

Hurler Cian Lynch pictured with Roz Purcell and Nikki Evans promoting World Egg Day
PICTURE: INPHO



CRACKING THE CODE

Cian Lynch on going to Mass and being teetotal. See page 15

The Leader

www.limerickleader.ie
Wednesday, October 10, 2018

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Setting the agenda in Limerick



▲ GOOD WEEK
Culture lovers
 Limerick people are spoilt for choice this week with INY underway. See thisisiny.com and page 35



▼ BAD WEEK
UHL
 Report into superbug, delay to new bed block and a damning HIQA report into medication safety



☀ QUOTE OF THE WEEK
 "I had to spend the entire day at work in a haze, knowing I'd won a half million quid but I couldn't tell anybody. It was torture, a nice kind of torture, of course"
- Abbeyfeale's Euromillions winner

INSIDE THIS WEEK



DUNNES SETBACK

Failed Dublin appeal's local implications
 Page 26



CATHERINE THE GREAT

Famous soprano celebrated
 Page 24



BACKSEAT DRIVER

Not me, says Noonan
 PAGE 14



JAIL FOR SERIAL THIEF

Wife funded husband's habit
 Page 10

Times not a-changing anymore, says the EU



It looks almost certain now that the tradition of putting clocks forward and back each year is going to end next year



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

MOST people don't realise it but when we put our clocks back on Sunday, October 28 next, it could be one of the last times, if not the last time, that we will be doing it.

Traditionally in all 28 EU countries the clocks go forward in March and back an hour in October. However, recent studies have suggested that the practice can have a negative impact on people's

health. And the European Commission is pushing to abolish it.

Commission President Jean-Claude Juncker said that millions believe that in future, summer time should be year-round, and "that's what will happen."

So looks like we don't have much choice. It has been revealed that in a recent public consultation 88% of

Irish people voted to stop changing the clocks while almost 80% said they had a negative overall experience with the clock changes each year. Over 84% of 4.6 million people in Europe are in favour of no clock change.

The Irish government are looking at the proposals with a decision to be made by April 2019. Interesting times ahead.

WEBTOPTEN

1. Forecaster predicts severe storm conditions for parts of Munster
2. 'Strong interest' expected as massive Limerick site goes on market for €6.8m
3. Limerick store closed following discovery of rodent droppings and 'flying insects'
4. Limerick rugby club's match called off as posts cut in 'serious act of vandalism'
5. Limerick man with 127 convictions jailed for smearing blood on cell wall
6. Irish Water extends 'do not drink' notice for County Limerick town
7. No laughing matter: Banned motorist was on phone while driving on Limerick motorway.
8. Louth club GAA jerseys help champions Adare into Limerick football final
9. Dead cattle discovered on Limerick farmer's land as department takes court action
10. Limerick criminal accused of having drugs and phone in prison



Batten down the hatches: Is there a storm on the way this Friday? Follow Limerickleader.ie for updates on the weather

WEATHER FOR THE WEEK



WEDNESDAY
 Unseasonably warm at 20°C and sunny but breezy also



THURSDAY
 Cooler with 15°C peak with rain in the morning clearing away



FRIDAY
 A couple of heavy showers in the morning, high of 16°C



SATURDAY
 Showers possible, but generally overcast, high of 16°C



SUNDAY
 Partly sunny, shower possible. Cool with a high of 12°C



MONDAY
 A little morning rain and warmer than Sunday. High of 15°C

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MyLimerick

Paul Foley

Chairperson of Limerick Gaelic Grounds and Munster GAA Council delegate



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

Breakfast at Canteen on Catherine Street, then take in a game at the Gaelic Grounds or Thomond Park. Spend time in the city centre with the family, and some live music like Damien Dempsey that evening at Dolan's.

What's your first Limerick memory?

The Pope in 1979 and the enormous crowd. My late Dad had made a great effort to bring in a nice fold-up seat for us to use which he left for safe keeping in Greenpark to collect the following morning. But, unfortunately, when he returned the following day it had been stolen. The irony!

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

We have some amazing county towns and villages like Newcastle West, Kilmallock, Castleconnell, Adare but especially Kilmallock. It is an unsung jewel in my view with such extraordinary history, but for some reason we haven't been able to truly capitalise on what it can offer from a tourism perspective.

What's your favourite local walk or view?

