate



Rosa Matthews, Belfast and Cathy Scott, Dublin



Ger Clancy, Ennis Road and Ray Clancy, Dooradoyle



Dave Quinn, Glasgow Park and Brian Leamy, Pennywell



Mike Tracey and Paul Slattery, Thomondgate



LEFT: Mike Hynes and Becky Dolores and Dermot Cleary, Fairgreen

ABOVE Gavin Stain and Stew McDowall, Belfast

RIGHT: Martin Doyle, Clareview and Aengus D'Arcy, J.J. Bowles Pub



Janet Ward and Lenny Pearse, Annacotty



Pat and Shona Considine, Norwood Park

LEADER LIFE

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

Raising the curtain for Limerick

What time do you get up?

Usually around 7.30am to start the daily routine of getting a reluctant 10 year old out the door to school.

What is your normal breakfast?

From Monday to Friday I normally eat museli with fruit but I go wild and have toast at the weekends. Bliss, bread is my downfall.

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

Over the past 12 months I'm after getting into running, so twice a week I leave the Lime Tree Theatre after work and run out the Condell Road which makes me a far nicer person to be around when I go home.

You arrive at office at what time?

Anytime from 9.30am - 10am. Working in a venue often requires evening work so it depends on the week, the month, the season.

What are your first duties?

My journey in from home to work takes about 25 mins in the car, by the time I get to work my 'to do' list is fully formed and when I land in the office I start tackling the list.

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

I'm afraid to answer this question. I am a tea-aholic. The new Townhouse Cafe at Belltable doesn't help, it's too easy to pop down and get something when I'm working from the Hub upstairs!

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

We are spoilt for choice in Limerick, when I do go out for lunch I love the new vegan restaurant The Underdog for the days I work in Belltable and the Green Yard Cafe is always a friendly place for lunch with great food.

Do you have many meetings during the day?

Yes, sometimes too many.

What time do you finish up at?

Again working in a venue the time varies. For example our Bualadh Bos Children's Festival is coming up soon, it runs over a weekend and we have some family evening shows so it's rarely a 9-5.30pm job.

Do you watch much television?

We don't have a TV, for about 15 years now. But I do watch Netflix and right now I'm completely addicted to watching Queer Eye for the Straight Guy. Love it.

Do you read the newspapers?

Yes, we work with local press every week so it's a given. The Sunday papers last all week in our house too.

What do you do to relax?

I run and then I relax with a good



Gillian Fenton:
Working for the Lime Tree Theatre is not a 9-5 job, depending on the week, the month, the season

PICTURE: MICHAEL COWHEY

A Day In My Shoes

Gillian Fenton

Marketing Manager of the Lime Tree Theatre and Belltable

movie or book. If I have more time on my hands I also get lost in art projects that have nothing to do with work, making a mess seems to help me with stress.

Are you able to leave the office behind?

Yes I can manage it most of the time. It did take a while but I'm

better at it these days.

What is a perfect work day?

When a show is about to go up, a few minutes to 8pm and I look around and see a great audience in the theatre. That is a special moment. It's then made much more special when the audience enjoy the performance. I'm happy for all

involved, the company, the audience and the venue.

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

Sometimes I do, it's usually directed towards lazy people or unorganised people when they expect you to do their jobs. That is annoying. Do I hide it well? Mostly!

INSIDE THIS WEEK



SPIDER, SPIDER ON THE WALL

How to get over arachnophobia
PAGE 48



IS COFFEE GOOD FOR YOU?

Eva Hill Hamilton on its pros and cons
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TO THE MANOR BORN

Adare Manor hosts fashion show
PAGE 54



SCARY GOOD MAKE-UP!

Halloween inspo from Instagram
PAGE 57

Spider, spider on the wall

Overcoming a phobia that many people would find irrational



ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

MY own boy Oisin (10) hops out of the shower, soap suds in the hair shouting Daddy I can't go back in there? Why? Because there is a big spider up in the corner! It was a Daddy Long legs. So I thought I would use Google and we could all learn that Daddy Long legs are called; Pholcus phalangioides.

Regardless, many people are scared of spiders and I will have to do some little treatment for Oisin so he can do a 'Catch and Release' This time of year female spiders come into homes on the hunt for a mate as they normally house spiders usually seek shelter in September, but it seems the arachnids have arrived slightly earlier this year. In fact female spiders can stay in your home for the whole of their seven year life span! Run and get the Hoover!

WHY FEARS DEVELOP?

Arachnophobia is the name given to a fear of spiders. The understanding of spiders as bad and scary is not common for all cultures, but is rather usual for us in Ireland, US & UK. The spider gets a bad rap in the media often portrayed as villains in children's books and then as monsters in horror movies. When you look at countries like Cambodia, where spiders are commonly eaten, none of the fear or cultural dislike of spiders exist. So really, you would not be afraid of spiders, if you never had the opportunity to fear them!

Another possible reason relates to evolutionary psychology where we developed a fear of spiders as a survival mechanism (after all there were no antidotes) built into our minds and that people with spider phobia simply have a greater connection to their survival instincts.

HANDLING SPIDERS

For most people, the thought of handling a spider isn't a pleasant one — but for those with arachnophobia, it's downright terrifying. So it takes a particularly motivated individual suffering from such an intense fear to willingly put themselves into spiders way.

You know if you want you could get rid of this fear in a few hours. I think it would make a good

documentary! In such a workshop with tools you would get over your fear of spiders! Instead of the fear avoidance response you would need to learn self-calming techniques so that you can use these to build courage to take back control of your fear based emotions.

TREATMENT

Exposure therapy is a psychological treatment that was developed to help people confront their fears. When people are fearful of something, they tend to avoid the feared objects, activities, or situations, in this case spiders. Although you can replace spiders with dogs, flying, thunder etc. Although this avoidance might help reduce feelings of fear in the short term, over the long term it can make the fear become even worse. In such situations, as a psychologist I would recommend program of exposure therapy in order to help break the pattern of avoidance and fear.

SAFETY - YOU ARE ALWAYS IN CONTROL

We start off by creating a safe environment. The task at the end is to catch and release a spider or even hold a spider, a little one! This safe environment in which to "expose" individuals to the things allows then to confront fear and avoidance. Exposure therapy has been scientifically demonstrated to be a helpful treatment or treatment component for a range of problems, including: Phobias, Panic Attacks, Social Anxiety, OCD, PTSD, & Generalized Anxiety.

THERE ARE SEVERAL VARIATIONS OF EXPOSURE THERAPY.

In vivo exposure: Directly facing a feared object, situation, or activity in real life. For example, someone with a fear of spiders would be guided to handle the spider.

Imaginal exposure: Vividly imagining the feared object, situation, or activity.

Virtual reality exposure: Virtual reality technology can be used

EXPOSURE THERAPY CAN ALSO BE PACED IN DIFFERENT WAYS.

Graded exposure: The psychologist helps the client construct an exposure fear hierarchy, in which feared objects,



Exposure can help weaken previously-learned associations between feared objects or activities

activities, or situations are ranked according to difficulty. They begin with mildly or moderately difficult exposures, then progress to harder ones.

Flooding: Using the exposure fear hierarchy to begin exposure with the most difficult tasks.

Systematic Desensitization: Exposure is combined with relaxation exercises to make you feel more manageable and to associate the feared objects with relaxation.

WHY EXPOSURE THERAPY WORKS

Habituation: Over time, people find that their reactions to feared objects or situations decrease.

Extinction: Exposure can help weaken previously-learned associations between feared objects, activities,

Self-efficacy: Exposure can help show you that you are capable of confronting your fears and can manage your feelings of anxiety.

Emotional processing: During exposure, you learn to attach new, more realistic beliefs about feared

objects i.e spiders, become more comfortable with the experience of fear.

The key takeaway message; is that phobia's are very treatable and psychological science gives us the tools to feel the fear and do it anyway.

*** 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**



Let the sun shine taken by Shane McGrath. This shot appears to be taken from Sarsfield Bridge looking down on the Clayton Hotel and the Shannon Bridge



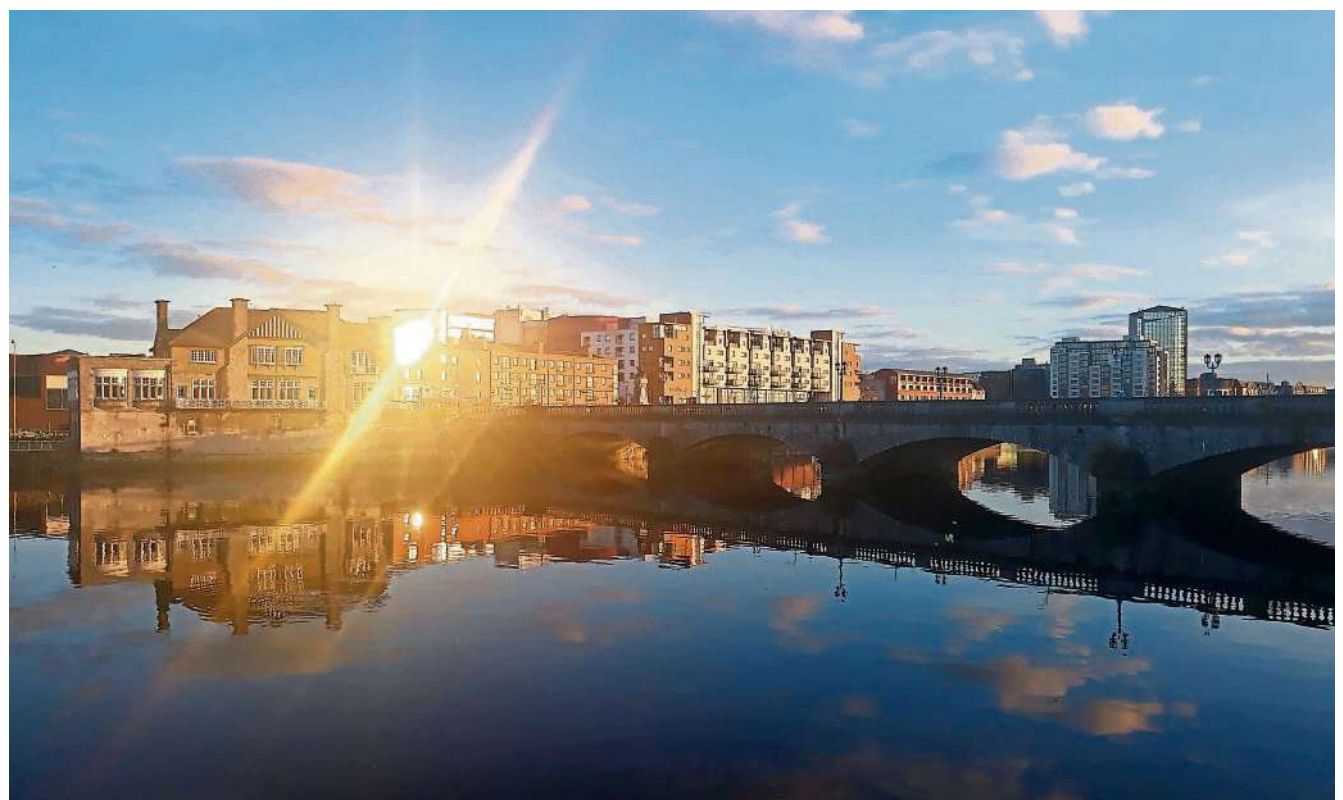
An autumn morning across the Living Bridge in UL taken by Diane O'Doherty

Readers**P**ictures

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



Kieran Kenneally snapped his son Harry on the last night of the late summer league of tag rugby in Old Crescent RFC



A sunny autumn evening in Limerick captured by Terence Keehan

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For supporting your teenager with acne

While spots are the hormonal calling card of adolescence, acne can have quite an impact on self confidence. While you mightn't be able to cure it, there are both practical and emotional things that you can do to support your teenager with acne.

It's not their fault

Remind them that this isn't something they have done – hormones and bodily changes are part and parcel of becoming/being a teenager

Offer support

Support them around the factors that are in their control – encourage bodily hygiene, healthy eating, sleep and exercise. The added bonus of a healthy lifestyle is that it will also make them better equipped mentally to deal with the stress or confidence issues that often accompany break-outs

Take it seriously

Take it seriously – laughing your child's acne off as vanity won't help their confidence. Try to listen to how they feel and chat about what you can do to address it (maybe visit a dermatologist if it doesn't seem to be clearing or looks particularly inflamed)

Be positive

Remind them of the mantra 'this too shall pass' – while they may find it hard to stay positive, knowing that it will eventually end might help them to cope a little better

Limit the chemicals

While the temptation is to keep trying solutions and creams until you find the one that works, this can strip the skin of essential oils and might cause further aggravation. Talk to your GP, pharmacist or natural health store about recommendations and don't forget to include your teenager in those conversations



Make sure that both you and your children put the gadgets away for a time every day so that you can focus on each other. You will be setting a good example for your children, and they will get the clear message that they are more important than the siren song of the gadgets

How to communicate and connect with your child

The excitement and anxiety at the beginning of the school year has now eased, and most parents have settled in to a daily routine, even if it feels chaotic at times. The rush to get ready for school in the morning and the evening routine, with homework, after school activities, friends, lunches and dinner can feel overwhelming for both children and parents. We can miss out on those important moments when we really connect and communicate with our children. We can also get so caught up in ploughing through the tasks at hand, that we find we don't have the time to have fun with our

children and really enjoy family life. No one gets this right all of the time, but below are a few things that might help.

Don't Over schedule. After school activities can be an important part of your child's development—they can learn new skills, make new friends, find a real passion in life. But, the overscheduled child won't be able to enjoy it, and it may cause them to feel stress and anxiety. Find a couple of things that your child really enjoys, and let them focus on that. Remember that your passions may not be their passions.

Eat Together. Try to make the

family dinner table a place for all the family to share their day, have some fun and reconnect. You may not be able to do it every day, but make a real effort to prioritise it as often as possible, even if that means being a bit flexible with the time.

Find time when there is no time. Many parents and children spend a lot of time together on the way to somewhere else. Try to make the most of this travelling time and spend it chatting with your child. These don't need to be deep conversations—just a space where you and your child enjoy each other's company.

Unplug. We all know this one, but the ping of a phone or tablet can seem impossible to resist. Make sure that both you and your children put the gadgets away for a time every day so that you can focus on each other. You will be setting a good example for your children, and they will get the clear message that they are more important than the siren song of the gadgets.

For more tips and advice on positive parenting, check out www.loveparenting.ie and keep an eye out for the launch of our new-look website in the coming weeks!



HEALTHY LIVING

EVA HILL HAMILTON

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Coffee – in praise of the dark brew

THE 30th of September was World Coffee day! With the many wonderful coffee shops in Limerick you will be delighted to find out that coffee might actually be good for you. It is loaded with antioxidants and beneficial nutrients that can improve your health – including soluble fibre to get your good gut bacteria to flourish! Studies show that coffee drinkers have a much lower risk of several serious diseases. Keep in

mind though that most of these studies are observational, thus they cannot establish causality.

Everyone knows its beneficial effect on energy levels – many use it and abuse it as a pick me up. Thanks to its caffeine that blocks an inhibitory neurotransmitter called Adenosine, which in turn increases adrenalin, noradrenalin and dopamine, leading to enhanced firing of neurons. Many controlled



Coffee is loaded with antioxidants and number of nutrients

trials in humans show that coffee improves various aspects of brain function; including memory, mood, vigilance, energy levels, reaction times and general cognitive function. Coffee drinkers tend to have up to a 65% lower risk of getting Alzheimer's disease and 32-60% of developing Parkinson's.

When these stress hormones are released, it is a natural response that our blood pressure gets raised. Caffeine cause only a slight incline, but if you are sensitive, under chronic stress or have high blood pressure, be cautious. At the same time, there is some evidence that women who drink coffee have a reduced

risk of heart disease and of stroke, by up to 20%. So if your blood pressure is normal or low, drink away. Longitudinal studies show coffee might actually increase longevity.

Coffee contains many nutrients, including B vitamins, magnesium, potassium and manganese. But it is most famous for its incredible antioxidant content. Antioxidants help to prevent cell damage, thus lower inflammation and have a preventative effect on chronic degenerative diseases. Take Type 2 diabetes for example, it is a gigantic health problem, currently afflicting about 300 million people worldwide. Studies show that people who drink the

DID YOU KNOW?
Over 2.25 billion cups of coffee are consumed in the world every day

most coffee have a 23-50% lower risk of getting this disease, with each daily cup associated with a 7% reduced risk. Previously coffee was thought to be bad for the liver, but as it turns out, it may actually protect it against cirrhosis.

People who drink 4 or more cups per day have up to an 80% lower risk. It does contain some acrylamides due to the roasting process, a type of carcinogen that is found in roast, burnt or smoked foods, yet coffee appears to be protective against two types of cancer; liver and colorectal cancer. Just avoid the instant form, which seem to have double amount of this by-product. Get a batch of organic fair-trade coffee beans and enjoy a cup or two... or five!

LIMERICK LEADER

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

www.limerickleader.ie





FIT4LIFE

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Diet foods that have more 'umph'

THE one thing I often hear people say about adopting a "diet" or a starting a new "food plan" is that meals are boring and unexciting. My response is usually – they are only as boring as you let them be.

Yes, sure a couple of meals every day might be straight from a tupperware box and a little less inviting than a four course spread, but adding a little imagination to meals you are taking a little time to prepare means the tastebuds won't suffer. And the good news is – you don't have to add too many calories either. There are loads of flavoursome foods that can be used to spruce up duller dishes and help keep the calories low. Eating clean foods doesn't have to be bland. Here are some ideas to jazz up your food in under 10 calories!

CUCUMBER SLICES

Add them to your water with a few mint leaves and taste the difference. There are also dozens of relay handy water bottles now available on the market that have separate compartments for fruits to add a little flavour. I also love mixed berries, pineapple and kiwis. Try out a few combinations and make your water come alive!

LEMON JUICE

Lemon juice has so many uses when cooking. Squeeze it fresh over salads (mixed with some Olive Oil) or fish or as before – add a few slices to your drinking water. Not only is it flavour-some but it's also extremely



Cinnamon is a great sweetener at just 2 calories per teaspoon!

alkaline when in the body so helps to balance out any acidity caused by "bad" foods.

ORGANIC CURRY POWDER

Add a couple of teaspoons when

roasting vegetables or boiling brown rice. The spice is a great way to give your metabolism a little boost too.

FRESH GINGER

Grate and add to salads or homemade curry's. This little beauty has many healing properties and is great in some hot water for an upset stomach, nausea, vomiting and other digestive issues.

CAYENNE PEPPER

As with the curry powder, the spice of Cayenne Pepper can boost your metabolism. Try pan frying your pre-boiled sweet potato in cayenne pepper and coconut oil for maximum taste.

ONIONS AND GARLIC

Two of the tastiest additions to any meal and all for under 10 calories. Add sautéed onions and garlic to your recipes and taste the difference.

INSTANT COFFEE POWDER

It may sound strange but sprinkling some coffee powder over greek yoghurt or homemade ice-cream will wake up your taste buds for under 4 calories! I sometimes add a little to my Protein yoghurt – it's amazing how a less than 1/4 of a teaspoon can add so much flavour.

CINNAMON

If you have a sweet tooth, cinnamon could be your best friend! Add some to oats, yogurt or even your coffee to add flavour for just 2 calories per teaspoon!

Hopefully these small tips can help you get a little more "umph" from your eat clean meals. My top tip is to always experiment. Add a new spice to the shopping trolley each week, try a new vegetable or fruit and use them in different ways. Before you know it you'll have opened yourself up to a world of new ideas to help battle any food boredom you might encounter.

Healthy Recipe

Simple Protein Pancakes

WHAT YOU NEED

30g Gluten Free Oats (I blitz mine into a flour in our coffee grinder!)
 1 Scoop Whey Protein Powder (flavour of your choice!)
 2 Egg Whites
 Splash of Unsweetened Almond Milk
 Toppings (I usually opt for Almond Butter or Peanut Butter with Greek Yoghurt and fresh fruit and raw cacao nibs)

WHAT TO DO

Preheat a non-stick frying pan with some coconut oil or low calorie spray.
 Mix blitzed oats, protein powder, egg whites and almond milk in a bowl.
 Pour half mixture onto pan and allow cook till top appears firm.
 Flip pancake to brown other side.



Repeat this process with second half of the mixture.

Moore2Life

What I'm loving this week

BEO event for wellness

We have kicked off our Autumn series of events so BEO is on the go! Over the weekend we had an amazing day at The Armada

Hotel in Spanish Point and next up is a trip to Cork on October 7. My favourite social media star Doireann Garrihy is the MC at all the BEO events. Remember we've only three dates left in the Autumn series so book your tickets now and don't miss out. See www.beowellness.ie



Hell and Back

Over the weekend Go Gym Limerick and Go Gym Greystones joined forces to complete the Hell and Back 7km obstacle run and boy was it an experience. We thrashed through mud to our midriffs, lakes, streams, over mountains and bogland and it was certainly an experience I'll never forget! For more information on their next event see www.hellandback.ie



TWINKLE TWINKLE

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LINKS

LONDON

Links of London is an iconic jewellery brand with an international presence. Their design team strives to create exquisite jewellery and statement watches that will captivate customers worldwide.

Since Links of London was founded, imaginative design, uncompromised craftsmanship and using the finest materials have remained integral to each new collection, ensuring each piece remains a timeless contemporary classic.

Whether you're a rose gold, Yellow Gold or silver fan, they design each collection with all three metal colours in mind. Based on the ethos that certain designs are timeless and need not change with the seasons, the Essentials collection is a celebration of key classic styles that never age. From simple bracelets and bangles to fine beaded necklaces, these are the pieces all women should have in their day-to-day jewellery box.

See pictured below the Essentials 18kt Rose Gold Vermeil Beaded Chain 3 Row Bracelet with the matching beaded chain necklace to the right. All available in various metal colours. Also available in this collection are the Essential Beaded drop earrings and studs, the perfect pair to take you from day to night. Discover charms as unique as you are with our large selection on the Fashion

Level. Treat yourself or a friend to keepsake jewellery that represents you, whether you're celebrating a special occasion or just showing your love. These charms can be used for countless looks. Pop them onto a chain and layer up your necklaces for a quirky and unique look (see pictured to the left). Charms start at just €45, making them the perfect gift.

You can personalise one of our Sweetie bracelets by adding some of our most popular charms or use our engraving service to add a personal message to a Narrative or timeless bracelet to make a gift that is sentimental & original. Similarly, an engraved gold or rose gold pendant is the accessory of the season and is ideal for gifting or as a treat to yourself, you're definitely worth it!

Simply engrave with an initial for a personal touch. Ideal for the fashion forward woman in your life who is always on-trend. Links of London is definitely a staff favourite here in Matthew Stephens Jewellers & we are more than happy to help you find the next piece to add to your jewellery box! Pop into us on the Fashion Level at 8 O'Connell Street and shop the entire collection





STYLE & FASHION

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Aoife Ruttledge showcases a stunning blue Sportsmax dress priced at €450 PICTURES: ANTHONY WOODS



Aoibhinn Helly wears Marella dress €440 while Aoife Ruttledge wears Red Valentino dress €1,150



Daniella Moyles showcases a vibrant nostalgic season and is the epitome of 'Femme Elegance' in this Preen Line dress €450

Style that is to the manor born

IT doesn't get much better for me than an exclusive fashion show in the beautiful surroundings of Adare Manor.

Brown Thomas Limerick launched their exciting new Autumn Winter 2018 designer collections with over 160 guests who were welcomed by Liam Dwan, general manager at Brown Thomas Limerick.

We were wined and dined with a champagne reception and luncheon. The main highlight of the stylish event was the fashion show featuring this season's key trends which were represented across the international designers such as Peter Pilotto, Roksanda, alice + olivia, MSGM, Preen, and Red Valentino. A fabulous finale showcased the highly coveted collections from The Designer Rooms in Brown Thomas Dublin from Stella McCartney, Versace, Balmain and Givenchy.

As you can see from our photos there was a gorgeous mix of fashion on show from floaty dresses to tailor skirt suits in some stunning autumnal tones.



Top models Aoife Ruttledge, Aoibhinn Helly and Daniella Moyles showing that female empowerment is more prominent than ever in trends this season. Aoife wears Sportsmax dress €450; Aoibhinn wears MSGM tweed dress €550 and jacket €860, and Daniella wears Peter Pilotto dress €1,705

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Liz Mangan,
Occupation: Cabin crew with
Aer Lingus.
From: Clonmacken

My style icons would be Monica Bellucci who I consider to be a classic dresser; our own Celia Holman-Lee and my lovely mum had a great sense of style too. I loved how she put an outfit together for an occasion. And if she told me what I was wearing was "grand", I went and changed straight away...lol!

CELIA SAYS

Gilet from Brown Thomas: This faux fur/shearling gilet by Coast in Brown Thomas Limerick is a great transition jacket. It's not as heavy as a full overcoat yet the faux fur lining adds that extra warmth.

Body top from River Island: A body top is great for a smooth line under jeans or with a pencil skirt and a great fit.

Scarf: The Gucci-style scarf is perfect to add a pop of colour to the outfit - black is Liz's base colour in winter.

Fedora: The hat is from Lord and Taylor in Boston and adds an extra layer of style and edge to the overall look.

Belt and boots by Michael Kors: Liz bought the belt in Century 21 in New York and she fell in love with the boots when she walked by them in Bloomingdales in New York. She told me she couldn't stop thinking about them so went back to get them a week later. And she's very glad she did as they were a great find and they're always admired. Meanwhile, her Marc Jacobs leather crossbody bag is a simple classic bag for day wear and it's great for travelling too.



Look out for Celia's 'My Week' column in the Limerick Leader every Thursday

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The road to the Beauty Blog awards

I've decided to change things up a little this week and talk about The Beauty Blog Awards and the events leading up to it. I'll revert to my normal format next week when things calm down a little but for now, I'm going to tell you about what life has been like since I've started to grow my profile as a social media influencer.

I still feel a little weird referring to myself in those terms but if I've learned anything in the last two weeks, it's that I really do have a following online and people really are invested in my life. This all really began in 2015 when I got a part-time job in Brown Thomas. I started posting pictures on Instagram of the outfits I was wearing to work and by early 2016 my following had grown from around 300 to 3000. In the summer of 2016, I started writing Man About Town in what used to be the Chronicle (now The Leader) and things really took off from there. I started getting more modelling work and big brands started contacting me wanting to work with me. Last year I started judging heats of

Miss Ireland and I won Model Of The Year at the Hi Style Awards.