I love the riverbank walk down on King's Island, also the view from the top of City Hall, Merchants Quay. And Ballyorgan in Kilfinane is a magical place.

What do you think gives Limerick its unique identity?

I think Limerick's urban/rural counterbalance is quite unique and the River Shannon is powerfully symbolic of the city.

Do you have any favourite local restaurant?

Yes, the Cornstore, and Fielding's at Fitzgerald's Woodlands House Hotel, Adare.

How would you describe the people of Limerick?

Earthy, proud, humorous and loyal.

How important do you think sport is to Limerick?

I think the recent homecoming for the team after the All-Ireland hurling win says it all. The scenes in Colbert Station and the Gaelic Grounds were unforgettable and profound. I think sport allows expression for Limerick's resilience as a community.

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

A central square/plaza in the city centre.

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

Maintaining retail activity in the city centre and county towns.

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FRONT PAGES OF THE PAST

14 YEARS AGO
JULY 24, 2004

An Post was dominating the front page 14 years ago, with workers shocked that the area office was to close.

Eugene Phelan reported that up to 60 jobs in total could be lost as the postal company transferred most of its operation to Cork.

Meanwhile, there was news of a plum legal posting for John Murray, a future chief justice. And the Irish Chamber Orchestra launched its Shannon international music festival to much fanfare, with several internationally acclaimed artists taking part in performances at St Mary's Cathedral.



LEADER BRIEFS

Countdown to Christmas in city

LIMERICK City and County Council has confirmed the city's Christmas Lights will be turned on at O'Connell Street on Sunday, November 18. An evening of family fun, music and entertainment has been planned to mark to start of Christmas in Limerick.

Lobbied over Horizon Mall

THE Director of Economic Development at Limerick City and County Council was lobbied by planning consultants a month before ambitious plans were revealed for the Horizon Mall site.

Documents filed with the Lobbying Register show Pat Daly met with representatives of HRA Planning at City Hall on August 8, last.

The purpose of the meeting related to proposals to increase the amount of residential provision on the Dublin Road site.

HRA Planning was acting on behalf of Davy Real Estate which represents Singaporean investment group Novelty Icaev.

Limerick family's Euromillions joy

A LIMERICK family has collected a cheque for €500,000 after winning the top prize in the Euromillions Plus draw.

The family purchased the winning Normal Play ticket at Moss Harnett's Spar, Abbeyfeale on September 25 - three days before the draw on September 28.

Glamour at King John's Castle

KING John's Castle will host the best of Limerick style, sport and stage this Thursday evening.

Glamour Agency who are running the event in association with Shannon Heritage and Masterchefs Hospitality will style and produce the fashion show, and some of Limerick's champion hurlers will take to the catwalk. Tickets priced at 15 euro are available from eventbrite.ie.

City 'shines a light' to reclaim the river

Mental Health: More than 1,000 people gather to 'reframe' the Shannon

JESS CASEY

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MORE THAN 1,000 people came together in the city on Monday evening to 'shine a light' on the River Shannon in a poignant effort to reclaim the river during Limerick Mental Health Week.

The event, which was a joint initiative by the Limerick Mental Health Association and Jigsaw, saw 34 illuminated boats, carrying more than 60 people and the Liam MacCarthy Cup, travel between the city's three bridges.

The Garda Sub Aqua unit from Dublin joined the Fire Service, Civil Defence, the Limerick Men's Shed, and boat clubs from Limerick to Foynes on the water, while Limerick Suicide Watch and teams of student volunteers watched from land, shining lights on the river.

"Limerick has a unique relationship with the river and the city bridges," Limerick Mental Health Week director Patrick Fitzgerald said.

"Despite the beauty of them, when Limerick people think of the river and three city bridges a negative association with mental health can come to mind. We aimed to bring the community together to reclaim the river, reframing it in people's minds," he added.

"I have no doubt that for those who attended, thoughts of the city bridges



Some of the boats taking part in the event on Monday evening and the illuminated Liam MacCarthy Cup

will be positive and they will remember standing shoulder to shoulder as a community to shine a light on an issue that was in the dark for so long in this country."

The idea for the event came from one of the young people Jigsaw Limerick works with, according to Jigsaw engagement worker Tanya

O'Sullivan, who coordinated the event.

"Hannah Kelly, who is a first-year social care student in Limerick Institute of Technology is a member of our brilliant YAP team."