Throughout all this period I really hated when people would refer to me as a 'Blogger' or an 'Influencer'. In my mind, I was neither of these things. I wrote a newspaper article, not a blog and I felt there was a stigma attached to these terms in that if you attached yourself to either of these terms you were guilty of buying into the hype and you could be accused of having those dreaded notions. Earlier this year I arrived at a major crossroads in my life. My father Sean, who was my best friend and my inspiration, passed away somewhat suddenly. In the weeks that followed, I took a break from writing Man About Town and stopped posting on Social Media. I considered not going back to either of these

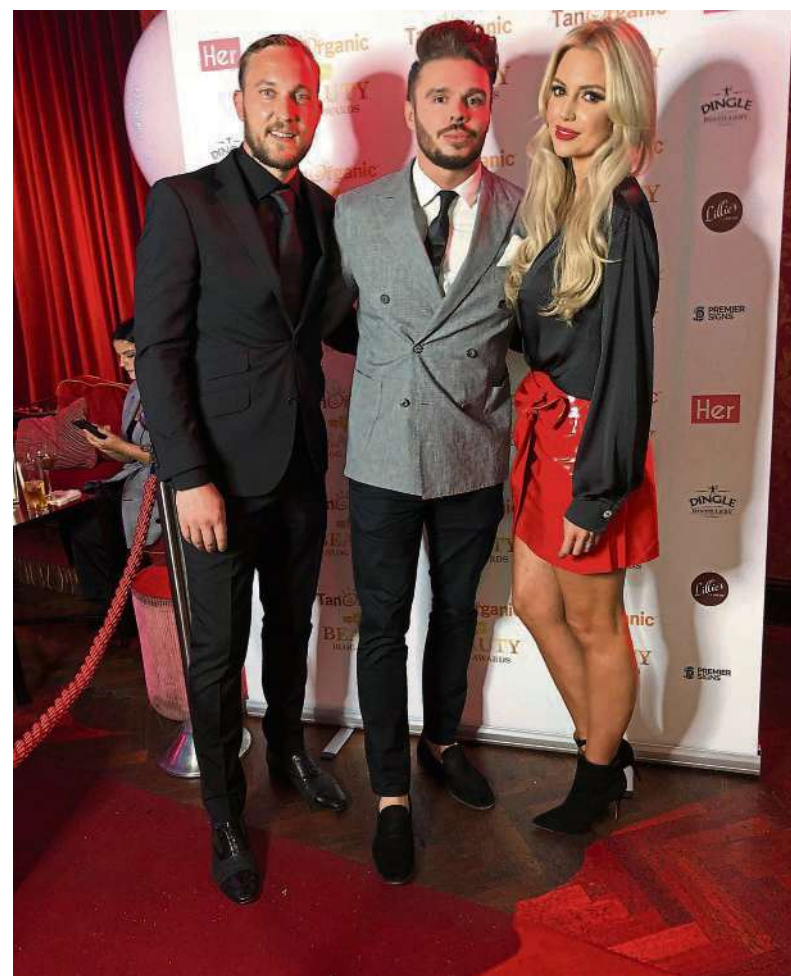


Pictured with Georgia Toff from Made In Chelsea at the Beauty Blog Awards

things as my heart hadn't been in it for a while and now that it was broken I felt that I couldn't justify the time and effort.

When my mother passed away in 2013 I wrote a eulogy for my sister to deliver at the funeral. She was struggling to compose something that captured how she felt so I offered to help her. She described her feelings to me and I

then put those feelings into words that she could connect with. I take no credit for this as these were her words and her feelings, I simply wrote them down for her and she did an amazing job bringing those words to life. We did agree at this time that whenever the day arrived that someone would have to deliver a eulogy for our father that it would be me taking to the podium. Sadly, that day arrived much sooner than we'd have ever hoped or expected but when it did I poured my heart into what I wrote and even though it was probably the hardest thing I've ever had to do, I felt that I did my Dad proud. In the weeks that followed I received dozens of messages, emails and hand-written letters from people who'd been at the funeral telling me how my words had moved them. This, along with the support of my family and close friends was what inspired me to go back to writing and posting, only now I felt that I needed to take things up a level so I launched a website and started writing blogs about everything from washing clothes to dating to dealing with grief and rejection. My mojo returned in a way and I guess because I was writing from the heart instead of telling people what to wear and what not to wear, more and more people started to take notice of what I was saying. So technically I became a blogger but I still daren't call myself an Influencer. About a month ago I received word that I'd been nominated for The Beauty Blog Awards as Best Male Influencer and The Blog



Patrick is pictured with the host of First Dates Mateo Saina and former Miss World Rosanna Davison at The Beauty Blog Awards

Awards Ireland for Best Lifestyle Blog. Now the latter hasn't happened yet and they are judged rather than voted on so I'm still cautiously optimistic that I have a chance there but the Beauty Blog Awards were voted on in an online poll that was whittled down from a long list to a short list to a list of finalists. When I made the long list I was very pleased with myself as I was in the company of names like James Patrice, James Kavanagh and Darren Kennedy but that's as far as I expected it to go because as I've mentioned a time or two, I've never allowed myself to think that I belong in that conversation. I did ask people to vote for me but I was genuinely shocked when I was included in the shortlist. I continued to canvas for votes online and people that I knew (and some that I didn't know) started to campaign for me and ask their followers to vote for me. Some even made my voting link the link on their homepage. With this support, I made the list of finalists, which I'd never have dreamed possible. More and more people started following me and more and more started to champion my cause.

The Beauty Blog Awards took place last Thursday night and Dublin and the winner of Best Male Influencer was Patrick... Mungovan. Not McLoughney. I didn't win.

In all honesty, I was extremely disappointed that I didn't win. Not because I thought I would win or that I deserved to win, more that I felt that I had let down all the people that had gotten behind me and supported me and had made it their goal to help me succeed. I still feel that way even though I know that not one of the people

who helped me or supported me or voted for me would say that I let them down.

In the days that have passed I've had a chance to reflect and while I'm still a little disappointed, I can now see all of the positives to be taken from these recent events. In the weeks leading up to the Beauty Blog Awards I was a special guest at the relaunch of Shaw's Department Store in The Crescent where I met the beautiful Holly Carpenter for the first time, I was a guest at the Miss Ireland Finals and I was a VIP guest at the Littlewoods AW18 season launch sitting from row with Pippa O'Connor and Lisa Jordan. I'm still very hesitant to refer to myself as an Influencer as I don't want to start getting carried away with myself but what I have learned in the last few weeks is that there's a big difference between having followers and having a following. Anyone can start a social media account and put up pictures of their bum or their abs and get likes. Anyone can have followers; you can buy them and be really popular in Sao Paulo. But it takes a lot more than that to have a following, for that you need to sit at a laptop and write a blog, edit a blog, edit a YouTube video or run a YouTube channel etc. and people need to be invested in you. It takes work but the support I've felt in the last few weeks and especially the last few days has shown that it's all worth it. Again, to all the people who've supported me and helped me, I'm sorry I couldn't get this one over the line but I won't give up. As Jordan Belfort famously said in the Wolf Of Wall St.... "I'm not f**king leaving.... the show goes on". Thank you.



Patrick is pictured with former Miss Ireland Holly Carpenter at the relaunch of Shaws Department Store



BEAUTY & MAKE-UP

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Megan O'Connor



Claire Treacy

Top Irish Instagram accounts to follow for Halloween inspo!

IT'S that time of year where there's a chill in the air and a spook in our step! I've put together my top three favourite Instagram accounts to keep an eye on for some ghoulish glam looks to rock this year!

KEILIDH CASHELL

This northern lady is on fire this year. I'm sure everyone knows the beautiful face! From working in Inglot, she followed her dream and is now a literal superstar working with some of the biggest brands in the world! Her Halloween looks are mind blowing. If you're going to a fancy dress party this year and want to win every prize on offer, you must gain inspo from Keilidh.

MEGAN O'CONNOR

This girl is one you need to have your post notifications turned on for - you don't want to miss a single post from her. The creativity that flows through her brain is so simply astonishing to see. If I had an ounce of the creativity she has I would feel like I've won at life! Haha

CLAIRE TREACY

This gal is a little closer to home



Be inspired this October: Keilidh Cashell's Halloween looks are just mind blowing

which makes me even happier and prouder to see her talent! I've known Claire for a while now and she really can tap into her creative side. She puts her all into everything she creates and

always adds her own little touches when creating a new look!

Watch this space peeps, she's coming for you!

My Make-Up Bag

Sarah Hogan

Sarah is currently new to the retail fashion world but has a huge background in the hair and beauty industry. After working in retail beauty for eight years and taking part in beauty courses she has completely changed career and is now the new supervisor in Diesel. Sarah also recently went back to college after deciding it's never too late to upskill and do better for yourself. On her days off she like to chill in comfy clothes, browse on social media, shop online and have her hair up in a bun and a fresh face or go for long walks especially for sunset. "I am obsessed with the sky and everything it does!" she says. Sarah also loves to travel and adores exploring new places!



Have you always had an interest in make-up artistry?

I have indeed! I can remember right back to the days when I wore my mothers Elizabeth Arden going to teenage discos LOL :-)

Do you have a favourite skincare product?

My favourite skincare product has to be moisturiser especially one with SPF for face. I'm also obsessed with body moisturiser, I feel totally weird if I didn't moisturise every day. Nivea soft in the white tub is amazing!

When buying make-up are you guided by brand name/ appearance or cost/quality?

I'll have to say cost/quality. My make up bag varies from high street brands under €5 i.e. Catrice to brand names

such as Urban decay or MAC.

Do you wear make-up everyday?

With my new job I find that yes I have been wearing make-up a lot more but take it off at the first chance I get and very rarely wear it on my days off.

What 3 products could you not live without?

1. Again moisturiser!!!
2. Nivea half and half eye-makeup remover.
3. Brow Gel.

Does wearing make-up make you feel more confident?

Yes, definitely. Especially when you're having a bad skin day. Who doesn't like to cover up their blemishes.

Would you leave the house wearing absolutely no make-up?

Yep for sure. I've went months with out wearing make-up this year. It was weird at first but my skin definitely needed a rest.

Do you spend a lot of time on Instagram looking at make-up/fashion?

Yes. My phone is never out of my hand, unfortunately. (Sometimes)

On average, how long does it take you to do your make-up?

20 mins (ish)

What is one make-up tip you swear by?

Face base. Moisturise, MAC strobe and primer. My first 3 steps to any make-up routine.

Does make-up play a big part in the industry you're in?

Am, probably not much anymore to be honest.

Lust corner

Must. Have. Now.

Origins Drink Up 10 minute mask to quench skins

Playing around with Halloween make-up and creating different looks can really dehydrate the skin. Make sure to use this mask after you fully cleanse the products away so you can add the moisture back into the skin and be ready for your next creative outburst!!





I ♥ LIMERICK

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University of Limerick to host Eurolawyers Football Cup 2019

LIMERICK will play host to the 8th Eurolawyers Football Cup 2019 from June 18 – 23, 2019. The venue will be the University of Limerick Conference and Sports Campus and the event aims to bring 45 teams from 20 different countries for the five day festival of football. With approximately 800 sports visitors expected to be in attendance, this event is hugely significant for the sports tourism of Europe with an estimated economic impact of up to half a million euro for the Limerick region.

The University of Limerick was able to secure this sporting event following a bidding process, successfully competing against bids from Lisbon, Copenhagen and Cambrils/Salou. The organising company, Corporate Sport Organisation (CSO) Paris, previously brought events to Limerick including the World Medical Games in 1995 and the Mundiavocat Football World Cup for Lawyers in 1996.

Adrien Delaunay, of CSO Paris said: "The Eurolawyers is a football tournament dedicated to

teams composed exclusively of lawyers from European countries, which takes place every two years."

The Eurolawyers event will take place on the world-class sports facilities at the University of Limerick and will utilise the University's new McGuire pitch development. All teams will be accommodated on-campus which will provide an Olympic/World Cup-style atmosphere, with many supporters and families of the teams expected to stay in the key sporting destination of Limerick city.

Karen Brosnahan, of Conference and Sports Bureau, explains: "This event is a testament to the fantastic relationships between CSO and Limerick spanning two decades. In 1995 and 2015 UL hosted the World Health & Medical Games and no better legacy of success but to have another CSO event in 2019."

Letitia Wade, Business Tourism Officer at Fáilte Ireland tells me: "Not only will this event be worth almost €500,000 to the local region but it also important in terms of leaving a lasting legacy for



Pictured at the Eurolawyers announcement at UL are Letitia Wade, Business Tourism Officer at Fáilte Ireland, David Mahedy UL Sport, Karen Brosnahan Shannon Region Conference, and Sports Bureau and Vincent Pinatel and Pierre Lusinchi, Corporate Sport Organisation PICTURE: RICHARD LYNCH/LOVELIMERICK

Limerick as a top place in which to host a sports or business event."

The event is open to the following age groups: Classic, Masters (35+) and

5-a-side, and each squad is limited to 26 people. Contact Eurolawyers@ul.ie

for more information. See www.conferenceandsportsbureau.com.

Clionas foundation Academic report 'Too Dear to Visit'

LAST week at Trinity University in Dublin, Limerick founded charity Cliona's Foundation launched their academic report 'Too Dear to Visit', which reveals for the first time, the extent of the often-invisible costs of caring for a child with a life-limiting condition.

Cliona's Foundation, a registered Irish charity works to provide financial assistance directly to parents of children with life-limiting or chronic complex care needs across Ireland to help with the

non-medical expenses related to caring for their child.

The Foundation was set up by Brendan and Terry Ring, following the death of their daughter Cliona, from an inoperable brain tumour in 2006. Since its inception, Cliona's Foundation has raised over €1 million and helped more than 550 families across 29 counties.

There are approximately 4,000 children living with life-limiting conditions across Ireland today. This report shows how non-medical expenses

including overnight accommodation, travel costs, additional childcare, and extra household bills can amount to become an enormous financial burden on families already under immense emotional stress.