"In 2017 the colleges of Limerick came together on the UL campus for a candlelit procession. Limerick



Mental Health Association wanted to bridge the event into the city this year, and we were already planning an illuminated boat parade so it made sense to combine the events together."

Limerick Mental Health Week continues until October 12. See www.limerickmentalhealth.ie

Medication safety problems at UHL are identified as part of Hiqa inspection

THE HEALTH watchdog has published a critical report into medication safety at University Hospital Limerick, following an announced inspection this summer, writes Fintan Walsh.

Four inspectors from the Hiqa examined a number of areas in UHL's medication safety in all-day inspection on May 29 last. During this year's inspection, the watchdog identified an "ongoing lack" of clinical pharmacy services "to meet the size and services" provided at the Dooradoyle hospital.

Hiqa also found that there was no clinical pharmacist at University Maternity Hospital Limerick. Hiqa said that this was of "significant concern considering the size and complexity of the services provided by the hospital".

UL Hospitals Group CEO, Prof Colette Cowan, said the group faces "significant challenges" in providing

clinical pharmacy services "due to insufficient resources".

She said that the group submitted business cases to HSE for the funding of 19.5 additional pharmacists. "However, to date, we have not received funding or approval for this submission."

Hiqa found that there was a lack of out-of-hours pharmacy cover at UHL. UHL had implemented a number of strategies for high-risk medication, which are types of medication that have a high-risk of causing injury or harm if misused or used in error. However, some staff were not aware of an "Salads" initiative to help them identify sound-alike, look-alike high-risk medication. Salads stands for "sounds-alike look-alike drugs".

"Inspectors were informed that the term 'SALADS' had been introduced as a means of raising awareness of sound-alike look-alike drugs, however, inspectors found



(UL Hospital Group faces) significant challenges providing clinical pharmacy services due to insufficient resources

COLETTE COWAN



that staff in the clinical areas inspected were not familiar with this initiative," Hiqa said.

Prof Cowan said that the group will "develop a robust communication to all areas regarding initiatives to support medication safety, eg Salads".

Another point of concern expressed by Hiqa was that a locally developed or adapted intravenous drug administration monograph was not available at the paediatric unit. This monograph assists staff in the safe administration of IV medicines available at the point of medicine preparation.

UHL was commended for the establishment of a medication safety committee. In a letter from Prof Cowan, she said that much work has been carried out to enhance medication safety "to address deficiencies" that had been identified in May 2017.

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HSE says CPE carriers 'don't have to live like a hermit'

FINTIAN WALSH

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THE HSE official responsible for overseeing antimicrobial resistance in Ireland has expressed "sorrow" for the families of deceased patients involved in an intensive superbug investigation.

On Tuesday morning, the UL Hospitals released a 60-page report which revealed findings of an internal and external examination into the deaths of 74 superbug-positive patients between 2009 and 2017.

It concluded that the CPE superbug was a factor in eight deaths. In an internal review, launched in June 2017, found that CPE contributed directly to three deaths, and was a factor in a further 10 deaths.

An external investigation, led by expert UK microbiologist Dr Robert C Spencer, had a contradictory narrative, showing that CPE was a factor in five deaths.

After this, UL Hospitals chief clinical director Prof Paul Burke contacted Dr Spencer to "reconcile" findings belonging to both the internal and external probes.

The final report concluded that CPE was a factor in eight deaths and did not play a direct role in any patient deaths.

Speaking at a press conference at UHL this Tuesday, Prof Martin Cormican, the HSE's lead for antimicrobial resistance, said that there is a very small risk to those carrying the bug.

CPE- carbapenemase producing enterobacteriaceae- is a bug that



Prof Paul Burke, Prof Colette Cowan, Dr Robert Spencer and HSE's Prof Martin Cormican PICTURE: LIAM BURKE/PRESS 22

has developed the power to be resistant to the most effective antibiotics, proving to be a grave challenge to acute hospital settings and human health. Those who are carriers (or colonised) will have the bug resting harmlessly in the gut. But there is a 50% chance of mortality if there is a bloodstream infection.

"My first comment, as others have done, is to express sorrow to the families of the deceased. We have all lost loved ones at one time or another. It is distressing and

then to part of a review may cause some people concern.

"But it is also very important for the people who are colonised with CPE to know that the advice we have previously given you, that the risk it is to you in your daily life outside the hospital is very, very small. You don't have to live like a hermit, you don't have to avoid your family. You can have a normal, social life."