The report highlights that many families are spending upwards of €10,000 to €11,000 per annum which can represent as much as one-third of their post-tax income. Terry Ring co-founder of Cliona's Foundation tells me, "The report sets out three key recommendations - A

'looking after a child with life-limiting illness' grant set up by the government. A national database on families caring for children with a life-limiting condition. And for, Cliona's Foundation to tailor our support services to meet the unique needs of the families including partnerships with services companies to provide a range of assistance to the families. When you're already in a deep and dark place with a sick child, the last thing you want to worry about is money."



Terry Ring, founder of Cliona's Foundation, Miriam O'Callaghan, Ksenija Demcukabassinska with her daughter Mia, and Brendan Ring, founder of Cliona's Foundation at the launch of the landmark academic report PICTURE: FRAN VEALE

THINGS I ♥ THIS WEEK

MIGRANT CAMPAIGN

New Integration Plan 'Belonging to Limerick'

LAST week, Limerick's third integration plan was officially launched by Mayor of the City and County of Limerick, Cllr. James Collins, at Thomond Park Stadium, following a keynote address by the President of Ireland, Michael D. Higgins.

The plan has been developed by the Limerick Integration Working Group (IWG), a multi-stakeholder partnership which has been working for over a decade to bring together representatives from service providers, communities and Limerick City and County Council. Belonging to Limerick aims to provide support and direction for services and communities, with a view

Refugee Service Ireland, said, "The principal aim in developing this plan is to ensure that the voice and experience of migrants who have made Limerick their home is at its heart. Migration and diversity offer a huge opportunity for Limerick if we focus on the positive side of the balance sheet. Too often the narrative focuses on the challenges and costs of integration. Migrants, on the other hand, perceive themselves as assets. Migrants bring innovation, language skills and a new way of thinking. Our hope is that this integration plan will enable this desire to belong and to contribute positively to Limerick."

Doras Luimní is an independent, non-profit,



President Michael D Higgins speaking at the launch of Belonging to Limerick PICTURE: KEITH WISEMAN

to strengthening a vibrant and inclusive Limerick for all.

Cllr James Collins, Mayor of the City and County of Limerick said: "What is heartening to see is the strategies associated with integration are evolving to address the current and future needs of migrant communities, which indicate that the strategies put in place are working. This new strategy is an important next step in building a truly intercultural Limerick, a Limerick that will benefit everyone."

Eugene Quinn, Chairperson of the Limerick IWG and Director of Jesuit

non-governmental organisation working to promote and protect human rights based in Limerick. President Higgins, who is the Patron of Doras Luimní delivered the keynote address at the launch event. Leonie Kerins, CEO of Doras Luimní told me: "President Higgins has long been an outspoken champion for people from migrant and minority backgrounds living in Ireland. We are deeply honoured that the President is taking the time to attend and speak at the launch event, which is indicative of his wholehearted support for positive integration in Ireland."



Olga Wang First Secretary, Head of Culture and Tourism Chinese Embassy in Ireland and Paul Keeley, Failte Ireland presenting Imelda Lineen, Deputy GM Limerick Strand Hotel and Stephen O'Connor, General Manager Limerick Strand Hotel with their China Ready certificate

Limerick Strand get China Ready!

THE team at Limerick Strand Hotel have worked tirelessly to complete the challenging task of being Limerick's first "China Ready" hotel. They are one of the very few Irish tourism businesses to complete Fáilte Ireland's Get China Ready programme and delighted to receive their certificates from the national tourism development authority.

Irish tourism businesses are

beginning to see an increase in the number of Chinese visitors since direct flights from China started in June 2018.

Stephen O Connor, General Manager of the Strand Hotel explains: "Over the last number of weeks the team at the Limerick Strand Hotel have worked very hard to achieve this special accreditation and we are delighted to be the first hotel in Limerick to do so.

This programme has been a fascinating journey for our team and we really delighted to gain an understanding of the cultural needs of our Chinese guests so that they have a wonderful experience but also a great opinion of Ireland as a tourism destination. This also coincides perfectly with the EU-China Year of Tourism 2018 initiative, for which we are delighted to offer our support."

HEROES OF THE WEEK



Members of Limerick Suicide Watch at the launch

PICTURE: SHANE MCGRATH/ILOVELIMERICK

Limerick Suicide Watch

LAST Friday, Limerick Suicide Watch launched their official APP at Mary's Cathedral. Congrats to Limerick Suicide Watch for coming up with this wonderful initiative, the first of its kind in Ireland.

Lucy O'Hara the groups PRO explained:

"Launching the "Limerick Suicide Watch APP" is an easy way for members of the public to access the various mental health services that are available to them, it's a one stop shop where the many mental health providers in Limerick City and County can promote their

services while making it easier for families and persons in distress to access the services required."

To download the free APP, go to www.limerick-suicidewatch.ie. Congrats to all involved.

This is such a brilliant idea!



Love to all,
Richard x



MEGHANN MIX

MEGHANN SCULLY

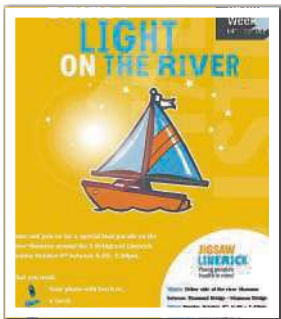
CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



Mental Health Ball on Saturday

The time is fast approaching for Limerick Mental Health Week. Events will take place all across the city and the Gala Ball in the Savoy Hotel will wrap it all up. Tickets are on sale now.



Great gig: Chasing Abbey

The Tullamore trio took their Rollout Tour to Dolan's on Friday night and it was a sell out. The guys lifted the roof off the place singing their chart tracks and some fresh tunes. I can't wait for the boys to return to Limerick.



A try-fest in Thomond Park

Munster Rugby had a very easy win against Ulster beating them 64-7. There was some key performances from Joey Carbery, Dan Goggin and Tommy O'Donnell. This Saturday Munster face Leinster in the Aviva.



Another great Limerick Food Heritage Tour takes place this Saturday. See eatinlimerick.ie for more details

What's on this month

IN the words of WB Yeats, "The trees are in their Autumn beauty, the woodland paths are dry." There is something magical about this time of year. A new month and although the weather is cooling down, the events are heating up. Autumn is my favourite time of the year for getting out and taking in what's on offer.

MENTAL HEALTH WEEK

Being the Ambassador for Mental Health Week, I am very excited for every event and workshop happening. On Monday, October 8, Shine A Light On The

River is happening. The three bridges of the city will light up as everyone is invited to come down with a torch or simply use your torch on your phone. There will also be a boat parade on the water. This is not to be missed.

MUSIC

There is a trad and music festival happening in the Still House Bar on Friday evening. From 6pm there will be musicians and dancers at the marquee and caravan outside the pub. On Friday October 12, Conor Ward plays in Dolan's. It's to celebrate the release of his brand new single Hope.

SPORT

If you're a fan of football, Limerick FC take on Derry City in the SSE Airtricity Premier League. Kick off is at 7.45pm in Markets Field this Friday. Off the Ball are hitting the road and coming to Limerick on October 11th to the University Concert Hall. Tickets are free but you must register to get them. On Saturday, October 13, horse racing will take place at Limerick Race Course. There will be seven flat races on the day and it all kicks off at 2pm.

It's a big month for Munster Rugby as they kick off their

Champions Cup campaign. They are away to Exeter Chiefs on October 13 but the following week they welcome English side Gloucester rugby to Thomond Stadium.

FOOD

If there is one thing that Limerick is great at, it's food. We have some of the most wonderful restaurants and cafes in the city and county.

This Saturday the Limerick Food Heritage Tour takes place. It starts in the Georgian Quarter and takes a look at food trends, architecture from the Georgian era. It all kicks off in No. 1 Pery Square.

Mime and Rythm

ON Saturday night, Mime and Rythm Roulette takes place in Amber night club. It's a singing competition whereby you can dress up as your favourite stars and mime along to their chart topping tracks. The crowd will be the judges on the night.

There will be prizes on the night and a raffle taking place. Money raised will go towards Limerick Marine Search and Rescue Service and

Ireland Women's Open Tag Rugby Team.

The team travel to Australia at the end of this month to play in the World Cup.

It all kicks off at 7.30pm on Saturday. It will be a fun night and entertaining as groups of people get to be their favourite singer and band for one night only.

If you want to enter you can drop me a message on Instagram: @meghannscully



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AUCTIONS

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BUSY LIMERICK City Centre Pharmacy looking for Dispensing Staff. Experience desirable but training will be provided. Reply with CV to Box Number RLI 3014512 c/o Limerick Leader, 54 O'Connell Street, Limerick.

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FAIRVIEW RANGERS

Lotto results 1st October 2018

Jackpot €9,100

Numbers Drawn 4-5-10-23
No winner

Lucky Dips: Robert Lee c/o Niall Lee; Kevin Keegan c/o C Team; Kerrie McAuliffe c/o C Team; Seamus Marsh c/o P Ryan; Helen Byrne c/o Rita Garrard

Next Weeks Jackpot €9,200

Promoters Prize: Brian Greaney

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 1/10/18

This Week's Jackpot: €3,900
No's: 8-9-15-19

Lucky Dips: Noelle Bromell c/o Track Bar, Maria/Seamus Moloney c/o Moose Bar, Rose Nugent c/o Laura Mulqueen
Promoters Prize Kevin O'Callaghan and James McNamara

Next Week's Draw held 8/10/2018
Next Week's Jackpot: €4000

ST. MARY'S R.F.C.

Lotto Draw held Monday 1st October 2018

Winning Numbers: 5-13-24-26
No winner

4 Winners €40 each: Mary Lyons c/o Martin Lyons, Mary Ahern c/o J Hurley, M Portley c/o Portleys, Lyda Prenderville
Next weeks Jackpot €3,700

Draw will take place in The Gate Bar

PIKE ROVERS A.F.C

WEEKLY LOTTO 26/09/2018
Jackpot €500

Numbers Drawn: 4-26-23-6
LUCKY DIPS €25: Abbie O'Halloran c/o Gary, Chris Byrne c/o Jerrys, Paddy Tynne c/o Moose, Shane Walsh c/o Club

Next Weeks Jackpot €550

BREAKING NEWS

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PUBLIC NOTICES

THE DISTRICT COURT
 GAMING AND LOTTERIES ACT 1956
 SECTION 15
 APPLICATION FOR A CERTIFICATE
 District Court Area of Limerick
 District No. 13
 PATRICK BIRD AS NOMINEE FOR
 WILLIAM BIRD (LIMERICK) LIMITED
 Applicant

TAKE NOTICE THAT the above named applicant Patrick Bird as Nominee for William Bird (Limerick) Ltd. having its registered address at 16 Shannon Street, Limerick, will apply to the District Court sitting at The Courthouse, Mulgrave Street, Limerick on Thursday the 1st day of November 2018 at 10.30 a.m. for a Certificate under Section 15 of the Gaming and Lotteries Act, 1956 (No. 2 of 1956) authorising the issue of the Licence permitting Gaming at an amusement hall or fun fair namely The Stella Ballroom situated at 16, Shannon Street, Limerick in the said Court Area from the hours of 10.00 a.m. to 02.00 a.m. daily. The number in kinds of games proposed to be carried on are as follows:-
 100 Electronic Slot Machines

AND FURTHER TAKE NOTICE THAT the Applicant will rely on the following matters in support of the Application:-

1. That the Applicant is not disqualified by Section 8 of the said Act from the promotion of Gaming under Section 6 or Section 7 thereof.
 2. The other form of amusement to be provided are as follows:-
 a) Background Music
 b) Amusement/Video Games
- Dated this the 27th day of September 2018.

Signed:

Sweeney McGann
 Solicitors for the Applicant
 67 O'Connell Street
 Limerick
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FAMILY ANNOUNCEMENTS

ACKNOWLEDGMENTS



† HANNON

Patrick

Jean and Pa's family would like to thank my mother Ann and sister Ann, brothers and family in Belfast.

We would also like to thank my brother, Kelly and Denise and family, Angela and Noreen, Sally, Michelle and Wallace family, Christopher, Aishling Wallace for everything, The Collins family for the food and Jimmy, Anthony, Bom for the Doves, also like to sincerely thank the Paramedics, Guards, Hospital, Crosses funeral home, grave diggers, priest and singers in the church, everyone who gave mass and sympathy cards.

Thanks to the horse and carriage man and to everyone that called to our house and who attended Patrick's funeral. Thanks to Mike for playing the music at the funeral. Christy Clancy for bringing the flowers and to all the boys who drove horses for Patrick. Thanks to the O'Donoghue family, thanks to his brothers for carrying the coffin, Edward, JohnDean, Dish, Aaron, Roy, Dicky, Darren, Jason, Reace, David Nolan, Goz and Shane.

Also thanks to Breda Cosgrave and John Woodland, thanks to Patsy and Louise Ryan and Martina. As it would be impossible to thank everyone individually, we trust that you all will accept this acknowledgement as sincere thank you.

Patrick's Months Mind Mass will be offered October 9th in Our Lady of Lourdes Church at 2pm.

May he rest in peace.

THANKSGIVINGS

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted.DL

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.A.S.

BIRTHDAY REMEMBRANCES

† O'MAHONY

(58th Birthday Remembrance)

In loving memory of a dear wife, mother, grandmother, daughter, sister and aunt Yvonne O'Mahony, late of 6 Pineview Gardens, Moyross, Limerick whose birthday occurs Thursday October 4th.