The hospital found "some shortcomings" in the documentation and communication to patients and

next-of-kin of superbug status. Likewise, there were shortcomings in informing the status of deceased patients to the coroner.

UL Hospitals Group CEO, Prof Cowan says she hopes the report's publication will "contribute to a better informed public conversation around multi-drug resistant organisms and the real risks they pose to public health".

Pick up this weekend's Limerick Leader for full analysis of superbug report.

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Questions raised over 96-bed plans

FINTAN WALSH

fintan.walsh@limerickleader.ie

THE GOVERNMENT has said that it is unlikely that the development of vital 96-bed block at University Hospital Limerick will commence before 2021.

The issue was raised in Dail Eireann when the government was asked to respond to TDs' questions about the 60-bed modular build at UHL.

Fine Gael TDs Tom Neville and Joe Carey questioned the Minister in a Dail debate on October 2, criticising the overcrowding problem at University Hospital Limerick in recent times.

Though Minister Finian McGrath said that the HSE has provided capital funding to progress the design phase of the 96-bed project, further funding has yet to be confirmed.

The project will cost around €25m.

"Further funding will be



Deputy Tom Neville raised the issue in Dail Eireann

considered in the context of the capital allocation for health, having regard to the availability of funding and the level of contractual commitments already in place. Subject to funding and the successful completion of the planning, design and tender phases, it is currently anticipated that construction is unlikely to commence before 2021," he told the deputies.

However, Deputy Tom Neville, TD for Limerick

constituency, took issue with the government's timeframe.

"I reiterate that we need this project to proceed as quickly as possible. From what I hear, dates are being shifted out all the time. The Minister of State is saying today that it will commence in 2021. We need to get this moving faster."

Deputy Neville added: "People are lying on trolleys under bright lights and having their privacy compromised. I have had phone calls this weekend in respect of some specific cases. Some people have been on trolleys for three or four days. We have been dealing with this for a considerable period."

The development of a 60-bed modular build is expected to be delivered within the next 12 months, after a resident who objected to the project withdrew his objection to An Bord Pleanala last week. Deputy Neville welcomed the withdrawal.

Science 'spook-tacular' in King John's castle this Halloween

Limerick children are being invited to embrace their inner mad scientist at a novel event at King John's Castle this Halloween.

From Tuesday, October 30 until Friday, November 2 there will be "spook-tacular science" at King John's Castle with Planet Science Kidz.

Billed as an exciting, fun and educational science club for kids between the ages of 6-13, messy and fun experiments will be the order of the day.

This show will be specially tailored with a Halloween theme.

Some of the themed activities planned for the day include erupting fires, bubbling potions, exploding lunch bags and mesmerizing crystal balls.

Shannon Heritage has also unveiled a range of family Halloween events at Bunratty Castle and Folk Park beginning on Sunday, October 28 with a pumpkin picking event from 11 am to 3 pm.

On Monday, October 29, Bunratty Castle turns into a creepy castle from 12 noon to



Orlaith Kelly, 9, and David Smith, 9, from Corbally with Dr Lucretia Hardiman and Niall O'Callaghan, MD of Shannon Heritage, doing the "Coke Gyser Experiment" at the launch of Spooktacular Science in King John's Castle PICTURE: BRIAN ARTHUR

5pm for a family fun day with free face painting upon arrival and traditional Halloween games such as snap apple and blind man's buff.

Wobbly Circus and Monsieur Gusto Shows will also be on site and there will also be fire eating, juggling, stilt walking shows, a gypsy to

tell your fortune and Konor the Klown.

Returning this year is the Halloween Spook Train ride.

Older children may also brave the creepy crypt in the castle while there will be "living statues around the castle and Halloween characters roaming the graveyard".

PUBLIC MEETING

FINE GAEL

BUDGET 2019

DATE & TIME:

**Thursday, October 18th
@ 7.30pm**

LOCATION:

**Greenhills Hotel,
Ennis Road**

with

Regina Doherty TD

Minister for Employment
Affairs & Social Protection



The other guest speakers on the night will be:

Brian McEnery,

Partner & Head of Healthcare, BDO Dublin
and former President of ACCA Ireland

Liam Woulfe,

Managing Director of Grassland Agro

Senator Maria

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Comments from online readers

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



WOMAN CONFRONTED MEN OVER 'DEEPLY DISTURBING' RACIAL ABUSE OF DINER

Kathleen Coffey O'Connell

Very proud of the two Limerick women who stood up to those men!