Happy Birthday to a wonderful wife, mother and grandmother Wishing you were here on your 58th Birthday

You are deeply missed and loved millions

Loving you always your husband Martin, son Alec, daughter in law Mags, daughter Serena and grandkids Allana and Joshua xxx. From you loving son Martin, wife Teena and grandkids, daughter Jolyne, son in law Maurizio and grandkids Martin, Jasmine and David. Thinking of you tomorrow on your birthday



† WYSE

(58th Birthday Remembrance)

In loving memory of a dear friend Anna Wyse, late of Ballynanty Beg, Limerick whose 58th birthday occurs on 6th October.

Forever Friends

You're my friend and that is true, But the gift was given from me to you.

We went through moments that were good and bad, Even moments that were happy and sad;

You supported me when I was in tears,

We stuck together when we were in fear.

It's really sad that it had to be this way, But it has reached its very last day -

Miles away can't keep us apart, 'Cause you'll always be in my heart.

Rest in Peace, Anna. From your best friend, Mary Casey. xxxxx

You're not just a memory, Or part of the past

You're ours to remember, As long as life lasts.

Rest in Peace, Anna. From your friend, Donna O'Shea. xxxxx

A birthday wish we send today, But not on a card in the usual way.

It's written in gold, on a cloud up above,

And sent to you with all our love.

Rest in Peace, Anna. Sadly missed by your friends, Jackie Casey and Maggie Lee. xxxxxx

IN MEMORIAM



† BRAZIER

(27th Anniversary)

In loving memory of my dear Mum, Kathleen Brazier, 17 Quin's Cottages, Rosbrien, Limerick, who died October 4th, 1990. Rest in Peace. Masses offered.

May she rest in peace, dear Jesus,

In Thy Heavenly home above, With the Sacred Heart of Jesus, In His own eternal love.

Never forgotten by her loving daughter, Breda, sons Harry, Tom and families.



† CAREY

(15th Anniversary & Birthday Remembrance)

In loving memory of a dear and loving wife, mother, grandmother and great grandmother Nora Carey late of Cregan Ave, Kileely whose birthday occurs on the 6th October and whose anniversary occurs on the 8th October. R.I.P. Mass offered.

On this your anniversary As we go down memory lane We wish with all our hearts We could have those times again In the silence of our mind Where no one else can see Your voice, your smile, your memory

Is kept so tenderly. Time has not healed the heartache

Nor dimmed the silent tear Nor dim the memory of a wife and mother we loved so dear

Happy Birthday Nora xx Sadly missed by your husband Gerry

Happy Birthday Mam xxx **Sadly missed by your son, daughters, sons-in-law, daughter-in-law, grandchildren and great grandchildren**

THANKSGIVINGS

ASK ST. CLARE for 3 favours, 1 business, 2 impossible. Say 9 Hail Marys for 9 days. Pray whether you believe or not. Publish on the ninth day. May the Sacred Heart of Jesus be praised, adored today and every day. Request will be granted, no matter how impossible it seems. Publication must be promised. Sacred Heart of Jesus be praised, adored and glorified, today, forever and always. DL

IN MEMORIAM



† PURCELL

(Eleventh Anniversary)

In loving memory of a loving wife and mother, Betty Purcell, late of 3 St. John's Villas, Mulgrave Street, Limerick City, whose eleventh anniversary occurs on October 6. Mass offered on Sunday 7th October at 10.30am in St. John's Cathedral. Rest in Peace.

If roses grow in Heaven God please pick a bunch for me Place them in my mother's arms and tell her they're from me Tell her I love and miss her and when she turns to smile Place a kiss upon her cheek and hold her for a while Because remembering her is easy

I do it every day But there a ache within my heart that will never go away.

Deeply missed by your husband Noel, son Christopher, daughters Lorraine and Deirdre, sons in law, grandchildren Coady, Lennon, Bonnie and Bailey and sister Rose.



† SHEEHAN

(15th Anniversary)

In loving memory of my husband Robert (Bob) Sheehan, late of 206 O'Malley Park, Southill, Limerick who died on September 28, 2003. Also remembering his brothers Ollie, Joe and Des at this time.

Precious people are very few, That's why Robert there's only one you,

Today is remembered and quietly kept, No words are needed, We will never forget.

Hope you enjoyed the celebrations from the All Ireland **Too dearly loved to ever be forgotten from your wife Pat, sons Joseph and Patrick, daughter Yvonne and grandchildren.**

"Please God, Take this cloud of darkness away. Shine your light upon me. Give me the courage and strength to start to feel the joy in my life again."

IN MEMORIAM



† WYSE

(58th Birthday Remembrance)

In loving memory of a dear mother and grandmother, Ann Wyse, late of 14 Moylish Crescent, Ballynanty whose birthday occurs on October 6.

Happy 58th Birthday A birthday wish for you today, I miss you more than words can say;

The pain and tears I try to hide, Though my heart is broken deep inside,

I sent a dove to heaven Mam With a parcel on its wings, You'll love it when you open it It's full of beautiful things. Inside are a million kisses, Wrapped up in a million hugs, Wishing you a happy birthday Mam

And sending all my love. **Sadly missed and always remembered by your daughter Louise xx**

I have a photo of you to treasure, Its all I have to touch, Of a mother I loved with all my heart,

And I miss her very much, I wish that I could see you, Sitting in your chair, I wish that I could come home, To find you waiting there, But wishing gets me nowhere, And loving is in vain, And so until we meet again, In my heart you will always remain.

Happy Birthday **Sadly missed by your loving daughter Mandy.**

Always a smile instead of a frown, Always a hand when one was down; Always true, thoughtful and kind, Wonderful memories she left behind.

Happy Birthday **Sadly missed by your grandkids John John and Georgina xx**

Just a little message To say how much I care To let you know Mam you're in my heart

And always in my prayers Please take this message dear Jesus

To my Mam up above Please tell her how much I miss her

And give her all my love Look around your garden Lord Mam won't be hard to find She has a heart full of love And a face full of smiles Call her name Lord

And when she looks your way Tell her that I love her And miss her everyday

Happy Birthday Mam, Love Leeanne xxx

Happy 58th Birthday The times that I get lonely, And shed a silent tear, I hear you softly whisper, Don't worry, love, I'm here. I tell you that I miss you more, With every passing day, Again you whisper to me, I'm never far away.

Your birthday is a time for gifts, And to turn another sod, But the greatest gift I ever got, Was given back to God. **Sadly missed and always remembered by your loving son Mark, grandchildren Tyreke and Faith**

IN MEMORIAM

Look around your garden Lord, For a lady with a beautiful smile. She will be my mother, She must stand out a mile. Find the softest pillow, To rest her head upon, Give her a kiss on her cheek, And tell her who it's from. **Sadly missed by your son Danny and grandson James xx**

Happy 58th Birthday, Nana You're nearly 12 years up above; You know that we are sending you,

Lots and lots of love, A Nana and best friend, Special closeness to the end, But the hardest thing today of all To know that we can't even call.

Sadly missed by your grandchildren Nicole, Chelsea, Jordan, Michael, Anna-Leice, John and great granddaughter Laciann xx

May the winds of love blow gently

And whisper for you to hear, That I will always love miss you Each day of the year.

Happy Birthday Nana love from Lauren xxx



† RYAN

(10th Anniversary)

In loving memory of a beautiful dear sister Pauline Ryan, late of 18 Oliver Plunkett Street, St. Mary's Park who died on 6th October. Mass will be offered on October 6th at 7.30pm in St. Mary's Church.

To my dear sister Pauline Although I cannot see you Pauline

You are with me night and day For you I have a special love Death cannot take away God called your name so gently So that only you could hear And no one heard the footsteps

Of an angel drawing near They say the journey is beautiful From the old world to the new Someday I will make that journey

Just to be with you Pauline And when I reach the garden Where life is free from pain I will put my arms around you And we'll never part again I had a wonderful sister

I loved her till the end She wasn't just my sister She was also my best friend **From your loving sister Eileen and brother-in-law Mick.**

To my loving sister Pauline There's a pain beyond imagining That's burning in our hearts When suddenly our whole world Was cruelly ripped apart All words of consolation Which were bound to come our way

All seemed so empty And of little use that day For when you ask for reasons When you ask the question why It makes no sense at all That one so precious has to die The only source of comfort Is our memories and our love And they will shine forever Like the brightest star above **From your loving sister Joan and brother in law Billy in London**



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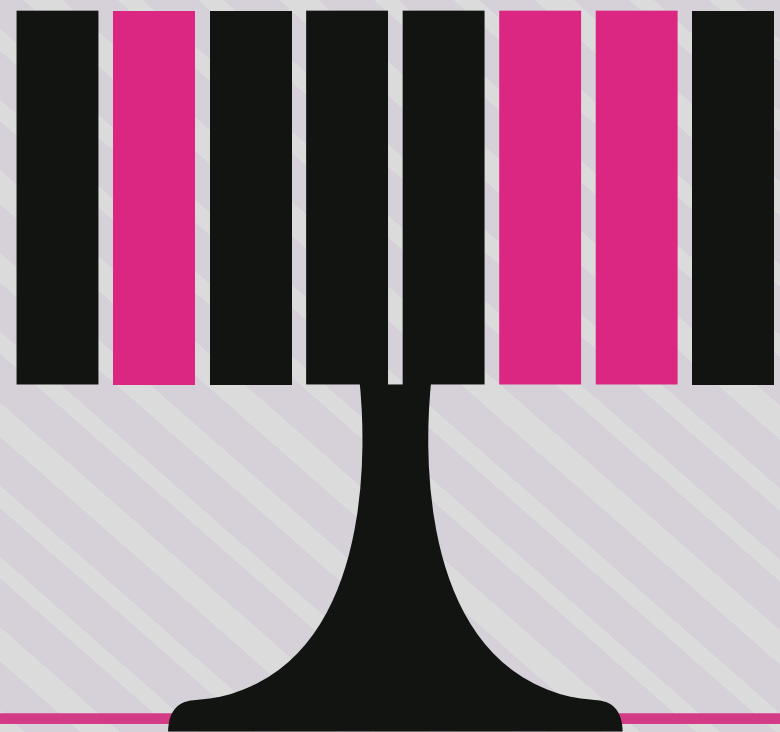
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Post-Brexit dumping ground

UK imports: Industry chiefs call for action to curb used diesel cars flooding Irish market

JOHN KNOX

news@limerickleader.ie

IRELAND is in danger of becoming a dumping ground for well travelled and dirtier diesel engines from the UK, and it could lead to this country receiving heavy fines from the EU.

With the number of used or second cars and vans from the UK set to hit record numbers this year, the inherent dangers go beyond the loss of sales in garages up and down the country.

As well as a huge loss of revenue to the Exchequer, having dirtier imported diesel cars and vans on the roads will be detrimental to the Government's efforts in curbing carbon emissions which could ultimately lead to the EU imposing fines on Ireland.

"With the unrestricted importation of vehicles, Ireland risks becoming the dumping ground for older, dirtier diesel engines from the UK," insisted Ciarán McMahon, chairman and managing director of Ford Ireland.

He pointed out that a significant number of the vehicles being imported have engines that do not meet the current Euro 6 emission standards.

"That will be detrimental to the Government's efforts in curbing our carbon emissions which can result in hefty fines from the EU," he warned.

The issue of UK imports was a huge one for the motor industry in Ireland, the Ford chief insisted.

"This year we are on course to see imports of second-hand cars from the UK top the 100,000 units milestone," he revealed. "That is a significant increase from the figure of 93,000 in 2017."

The impact of that level of imports was directly affecting new car sales here in Ireland, he added.

"We estimate that new car sales are down by in the region of 30,000 units as a result of the Brexit /weak sterling' situation. As one of the leading car brands in Ireland, of course, we are going to complain about the effect on new car sales.



Ireland is at risk of becoming a dumping ground for older, dirtier diesel engines from the UK claims Ciarán McMahon, chairman and managing director of Ford Ireland

"But aside from those business concerns, there are wider implications of that level of vehicle imports into the country. And we shouldn't only be concerned about the high level of passenger vehicles, because imports from the UK of second-hand vans has similarly seen huge increases."

This year, he said, Ireland was on track to see an import level of 15,000 vans or light commercials.

"The negative impact of that level of import of second-hand cars and vans from the UK is seen in the drop in revenue to the Exchequer from the resulting decrease in new vehicle sales," Mr McMahon continued.

"But more importantly, and other colleagues in the motor

industry have pointed this out, with no framework for checking the environmental performance of the vehicles coming into Ireland, a significant number of them have engines that do not meet the current Euro 6 emission standards.

"That will be detrimental to the Government's efforts in curbing our carbon emissions which can result in hefty fines from the EU if we do not meet our targets. But with this unrestricted importation of vehicles, Ireland risks becoming the dumping ground for older, dirtier diesel engines from the UK."

International trade rules prevented Ireland from implementing an outright ban on UK vehicle imports, he explained.

However the Government

needed to do something to discourage customers from buying older, dirty diesels that will have a negative effect on the country's ability to meet carbon emissions targets and ultimately will have detrimental effects on the environment in Ireland and the health of people.

Society of the Irish Motor Industry (SIMI) director general, Alan Nolan, said the economic fundamentals that underpin new car registrations look set to remain positive, but strong growth in used imports will continue to underline new cars sales here.

"For businesses the impact of low Sterling exchange rates due to Brexit will have driven used car imports to levels close to new car

sales total by the end of the year," he suggested.

He pointed out this would have consequences for the State in terms of tax revenues and the environment as the combined VAT and VRT receipts on imported used cars were significantly less than from new car sales, and their average emissions were higher.