Alice Lillis

I feel so sorry to hear this. Shame on you

Sheena Kinsella

Omg, I am absolutely disgusted

Shauna J Morrissey

Horrified to read this

Audrey Yeoman-Hannon

That's shameful

TEEN COMES TO THE RESCUE OF CYCLIST AFTER SERIOUS FALL IN BALLYHOURA MOUNTAINS

Gosia Ciesielska

Well done David and Scott!



Eileen Sheridan

Well done young man...your family must be very proud of you

Amy Johnson

Such great people in the world!

POWER OF THE CUP: LIMERICK MAN LEFT BRAIN DAMAGED AFTER ASSAULT SMILES DURING VISIT OF LIAM MACCARTHY

Linda Johnston

Wonderful parents and a beautiful son.



Sinead Erbayraktar

God love him and his devoted parents, hope this is a sign of more to come from their son

Marion Mcguane

May god bless him and his family

Marie O'Connor

Great photo. Life can be very cruel. Wishing you all well.

TOURIST IN LIMERICK ASSAULTED BY MAN WEARING BOXING GLOVES IN UNPROVOKED ATTACK

Mary Madigan

Disgraceful hope that man is ok



Sarah Massey

Disgusting..hope that poor man makes a full recovery

Erin Doyle

I hate hearing stories like this. People coming over to visit our beautiful country and are let down by it's people, what happened to cead míle failte

Lenny Lovett

Racial abuse last week, beating them up this week. Limerick really knows how to attract the tourists!!

www.limerickleader.ie

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Live 95FM takes gold at radio awards

Live 95FM's coverage of the death of Cranberries singer Dolores O'Riordan won gold at this year's IMRO Radio awards. Receiving the award from Eleanor McEvoy are Gillian Devlin and Anne Marie Geraghty PICTURE: IAIN WHITE PHOTOGRAPHY

Thief was funding husband's habit

Prison: Woman jailed over 'relentless offending'

DAVID HURLEY

david.hurley@limerickleader.ie

A WOMAN who committed multiple theft and begging offences to "feed" her husband's addictions has been sentenced to four months' imprisonment.

Laura Brennan, aged 41, of no fixed abode, has admitted several charges relating to the offences which occurred on various dates over the past three years.

In addition to shoplifting, a number of the offences related to the theft of wallets and purses from bags which had been left unattended.

In one case, €200 was stolen from a backpack which was left on the floor at Centra on O'Connell Street.

Inspector Dermot O'Connor said

Ms Brennan, who has 17 previous convictions, was observed on CCTV discarding the stolen wallet in a bin a short time later.

On another date, she stole a wallet containing €150 from a customer who was in the queue at the checkout at the Roxboro branch of Tesco.

Another purse containing several hundred euro, was stolen from a member of staff at the Pery Hotel in the city centre.

Solicitor Tom Kiely said his client is the "black sheep of her family" and that her former marriage had caused her "a lot of difficulty" as she was sent out to get money to feed her husband's addiction.

He said Ms Brennan was a drug user in the past but detoxed in hospital after she was seriously

injured in a road crash.

Imposing sentence, Judge Brian O'Shea said most of the offences before the court were at the lower end of the scale.

He said the "relentless nature of her offending" was an aggravating factor but that there were a number of factors he had to consider as mitigation.

He accepted there was a "degree of success" but noted she had failed to appear in court on several occasions previously.

Judge O'Shea imposed a number of consecutive prison sentences totalling six months.

The last two months were suspended for six months.

The severity of the sentence has been appealed.

Three Limerick entries in enterprise contest

Three Limerick entries are vying for the title of Ireland's most enterprising town.

Nearly 100 entries from the City Council and County Council local authority areas are vying to be crowned Bank of Ireland's National Enterprise Town Winner 2018. The

Awards recognise towns where businesses and the community have come together to showcase the spirit of enterprise in their local area.

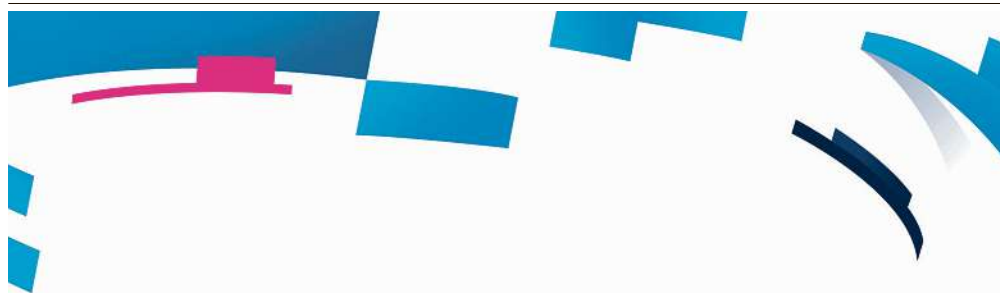
In Limerick, Newcastle West, Adare and Limerick City/South Regeneration are competing in various regional and national

categories. With a prize fund of €157,000, the overall winner will receive a prize of €33,000. This year sees a new Rising Star category with €20,000 being awarded for a project which fosters social/artistic/creative/technological or enterprising interactions.



CITY'S HALLOWEEN FESTIVAL

Limerick is to get its first Halloween festival this year. Samhain will have a number of free family-friendly spooky events. See report on page 34



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LEADER CRIME BRIEFS

BY DAVID HURLEY



Cloned credit card used to buy expensive jewellery

GARDAI are investigating an incident during which a 'cloned' credit card was used to buy expensive jewellery at a store in the city centre.

Gardai say the customer, who bought an item of "great value" did not use a pin number and signed for the purchase when he offered to pay using the card.

"I'm sure the man had a good excuse for doing that or the card was not chipped but either way it was subsequently discovered that the credit card was cloned," said Sgt Ber Leetch who added that the credit card holder lives in Dubai.

The divisional crime



A cloned credit card was used at a store in the city centre

prevention officer says the incident should act as a warning to businesses.

"Retailers need to know that cloned credit cards are sometimes used and to be very vigilant. Credit card owners need to be very careful when using their credit cards, keep it within your sight at all times and keep it safe," added Sgt Leetch.

Warning as thieves target cars in church car parks

INFORMATION is being sought after two cars were broken into while parked outside churches in the city.

According to gardai, one of the incidents happened in a suburb while the second happened in the city centre.

Both of the thefts happened in broad daylight.

While both incidents are being investigated, gardai are appealing to car owners to lock up.

"Cars are still being left unlocked while parked in driveways of homes so get into the habit of checking that your car is locked as well as your windows and doors before you settle down for the night," said Sgt Ber Leetch.

Card left in ATM used to empty woman's account

A WOMAN'S bank account was emptied after she inadvertently left her ATM card in the machine.

The woman had requested a statement and did not withdraw cash and was not prompted to remove her card.

"She got her statement and was obviously distracted by it because she walked away and left her card in the ATM," said Sgt Ber Leetch who added that the woman only realised what happened when contacted by representatives of her bank who informed her a number of cash



The woman left her card in the ATM by mistake

transactions had taken place and that her account had run out of funds.

"Your card contains sufficient information on it to purchase items online or over the phone, in other words cash can be removed from your account without your pin number so be aware of your cards and keep them safe," said Sgt Leetch.

Leave valuables at home

GARDAI are appealing to fitness enthusiasts to take measures to protect their property.

A particular appeal is being made to people who using changing rooms at locations such as gyms or swimming pools. "The best piece of advice I can give is to bring nothing of value with you. Leave your jewellery, wallet, purses and phones at home," said Sgt Ber Leetch.

Gallagher aims to inspire on visit to school in Limerick



Presidential candidate Sean Gallagher addresses students of St Augustine's School on a visit to the city

Presidential election: Candidate visits Limerick

NICK RABBITS
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DRAGON'S Den star Sean Gallagher tried to inspire the next generation on a visit to a city centre school this week.

The businessman was in the city on Monday to canvass for the upcoming presidential election – and took time out to drop into St Augustine's School in Sexton Street.

There, he encouraged its 25 students to never be afraid of making mistakes, referring explicitly to the 'Tweet-gate' incident seven years ago which arguably cost him victory in that Presidential campaign.

"One of the biggest fears we all have is making mistakes. I am running for the presidency of Ireland. The last time I made a mistake which cost me the election. I was asked a question on television, and I couldn't answer it properly. So a lot of people didn't vote for me. I had two choices: I could stay at home, or go again," he said.

Mr Gallagher said the mistake hurt him, "because people saw me in a way that I am not".

"Seven years later, I made a choice, that I will not let that mistake determine who I become," he said.