Figures from Motorcheck.ie show that while the most popular car models imported were generally 'mainstream' cars and relatively affordable - the VW Golf, Ford Focus and VW Passat were the top three most imported models - premium cars such as the BMW 5 Series, Audi A4 and Mercedes Benz E-Class figured strongly in the top ten.



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Jaguar Models

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on selected and Land Rover Models

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Big turn out for the Ploughing 'Motor Show'

TRISH WHELAN
www.CarAndTravel.ie

THERE was a big showing from the Irish motor trade at the recent National Ploughing Championships despite the weather.

Peugeot unveiled three new models on its stand, the new 508, the Rifter MPV, and the new Partner van.

Subaru Ireland returned to the event this year showing the XV crossover, the new Impreza, the Forester crossover, Levorg and the BRZ sports car. The MacCarthy Cup and members of the Limerick All-Ireland hurling team also made it to the big event.

Citroen Ireland introduced its new Berlingo passenger vehicle in advance of its arrival here in the coming months. It headlined a lineup that included the C3, the new C3 Aircross, the new C4 Cactus, the Grand C4 Picasso, Dispatch van and the Spacetourer MPV.

Renault Ireland showed its new generation Dacia Duster among the huge



The new generation Dacia Duster pictured at the National Ploughing Championships

range of 36 vehicles which included cars, vans, electric vehicles and Dacia models. Renault brand ambassadors The Happy Pear twins were there each day doing their healthy cooking demonstrations.

Honda also showcased its

full range of cars with the key model being the new CR-V, just launching here in Ireland. The recently launched Civic saloon was a key attraction.

Toyota showcased its full range including all its hybrid models, as well as the

current version of the Land Cruiser with unexpected good news of the popular SWB Land Cruiser Commercial in the light of the recent changes to VRT on such vehicles. The Hilux pickup and the Proace vans range were also shown.

SEAT

New Tarraco to take flagship SUV spot

SPANISH car maker SEAT has revealed its new Tarraco large SUV in Spain, writes Trish Whelan.

Tarraco is SEAT's third SUV and represents the company's entry into the large SUV market.

It will come to Ireland at the end of next February with two petrol engines - a 150hp 1.5 and a 190hp 2.0. Two diesels will be 150hp and 190hp. Transmissions will be 6-speed manuals and

7-speed dual clutch automatics. Both FWD and AWD formats will be offered as well as 5- and 7-seat options. The Irish company expect the bulk of sales will be the 7-seater.

While prices and grade specs will be announced here in December, orders can be taken from this November.

An FR sporty version will come in 2020 and a PHEV hybrid with 210hp is also on the upcoming list.



Tarraco is SEAT's third SUV and represents the company's entry into the large SUV market

BMW DEBUT



The new generation BMW Z4 will make its public debut at the upcoming Paris Motor

New BMW Z4 for Paris debut

THE new generation BMW Z4 will make its public debut at the upcoming Paris Motor Show before it goes on sale in first markets, writes Trish Whelan.

First deliveries of the classic roadster will be in March 2019.

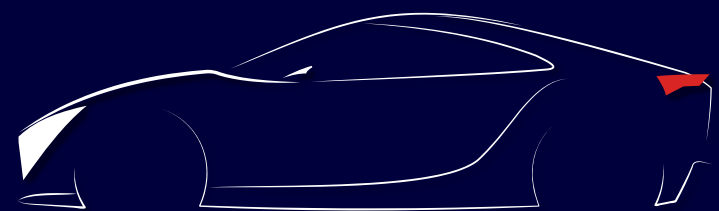
A range of engines will

include a 340hp unit in the M40i version, with a 4.6s sprint to 100km/h capability. The entry engine will come with 197hp.

The new car will be longer, wider and taller than its predecessor, but will have a shorter wheelbase which the German car maker says

provides better agility in conjunction with the wider track.

A new treatment of the BMW 'kidney' grille along with a distinctive lights design combines with a strongly sculpted bonnet to give the car a lot of road presence



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**CHAMPIONS
CUP TIME**

Janesboro to fly
Limerick flag

For more see Page 69



Munster coach Johann van Graan is fully aware of the task facing his side this Sunday in the Aviva

'Nowhere to hide in Aviva Stadium' Munster's Van Graan

PRO14: Munster chase second away win over Leinster in 10 years

COLM KINSELLA
ckinsella@limerickleader.ie

NUMBER eight CJ Stander says Munster's Saturday's glamour interprovincial clash with in-form Leinster in Dublin is the biggest challenge his side will face this season.

Munster have won just once in the last 10 years in Dublin, a 34-23 PRO14 victory achieved in October 2014 when their starting line-up included the likes of Felix Jones, Andrew Smith, Denis Hurley, Duncan Casey, Dave Foley and Paul O'Connell.

Bookmakers have installed Leinster as long odds-on 2/9 favourites to win Saturday's interprovincial clash which has a 6pm kick-off time, live on eirSport. Munster are available at 3/1.

Munster suffered defeat to Leinster in all three of the PRO14 meetings last season, including their semi-final showdown at the RDS last May.

CJ Stander said: "Leinster were just unbelievable last year. We have all seen it. Anything we tried, they just put us under pressure and the game they played was exactly what we couldn't stop.

"I think just going up there, make sure we train well this week because it's the biggest challenge we are going to have."

Munster thumped Ulster 64-7 in their PRO14 fixture at Thomond Park last weekend.

Saturday's game will see former Leinster star Joey Carbery return to the Aviva Stadium in the red of

Munster.

Munster head coach Johann van Graan insisted the coaching team and players would not be picking Joey Carbery's brain this week in order to gain some inside information on Leinster.

Van Graan said: "It is all about respect and I'm certainly not going to ask him (Joey Carbery) for all the names of their moves and the way they do things.

"I believe this is a new game, a new season and team moves on. If our focus was to get information out of Joey then I don't think it's the right way to go about things.

"It's about us and the way that we want to move forward. I believe if you focus so much on those things you will kind of chase your tail.

No, not at all.

"His integrity is so good so it's not even a question that I'm going to pose to him or that we're going to pose to him. Our focus is on us and how we are going to beat them."

Van Graan agreed that Saturday's game will be a big one for Carbery.

"I think he has been really excited to be in the mix every single week, so obviously it will be a big game for him going to the Aviva against his former team mates.

"He hasn't really mentioned them from the first day that he came. It was his team last year, but he is at Munster now, I think he treats it the same as every other week."

Van Graan says Munster will have to be at their very

best, both mentally and physically, to beat their great rivals this weekend.

"If you go and play against the European champions and the PRO14 champions in their back yard it's going to be a massive challenge, so regardless of history their form currently is very good.

"They have a fit squad, they're confident, they're playing well in all areas of the game. I thought their scrum is going pretty well, their line-out has been pretty decent, they have a brilliant kicking game and then their D (defence) will punish you if they attack, if you turn over ball against them, they will punish you so.

"There is no place to hide. You have to go out there and be at your best, both mentally and physically to beat them."

Limerick GAA

Club scene
hots up as
final places
are on offer

JEROME O'CONNELL
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THE Limerick senior club hurling and football championships are down to the business end this weekend.

There is a Gaelic Grounds double-header on Sunday for the Credit Union sponsored Limerick SHC quarter finals, while the two Irish Wire Products Limerick SFC semi finals are flood-lit fixtures on Friday and Saturday evenings.

It's a busy weekend for Darragh Kennedy – on Friday he plays for Monaleen in a football semi final and on Sunday he plays for Murroe-Boher in a hurling quarter final.

First up in the hurling double-header, 2pm Sunday, is the meeting of Kilmallock and Murroe-Boher.

The winner will play champions Na Piarasigh in the semi final.

At 3.45, Patrickswell play South Liberties.

The winner of this plays Doon in the October 14 semi finals.

In the Limerick SFC semi finals, Mick Neville Park Rathkeale is the destination.

On Friday, 8pm, champions Adare play Monaleen.

The sides met earlier in the championship when Adare were 4-9 to 1-6 winners.

On Saturday, 6pm, Newcastle West play Ballylanders.

The quartet are battling to reach the October 21 final.



Six remain in the chase to dethrone Na Piarasigh

Limerick FC chase point to secure play-off spot as Derry City visit

Soccer

LIMERICK FC can wrap up the relegation play-off position in the SSE Airtricity League Premier Division by securing a draw with Derry City in their Markets Field this Friday, 7.45pm.

Second-from-bottom Limerick currently enjoy a 12-point lead over basement side Bray Wanderers with now just four games to go in the Premier Division regular season.

And Limerick FC's goal difference is 25 superior to that of Bray.

Tommy Barrett's Limerick FC also have an outside shot at pulling themselves clear of the drop zone completely, but to do so the Blues would need to make up an eight-point deficit on Sligo Rovers,

And the Bit o' Red's goal difference is 29 superior to that of Limerick FC.

It was also confirmed in recent days that should, as seems likely, Limerick end up in the relegation play-offs, the Blues will be at home for the second leg.

The FAI confirmed that side finishing 9th in the Premier Division will be on the road for the first leg of the relegation play-off against a First Division side on Bank Holiday Monday, October 29.

The second leg would take place the Markets Field on Friday, November 2 if Limerick are involved.

In the First Division



Limerick FC manager Tommy Barrett, prepares his side for a trip to Cork City this Friday night

play-off series, Shelbourne will face Drogheda United over two legs beginning this Friday, with the winners taking on Finn Harps.

The winner of that tie will face Tommy Barrett's Limerick to decide which club competes in the Premier Division in 2019.

Limerick secured a 2-0 victory away to Bray Wanderers in their most recent outing at the Carlisle Grounds.

The Shannonsiders claimed victory in all four of their Premier Division fixtures with Bray this season.

The Blues go into Friday

night's clash with Derry City on the back of a 'free' weekend as the FAI Cup semi-finals took centre stage.

Derry City suffered a 3-2 defeat to champions-elect Dundalk at Oriel Park in their most recent league outing.

Derry sit in seventh place in the table, 12 points clear of Limerick.

Limerick have lost all three Premier Division meetings with Derry this season. The Candystripes have scored 5-0, 3-0 and 2-1 wins to date.

Following Friday's game, Limerick FC face Cork City, St Pat's and Waterford in their remaining league games.



Martina McMahon, the queen of Irish handball

PICTURE: INPHO

McMahon still Irish number one

LIMERICK star Martina McMahon is the undisputed queen of women's handball.

The 24 year old from Broadford HC won the All-Ireland Softball title on Saturday in Croke Park with victory over Catriona Casey.

A native of Croagh-Kilfinny, McMahon lost the first set, but came back to win 21-20, 21-20.

The title means McMahon now holds all five major titles available to her - the 2018 World Open Singles, the All-Ireland 40x20 Softball and now the All-Ireland 60x30 Softball title. That's on top of the Limerick star also holds the Irish and World one wall titles.

Big guns kick-off their AIL season

Rugby

THE All-Ireland League season kicks off for Limerick's three top flight clubs this weekend as the local Division 2 sides face their second series of games.

In Division 1A, last season's semi-finalists Garryowen host Dublin University at Dooradoyle on Saturday, 2.30pm.

Garryowen warmed up for their AIL season opener against the students by seeing off Shannon in their Bank of Ireland Munster Senior Cup semi-final clash on Friday night.

Garryowen head coach Conan Doyle said the 'Light Blues' initial ambition this season would be to get back into the top four play-off places.

"That has to be the aim

ever year, trying to get to the top four. It is going to be a tough league.

"Teams in Munster are strong this year and the teams in Leinster are going to be strong as they always are.

"We have to try and focus on getting as good a start as we can and try and take every week as best we can.

"It is great for Munster rugby that there will be five clubs from the province in Division 1A this season, three from Limerick and two from Cork.

"A couple of more Munster derbies is brilliant for the Munster clubs. They will be tough matches."

Shannon, promoted to Division 1A as champions of Division 1B last season, travel to Temple Hill to face Cork Constitution also on Saturday afternoon.

The remaining top flight fixture on Saturday will see Young Munster host Terenure College at Tom Clifford Park.

Meanwhile, in Division 2A, Old Crescent will look to build on their excellent opening weekend win at Queen's University Belfast when locking horns with Munster rivals Cashel at Rosbrien on Friday night, 8pm.

UL-Bohs will be looking to bounce back from their defeat to Highfield when travelling to Galwegians also in 2A.

Meanwhile, in 2C on Saturday, Thomond, who scored an excellent opening day win over Seapoint, face the long trip to Bangor, while Bruff will look to secure their first win of the campaign when hosting City of Derry.

Eagles claim first win of season

Basketball

UL SPORTS Eagles are celebrating their first win of the season this week, as they ran out 67-90 point winners over their neighbours, LIT, in a big Limerick derby on Saturday evening.

A 34-point display from American Tarchee Brown helped the visitors into a 37-45 point lead at half time, and they didn't look back from there, driving home to a 67-90

point victory in the end.

"We're delighted to get a win on the board," said head coach, Matthew Hall.

"We've been improving week on week since preseason but have been unable to finish a couple of close games like last weekend. Tonight was a tough victory that was close until late but the guys stuck to their task and I felt we got the victory we deserved in the end."

It wasn't such a good weekend for Limerick Celtics however, as they lost their unbeaten run at the hands of Tradehouse Central Ballincollig on Saturday afternoon in Cork.

Turrel Morris scored 24 for the Celtics, with help from Shane O'Connell (8) and seven from Jordan Hehir, but the star of the show in the 88-66 win was Andre Nation from Ballincollig.