Mr Gallagher – who was in Newcastle West on Friday – urged the students to be positive.

“**The last time I made a mistake which cost me the election.**”
SEAN GALLAGHER

"My message for you is that I think you can do anything you want to do. Believe in yourself and support each other. Don't say nasty things, or say anything nasty to each other," he said.

Speaking to The Leader after the visit, the candidate said he was inspired by the presidencies of Ireland's first two female premiers Mary Robinson and Mary McAleese – and would use their examples as a blueprint if he wins election to Áras an Uachtaráin later this month.

"Up to her [Robinson], it was seen very much as a retirement home for ageing male politicians. She totally reimagined that, and didn't allow herself to be confined by tradition. Mary McAleese did the same. I now want to use my life experience across a life of youth work, community development, agriculture and business, to do the best for Ireland as protector of the constitution," he said.

Mr Gallagher also pledged, if elected, to return to St Augustine's School to revisit the students and find out what they would like to see happen in Ireland.

"Limerick is a vibrant city and a vibrant county, yet we have communities who are struggling. We have still young people who are on the margins, who need opportunities, who need interventions to support them. It's about what we can do to ensure everyone is included, everyone is respected, and nobody is left behind."

Mr Gallagher faces fellow Dragons Den stars Peter Casey and Gavin Duffy, alongside Senator Joan Freeman, Sinn Féin's Liadh Ni Riada and the incumbent President Michael D Higgins.

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Noonan decides 'not to be backseat driver'

FINTIAN WALSH

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MICHAEL NOONAN has not made any public statements on government policy since standing down as Minister for Finance in 2017, and has since decided "not to be a backseat driver" in Dail Eireann.

When he announced that he was not going to run in the next general election in the summer of 2017, the former minister made

headlines for his enthusiasm over returning to the backbench.

At a Northern Trust jobs announcement on June 13, 2017, the Limerick City TD said: "I've already told my friends I'm going to be a contrary backbencher and indulge in all the mischief I can."

Speaking to The Leader at the launch of Sen Maria Byrne's general election campaign, Deputy Noonan said that "[his] vote is needed" in the minority government and that he is in the

Dail every Tuesday to Thursday.

"I decided not to be a backseat driver, so I haven't made any public statements on policy since I stood down," he said.

When this reporter asked if there was any reason for that decision, the TD replied: "Yeah, because I don't want to be a backseat driver. As soon as I say anything, fellas like you would ask me did I agree with Leo Varadkar or did I agree with Paschal Donohoe, would I do something different as

Finance Minister. So, I don't want to get into all that. I have done my bit and I am representing the city and I am doing a good bit of constituency work."

He added that he believes that there will not be a general election for at least another 12 months.

Noonan was first elected to the Dail in 1981, and has served in numerous ministerial roles since, including minister for finance, health, justice, and industry and commerce.



Deputy Michael Noonan made the comments at a party meeting



Siún Ní Raghallaigh CEO and Joe Devine, chairman Troy Studios at the launch of its expansion plan a fortnight ago. Now the studio has received a timely budget boost PICTURE: SEAN CURTIN/TRUEMEDIA

Troy Studios gets boost in Budget 2019

Taxation: Corporation credit extension to boost facility

NICK RABBITS

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JUST a fortnight after unveiling its latest expansion plans, Troy Studios has received a budget boost.

This Tuesday afternoon, among the many measures Finance Minister Paschal Donohoe confirmed was that the film corporation tax credit will be extended beyond the current end date of December next year – to December 2024.

There will also be a time-limited regional uplift of an additional five per cent which will taper over four years announced as part of Finance Minister Paschal Donohoe's budget, worth over €66bn in spend

Senator Kieran O'Donnell welcomed this, saying: "In my view, there are additional costs for Troy in operating regionally like this. What this does is endorses what Troy Studios is doing in Limerick. The employment it has created across a

range of areas both in the arts and construction. It's yet another dimension to what we do in the Mid-West."

He predicts this will lead to further films being made at the hub in the National Technology Park.

There are also boosts for Limerick Prison and Shannon Foynes Port Company, which will benefit from increased funding next year.

Elsewhere, queues were expected for cigarettes this Tuesday night after it was announced there will be a 50c rise in the excise on a packet of cigarettes, which mean the price of 20 will stand at €12.70 from this Wednesday.