Nation scored 28 points to

see his side take a maximum fifteen points from their opening five games to remain top of the table.

This weekend's action sees Limerick Celtics on a bye week, while UL Eagles will be looking to build on their big win last weekend when they host IT Carlow at 7.30pm on Saturday night.

LIT, still winless from their opening four games, travel to Fr Matthews in Cork at 7.45pm on Saturday also.



Tarchee Brown, UL Sport Eagles, in action against Turrel Morris of Limerick Celtics when the sides met recently

IRISH HOCKEY STAR HONOURED BY CATHOLIC INSTITUTE

Hockey

CATHOLIC Institute hockey club recently held an evening in their clubhouse to welcome and honour club member, Irish International and World Cup silver medalist Róisín Upton.

Over 150 people were in attendance to congratulate Róisín on her outstanding performances and incredible achievement at the Hockey World Cup in London.

Current and past senior players, players and parents from the clubs underage section, current and former club coaches and coaches from Róisín's alma mater Crescent College

were amongst the big crowd gathered in the club.

Some notable speakers on the night included current first team captain Ciara Moloney and retired Irish International Eimear Cregan who was part of the last Irish Ladies team to play in a Hockey World Cup, which was back in 2002 in Perth.

The club made a small presentation to Róisín and also presented a fabulous bouquet of flowers to Róisín's mother Pauline.

Also honoured on the night was fellow club and international star Naomi Carroll, unfortunately, due to other commitments, she was not there on the night.



Pat Shanahan and Frances Shanahan with Róisín Upton



Róisín Upton with Ciara Moloney



Marie Crawford and Marie Bartlett presenting Róisín Upton with an award in the clubhouse on the night



Róisín Upton, Caoimh Canty, Ellen Barry, Ann Mellett



Helen and Rob Stewart with Róisín Upton



Members of C.I.A.C hockey team with Róisín Upton on the night



Carrie Blake getting her hockey stick signed by Róisín Upton



Róisín Upton with Kim Daly



Alison English with Róisín Upton and World Cup Medal

'Boro' to fly Limerick flag

PAT SHEEHAN
sport@limerickleader.ie

JANESBORO represent the League in the first round of the Munster Champions Cup on Saturday evening in Killarney when they meet the inaugural winners of the competition, Killarney Celtic who won the competition back in 2012.

Janesboro are the current holders of the Cup having beaten St Michael's in a thrilling final last season.

They were also champions in 2016 after beating Newmarket Celtic and hopes are high of making it three times winners this time out.

A home quarter final against Brideview Utd or UCC Utd is the reward for the winners of Saturday's tie.

Some Clubs are of the opinion that this competition takes second place to the "more important" FAI or Munster Junior Cups but as Janesboro showed last season the final proved a superb contest and few would make light of their achievement.

It will provide some consolation for their early exit from the FAI Junior Cup and Janesboro have no intention of handing the trophy back.

Killarney Celtic have only played three League games to date and have two wins and a draw to their credit. They also beat their neighbours Killarney Athletic in the FAI Junior Cup so Janesboro can expect a stern test.

The Munster Junior Cup continues locally but again this week there is little to excite the neutral with a lot of lob-sided games scheduled.

Holder, Pike Rvs gave an



Roy Creagh, Nenagh AFC, in action against Adrian Power, Janesboro during last weekend's Premier League clash. The 'Boro' represent Limerick this weekend as they play in the Munster Champions Cup PICTURE: GARETH WILLIAMS

awesome display of their power last weekend hitting a hapless Kilmallock for twelve goals.

The home side were gracious enough to admit they could not live with Pike and were indeed raving about their performance.

This weekend they take on Division 1B side Southend Utd and while the Southill Club can be relied upon to put up a good fight, in truth, at best, they will be hoping to restrict the Hoops.

With goals coming from all over the park, the Premier side will be expected to progress with ease.

Their reward will be a home tie versus Herbertstown or Caherdavin for a spot in the Open stages

of the draw.

Balla will be expected to make it 11 straight wins on their trip to Castle Rvs. Again, Balla eased past their opponents last weekend when hosting a struggling Carew Park side. They should expect a few more goals this weekend.

Regional United A take on Wembley Rovers in a game that would have drawn the crowds a few years back. However Wembley's rebuilding program might be a bit young to take on a in-form Regional XI.

Geraldines v Newport Town looks likely to be the best game on offer.

The Tipperary side beat Geraldines high riding B

team 6-0 last weekend so they should be taken seriously by the Premier side.

With a number of former Premier League players in their outfit Newport will not fear the trip to town and Derek Hannon needs to make sure his side are tuned in and on guard.

Kilfrush will relish a shot at a Premier scalp but they meet a Nenagh side who seem to have got their mojo back.

Division 1A side Athlunkard Villa A will be favoured to see off Division 2A side Hyde Rvs but as Hyde have shown in recent seasons they are capable of turning over the favourites.

Div 1A sides Corbally Utd and Moyross Utd battle it out

in a 50/50 game while Holycross will be expected to edge out Weston Villa.

In the PJ Matthews Premier League Prospect take on Fairview Rgs in a back match while Carew Park will be hoping they can eke something out against a Kilmallock lacking in confidence.

Galtee Fuels Div 1A leaders Mungret Reg face a tough task away to Cappamore.

In the Munster Youth Cup top game is Regional v Fairview Rgs while Caledonians host Limerick hopefuls Aisling.

For more see www.limerickleader.ie #LLSport

JUNIOR SOCCER

| PREMIER DIVISION | P | W | D | L | Pts |
|-------------------|---|---|---|---|-----|
| Ballynanty Rovers | 8 | 8 | 0 | 0 | 24 |
| Pike Rovers | 9 | 7 | 2 | 0 | 23 |
| Janesboro | 9 | 7 | 1 | 1 | 22 |
| Regional Utd | 9 | 6 | 1 | 2 | 19 |
| Aisling Annacotty | 9 | 4 | 2 | 3 | 14 |
| Fairview Rgs | 7 | 4 | 2 | 1 | 14 |
| Geraldines | 8 | 3 | 1 | 4 | 10 |
| Nenagh AFC | 8 | 1 | 0 | 7 | 3 |
| Kilmallock | 8 | 1 | 0 | 7 | 3 |
| Prospect Priory | 7 | 0 | 2 | 5 | 2 |
| Charleville | 9 | 1 | 1 | 7 | 1* |
| Carew Park | 5 | 0 | 0 | 5 | 0 |

| DIVISION 1A | P | W | D | L | Pts |
|------------------|---|---|---|---|-----|
| Mungret Reg | 9 | 6 | 2 | 1 | 20 |
| Athlunkard Villa | 9 | 6 | 1 | 2 | 19 |
| Moyross | 9 | 6 | 1 | 2 | 19 |
| Coonagh Utd | 9 | 5 | 3 | 1 | 18 |
| Fairview Rgs B | 9 | 5 | 2 | 2 | 17 |
| Cappamore | 9 | 3 | 3 | 3 | 12 |
| Holycross | 9 | 3 | 3 | 3 | 12 |
| Murroe | 8 | 3 | 0 | 5 | 9 |
| Corbally Utd | 8 | 2 | 2 | 4 | 8 |
| Summerville Rvs | 9 | 2 | 0 | 7 | 6 |
| Aisling Ann B | 9 | 1 | 2 | 6 | 5 |
| Castle Rvs | 9 | 1 | 1 | 7 | 4 |

| DIVISION 1B | P | W | D | L | Pts |
|-------------------|---|---|---|---|-----|
| Newport | 9 | 7 | 1 | 1 | 22 |
| Kilfrush | 8 | 7 | 0 | 1 | 21 |
| Geraldines B | 9 | 6 | 2 | 1 | 20 |
| Hill Celtic | 8 | 5 | 1 | 2 | 16 |
| Shelbourne | 9 | 3 | 4 | 2 | 13 |
| Caherconlish | 8 | 3 | 2 | 3 | 11 |
| Knockainey | 8 | 2 | 4 | 2 | 10 |
| Southend | 8 | 2 | 3 | 3 | 9 |
| Ballylanders | 9 | 2 | 0 | 7 | 6 |
| Caherdavin Celtic | 8 | 1 | 1 | 6 | 4 |
| Regional Utd B | 8 | 2 | 0 | 6 | 3* |
| Granville Rgs | 8 | 0 | 2 | 6 | 2 |

| DIVISION 2A | P | W | D | L | Pts |
|----------------|---|---|---|---|-----|
| Star Rvs | 6 | 6 | 0 | 0 | 18 |
| Hyde Rgs | 5 | 5 | 0 | 0 | 15 |
| Kennedy Park | 4 | 3 | 0 | 1 | 9 |
| Caledonians | 5 | 3 | 0 | 2 | 9 |
| Patrickswell | 4 | 1 | 0 | 3 | 3 |
| Charleville | 5 | 0 | 0 | 5 | 0 |
| Glenview Rvs | 3 | 0 | 0 | 3 | 0 |
| Corbally Utd B | 4 | 0 | 0 | 4 | -3 |

| DIVISION 3B | P | W | D | L | Pts |
|----------------|---|---|---|---|-----|
| Herbertstown | 6 | 4 | 2 | 0 | 14 |
| Weston Villa | 6 | 4 | 0 | 2 | 12 |
| Brazuca United | 6 | 3 | 3 | 0 | 12 |
| Kilfrush B | 6 | 3 | 1 | 2 | 10 |
| Coonagh Utd B | 6 | 3 | 0 | 3 | 9 |
| Hyde Rgs B | 6 | 2 | 2 | 2 | 8 |
| Northside | 6 | 2 | 1 | 3 | 7 |
| Dromore Celtic | 6 | 2 | 1 | 3 | 7 |
| Cappamore B | 6 | 1 | 2 | 3 | 5 |
| Mungret Reg C | 6 | 0 | 0 | 6 | 0 |

| DIVISION 4 | P | W | D | L | Pts |
|--------------------|---|---|---|---|-----|
| Lisnagry | 6 | 5 | 1 | 0 | 16 |
| Shelbourne B | 6 | 4 | 1 | 1 | 13 |
| Fairview Rgs C | 6 | 3 | 1 | 2 | 10 |
| Parkville B | 5 | 3 | 0 | 2 | 9 |
| Coonagh Utd C | 5 | 2 | 1 | 2 | 7 |
| Athlunkard Villa C | 5 | 2 | 1 | 2 | 7 |
| Aisling E | 5 | 1 | 1 | 3 | 4 |
| Murroe C | 5 | 0 | 1 | 4 | 1 |
| Newport | 5 | 0 | 1 | 4 | 1 |

| DIVISION 2B | P | W | D | L | Pts |
|---------------------|---|---|---|---|-----|
| Pallagreen | 6 | 4 | 2 | 0 | 12 |
| Mungret Reg | 6 | 4 | 1 | 1 | 13 |
| Holycross B | 5 | 4 | 0 | 1 | 12 |
| Newport | 7 | 3 | 2 | 2 | 11 |
| Parkville | 6 | 1 | 3 | 2 | 6 |
| Caherdavin Cel B | 6 | 1 | 2 | 3 | 5 |
| Aisling Annacotty C | 6 | 1 | 2 | 3 | 5 |
| Athlunkard Villa B | 6 | 1 | 2 | 3 | 5 |
| Ballynanty Rvs B | 6 | 0 | 2 | 4 | 2 |

| DIVISION 3A | P | W | D | L | Pts |
|---------------------|---|---|---|---|-----|
| Kilmallock B | 7 | 5 | 2 | 0 | 15 |
| Murroe B | 7 | 4 | 2 | 1 | 14 |
| Wembley Rvs | 7 | 4 | 2 | 1 | 14 |
| Castle Utd | 7 | 4 | 2 | 1 | 14 |
| Janesboro B | 7 | 4 | 0 | 3 | 12 |
| Prospect Priory B | 7 | 3 | 1 | 3 | 10 |
| Meanus | 7 | 1 | 3 | 3 | 6 |
| Knockainey B | 7 | 2 | 0 | 5 | 6 |
| Aisling Annacotty D | 7 | 1 | 0 | 6 | 3 |
| Abbey Rvs | 7 | 0 | 2 | 5 | 2 |

JUNIOR SOCCER FIXTURES

SATURDAY OCT 6TH

MUNSTER CHAMPIONS CUP

Killarney Celtic v Janesboro, 7.30, Celtic Park, Killarney

GALTEE FUELS DIV 1B

Regional Utd B v Hill Celtic, M Kennedy

EDEN HAIR DIV 4

Aisling E v Shelbourne B, T O'Sullivan

MUNSTER YOUTH CUP

Charleville v Lisnagry, 7.00, R Broe

SUNDAY OCT 7TH

MUNSTER JUNIOR CUP

Athlunkard Villa A v Hyde Rgs, 10.30, A Keogh, Pike Rvs v Southend Utd, 10.30, J McNamara, Castle Rvs v Ballynanty Rvs, 10.30, N

Casey, Geraldines v Newport Town, 10.30, R McCann, Kilfrush v Nenagh FC, Elton, 10.30, R Broe,

Regional United A v Wembley Rovers, 10.30, G Clancy, Corbally Utd v Moyross Utd, 10.30, M Cuddihy, Holycross v Weston Villa, 2.00, M Kiely

PJ MATTHEWS PREMIER LEAGUE

Prospect v Fairview Rgs, 10.30, B Higgins, Carew Park v Kilmallock, 10.30, K Gorman

GALTEE FUELS DIV 1A

Murroe v Aisling, 10.30, M Kiely, Cappamore v Mungret Reg, 10.30D Broughton

GALTEE FUELS DIV 1B

Granville v Caherconlish, 10.30, S Rooney, Geraldines v Shelbourne, 2.00, M Kavanagh

MCGETTIGANS DIV 2A

Glenview Rvs v Charleville, 10.30, J Rooney

MCGETTIGANS DIV 2B

Holycross v Parkville, M Monaghan, 10.30, Ballynanty Rvs v Newport, 2.00, M Bourke

STA FURNITURE DIV 3A

Aisling v Murroe, 10.30, K McCormack, Prospect v Meanus, 2.00, F O'Neill, Janesboro v Castle Utd, J Clancy, 2.00,

ALL TAN SUNBED DIV 3B

Coonagh v Mungret, 10.30, F O'Neill, Brazuca v Cappamore, 10.30, PJ Walsh,

Dromore v Hyde Rgs, 2.00, P O'Brien, Kilfrush v Herbertstown, 2.00, T O'Sullivan

EDEN HAIR DIV 4

Fairview v Parkville, 10.30, P O'Brien, Newport v Coonagh C, 2.00, K McCormack, Athlunkard Villa v Murroe, 2.00, PJ Walsh

MUNSTER YOUTH CUP

Regional v Fairview Rgs, 2.00, G Clancy, Kilfrush v Shelbourne, 2.00, Elton, B Higgins, Kilmallock v Nenagh, J McNamara, 2.00, Newport v Mungret Reg, 2.00, R McCann, Caledonians v Aisling, A Galvin, 2.00, Corbally v Caherdavin, 2.00, L Hughes

For more use #LLSport on social media

ON THE BALL

“**Limerick to the core...**”

COLM KINSELLA

ALL kicks-off away from the fanfare of the Aviva

FOR a significant number of rugby supporters, the season proper only kicks off this weekend.

For watchers of the provincial game, there's the meeting of arch rivals Leinster and Munster in the Guinness PRO14 at the Aviva Stadium on Saturday, 6pm.

That section of rugby supporters only come alive in October with the traditional meeting of the sides on the eve of the start of the Heineken Champions Cup.

Far away from the glare of the big interprovincial derby clash of Munster and Leinster the All-Ireland League will kick-off for Division 1A and 1B clubs.

The fact will go un-noticed for many rugby fans around the country and the league will have a tough fight on its hands to gain much traction in the media, press and radio next weekend, bar a few sections of the local press and radio.

On Saturday, Young Munster will host Terenure College at Tom Cliford Park, while Garryowen entertain Dublin University at Dooradoyle and last season's Division 1B winners Shannon travel to Temple Hill to take on Cork Constitution.

Scheduling the start of the league on the same day Leinster and Munster face-off at the Aviva Stadium is a real shame for the club game.

Munster fans who want to travel to Dublin won't be able to take in a club game earlier in the afternoon.

Those who put their club side first will, of course, be able to attend an AIL fixture as they kick-off at 2.30pm and then watch the Munster game on TV at 6pm.

But the clash is far from an ideal scenario.

The All-Ireland League's top division kicks-off with a whimper – in terms of profile from the rugby public – more than a bang which is a real pity given the quality that is sure to be on show in a lot of the games.

The prospects of gaining greater media coverage for the league is not helped by the fact that, to date at least, the league has no sponsors following the Ulster Bank's decision to step down after nine years.

Ulster Bank began sponsoring the All-Ireland League in 2010, succeeding Allied Irish Bank who sponsored the league for the previous 13 years. Insurance Corporation of Ireland were the



Lansdowne players celebrate with the cup following the Ulster Bank League Division 1 Final match at the Aviva Stadium last season.

PICTURE: DAVID FITZGERALD/SPORTSFILE

original tournament sponsors.

Sources estimate that the sponsorship of the league by Ulster Bank was worth in the region of a low six figure sum to the IRFU per annum.

The scheduling of five rounds of top flight fixtures on successive weekends in the All-Ireland League is going to place big demands on playing squads.

With injuries inevitable given the attritional nature of the game, clubs with smaller squads are going to be stretched to the limit by the time it gets to rounds four and five.

In effect, almost 1/3 of the regular season will be completed after the first weekend in November.

With five Munster clubs, Cork Con and UCC are in the top flight along with the three Limerick clubs, Garryowen,

Shannon and Young Munster, the amount of travel will be reduced for local sides.

The big unknown going into the season is just how the return of the Munster A players to their club squads is going to impact on the league.

The British and Irish Cup has been replaced by the Celtic Cup this season. That competition features the Irish province's A sides and Welsh clubs.

The Celtic Cup is due to end later this month and so free up Munster Academy and some senior players to play with their clubs.

Starting line-ups in the AIL will change significantly from the opening rounds of the league through the second third of the campaign.

For more see #LLSport

JEROME O'CONNELL

'Dare to dream of Ryder Cup 2026

THE time is drawing ever closer to my first purchase of a set of golf clubs.

At best I'm currently an occasional golfer and not someone who watched every shot in last weekend's Ryder Cup.

But it was hard to avoid coverage of Le Golf National, Paris.

It brought home to me, just how big it would be for Adare Manor 2026 to become a reality.

And, if anyone can make it happen, it's JP McManus.

There is no quantifying what a Ryder Cup would mean for Adare, Limerick, the Mid-West and Ireland. And, it's about much more than golf.

Quite simply, whatever needs to happen must happen.

Top of the list is infrastructure and the Limerick-Foynes road, incorporating the Adare by-pass, is a surely a must with a Limerick-Cork motorway another.

It's not an investment in Adare Manor, it's an investment in the future, an investment in marketing and an investment in business after business for hundreds of miles around that would benefit from Adare Manor 2026.

It appears we would have to wait until late next year before confirmation of the 2016 Ryder Cup venue is announced.

Worth waiting for, me thinks.

DONN O'SULLIVAN

Pogba's 'falling out' with Mourinho is a window into modern era

Whichever side of the Paul Pogba, Jose Mourinho 'spat' you are on, it only highlights once more the weird World of professional sport.

Professional sport is a gold fish bowl. We all look in to see what is going on from time to time. The soap opera nature of the coverage of sport is the new World. The 'he said, she said' nature of the 24/7 coverage is a far cry from analysing what is actually happening on the field of play. That is becoming more and more secondary by the

day.

Modern sport, particularly soccer, is no longer all about winning trophies, but more about making profits.

Take Ronaldo's transfer from Real Madrid to Juventus. The Spanish giants had to sell their star as they are crippled with debt. Juventus



Man Utd's Paul Pogba

see the signing as a way of increasing their brand outside of Italy. A market they have dominated for years.

Going back to Pogba versus Mourinho. On a balance sheet, Pogba adds more

'value' to the side than his manager ever will.

When a player signs a long term deal, he knows in his heart that the club are never really going to terminate his deal.

The other thing he knows is that his contract is built on stronger foundations than his manager's one. The players now have the power. They no longer have to 'fear' the manager.

When it comes to the crunch, in modern football, it doesn't matter what you win per se, it matters if you have your own emoji.



JP McManus pictured at this week's Ryder Cup

COLM KINSELLA

Garryowen are decent bet to land AIL Division 1 title

IT may be overshadowed by Munster's glamour clash with Leinster in the Guinness PRO14 in Dublin, but the All-Ireland League kicks-off this Saturday.

Three Limerick sides are competing in Division 1A, with promoted Shannon joining Garryowen and Young Munster.

Garryowen reached the

semi-finals last season before losing out to Lansdowne.

Of the three Limerick sides, Garryowen's early season form has been most impressive.

Conan Doyle's 'Light Blues' are through to both the Limerick Charity Cup and Bank of Ireland Munster Senior Cup finals.

The betting for Division 1A the

AIL is topped by two Dublin clubs, with holders Lansdowne on offer at 21/10, while Clontarf are second favourites at 3/1.

Garryowen are the shortest priced Limerick side at 6/1, with Young Munster on offer at 9/1 and last season's 1B winners Shannon at 66/1.

With four successive weeks of

fixtures ahead, a good start is crucial.

The impact the return of Munster As Celtic Cup players have on their clubs will be fascinating.

Right now, Garryowen look best placed to mount the strongest local challenge.

For more see [#LLSport](http://www.limerickleader.ie)



Wednesday



Messi is short odds to score first against Spurs

RUGBY UNION

OTAGO V BAY
SKY SPORTS 7.35AM

TENNIS

JAPAN OPEN
SKY SPORTS 10AM

SNOOKER

EUROPEAN MASTERS
EUROSPORT 1 12NOON

SOCCER

PSG V CRVENA ZVEZDA
BT SPORT 1 6PM

DARTS

WORLD GRAND PRIX
SKY SPORTS 7PM

HOCKEY

GREAT BRITAIN V BELGIUM
BBCI

SOCCER

SHEFF WED V WEST BROM
SKY SPORTS 7.45PM

SOCCER

SPURS V BARCELONA
BT SPORT 2 8PM

SOCCER

NAPOLI V LIVERPOOL
BT SPORT 1 8PM

SOCCER

PSV V INTER
BT ESPN 8PM



Thursday

RUGBY UNION

WELLINGTON V AUCKLAND
SKY SPORTS 7.35AM

SNOOKER

EUROPEAN MASTERS
EUROSPORT 1 12NOON

GOLF

ALFRED DUNHILL LINKS
SKY SPORTS 1PM

HORSE RACING

CLONMEL
ATR 2PM

SOCCER

SALZBURG V CELTIC
BT SPORT 3 6PM

SOCCER

AC MILAN V OLYMPIAKOS
BT SPORT ESPN 6PM

SOCCER

QARABAG V ARSENAL
BT SPORT 2 6PM

DARTS

WORLD GRAND PRIX
SKY SPORTS 7PM

SOCCER

CHELSEA V MOL VIDI
BT SPORT 3 8PM

SOCCER

RANGERS V RAPID VIENNA
BT SPORT 3 8PM

SOCCER

SARPSBORG V GENK
BT EXTRA 8PM

GOLF

SAFeway OPEN
SKY SPORTS 10.30PM

Friday

GOLF

ALFRED DUNHILL LINKS
SKY SPORTS 1PM

HORSE RACING

GOWRAN PARK
ATR 2PM

HORSE RACING

DUNDALK
ATR 5.30PM

DARTS

WORLD GRAND PRIX
SKY SPORTS 7PM

SOCCER

WBREMEN V WOLFSBURG
BT SPORT 2 7.30PM

RUGBY UNION

ULSTER V CONNACHT
EIR SPORT 7.35PM

RUGBY UNION

GLASGOW V ZEBRE
PREMIER SPORT 7.35PM

RUGBY UNION

EDINBURGH V CHEETAHS
BBCALBA 7.35PM

RUGBY UNION

BATH V EXETER CHIEFS
BT SPORT 1 7.45PM

RUGBY LEAGUE

WIGAN V CASTLEFORD
SKY SPORTS 7.45PM

SOCCER

BRIGHTON V WEST HAM
SKY SPORTS 8PM

GOLF

SAFeway OPEN
SKY SPORTS 10.30PM

Saturday

GOLF

UL INTERNATIONAL CROWN
SKY SPORTS 6AM

SOCCER

LEEDS V BRENTFORD
SKY SPORTS 12.30PM

SOCCER

PETERBOROUGH V CHORLEY
BBCI 12.30PM

GOLF

ALFRED DUNHILL LINKS
SKY SPORTS 1PM

RUGBY UNION

SCARLETS V OSPREYS
EIR SPORTS 3PM

RUGBY UNION

SAINTS V LEICESTER
BT SPORT 1 3PM

RUGBY UNION

S AFRICA V N ZEALAND
SKY SPORTS 4PM

Joey Carbery goes back to the Aviva on Saturday



SOCCER

MAN UTD V NEWCASTLE
BT SPORT 5.30PM

SOCCER

BOLTON V BLACKBURN
SKY SPORTS 5.30PM

RUGBY UNION

LEINSTER V ULSTER
EIR SPORT 6PM

RUGBY UNION

HARLEQUINS V SARACENS
BT SPORT 2 7.30PM

RUGBY UNION

TOULOUSE V AGEN
SKY SPORTS 7.45PM

GOLF

SAFeway OPEN
SKY SPORTS 10.30PM

RUGBY UNION

ARGENTINA V AUSTRALIA
SKY SPORTS 11.40PM

Sunday



Pep Guardiola takes his side to Anfield on Sunday

GOLF

UL INVITATIONAL CROWN
SKY SPORTS 6AM

FORMULA 1

JAPANESE GRAND PRIX
SKY SPORTS F1 6AM

RUGBY UNION

CASTRES V STADE FRANCAIS
SKY SPORTS 11.30AM

GOLF

ALFRED DUNHILL LINK
SKY SPORTS 12.30PM

SOCCER

SOUTHAMPTON V CHELSEA
SKY SPORTS 2.15PM

RUGBY UNION

L SCOTTISH V L IRISH
SKY SPORTS 3PM

RUGBY UNION

WORCESTER V BRISTOL
BT SPORT 3 3PM

SOCCER

ST JOHNSTONE V CELTIC
SKY SPORTS 3.50PM

RUGBY UNION

MONTPELIER V TOULON
SKY SPORTS 3.50PM

SOCCER

LIVERPOOL V MAN CITY
SKY SPORT 4.30PM

SOCCER

DC UTD V CHICAGO FIRE
SKY SPORTS 6PM

NFL

NFL REDZONE
SKY SPORTS MIX 6PM

GOLF

SAFeway OPEN
SKY SPORTS 10.30PM

Investment Opportunity Limerick

REA

O'CONNOR MURPHY



THE RIVERPOINT **PORTFOLIO**

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)

REA

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