Government is increasing the entry point to the higher rate of income tax for all earners by €750, raising it from €34,550 to €35,300 in the

case of a single worker.

Mr Donohoe said that the third rate of the USC will be reduced from 4.75% to 4.5% to give a further targeted boost to low and middle level incomes.

In what is a controversial move among tourism businesses, the 9% rate of VAT put in place to support enterprises in this sector has been replaced with a rate of 13.5%.

For the second year in a row, all social welfare payments will rise €5 a week, with the changes coming in March.

For the first time in almost a decade, social welfare recipients will also be able to look forward to the full restoration of the Christmas bonus, it was confirmed.

For more on this year's budget log onto our website at www.limerickleader.ie

€66.5bn

The total spend earmarked for Budget 2019

New role with LIT for former hurling boss Davy Fitzgerald

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THE LONGSTANDING manager of the Limerick Institute of Technology hurling team is to move into an ambassadorial role, as he steps down from the role he held for the last 16 seasons.

Davy Fitzgerald is to move into a new role at LIT after managing its Fitzgibbon Cup Hurling Team for 16 seasons, including LIT's two Fitzgibbon Cup wins, achieving a win ratio of more than 70%.

Mr Fitzgerald also manages the Wexford senior hurling team.

"I have very much enjoyed my time managing the LIT Fitzgibbon team over the last 16 years, and made a lot of friends both in LIT and outside it," Mr Fitzgerald said.

"It was very special and I won't forget it, but it is time to move on.

"I would like to thank the president and everyone in LIT for that and for the opportunity to work in a new capacity there, which I am very much looking forward to."

Mr Fitzgerald's new role as an ambassador for LIT will, says the college, involve helping students to address the challenges they face on their

journey through third level education.

Mr Fitzgerald is "synonymous with LIT and with achievement", President of LIT Professor Vincent Cunnane said.

"He became a fellow of LIT in 2013 in recognition of his contribution to the institute," Professor Cunnane said.

"It is by no means overstating it to say that he has been instrumental in the development of LIT's standing both on and off the field of play.

"As manager of LIT's hurling team, he brought tremendous success to the college, bringing us to a position of consistent competitiveness," he added.

"Davy has a passion for helping people. This ethic is fundamental in what we do, and we will now be working with Davy to help him contribute to the lives of our students off the field in a structured way."

"This means engaging with students who are experiencing challenges and uncertainties in a unique partnership with our student support services."

"This is a win-win situation which will allow LIT students to benefit in a much broader way than was possible when his focus was on hurling success."



Cian has faith in teetotal life

Cracking form: Hurler talks abstaining from alcohol and the power of prayer

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EGGS play a big part in Cian Lynch's protein rich diet, but the Limerick hurler can also put his cracking form this season down to his teetotal lifestyle and chats with the man above.

The Limerick senior hurler who has teamed up with Bord Bia for World Egg Day this Friday says despite not drinking he still stays out until all hours of the night "but I think it's ideal to be able to hop into the car then and drive home".

"I never got into the whole thing," he said of the drink culture.

"When I was 15 or 16 and other lads were testing it, I would have been playing soccer or hurling. I'd have been hitting the ball off the wall and I wouldn't find a reason to go have a drink. I'd always go for a puck, and meet the lads down the road and hit a few balls.



"It's what you're introduced to or what you choose. It was my own choice, nobody ever told me not to drink, I just never got into it. It could have been a different story if I got into it, it's just different paths in life," he explained.

The Patrickswell man, who is a nominee for Hurler of the Year, says he finds that his Catholic faith helps him to remain grounded in the good times and the bad.

"If it's down to Ballybrown for 10am Mass or Patrickswell for 11.30am Mass, I'd be there. For me, it's a bit of a structure in my life.

When you're on massive highs from winning or when you're on a massive low, I say a few prayers or go to Mass and it kind of brings me to level ground.

"If I could go, I'd go the day of the game, but even if we were meeting early I'd go the night before. I'd be saying a few prayers at night anyway."

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New Bus Éireann contract proposed despite concerns

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THE National Transport Authority (NTA) say some city bus services may be put out to public tender in future in an effort to improve customer satisfaction levels.

In a consultation document which has just been published, NTA says there is an overall satisfaction level of 72% with the current services which are operated by Bus Éireann.

This compares to a 74% satisfaction level in Galway, 84% in Cork and 81% in the Dublin commuter belt.

Bus Éireann currently operates seven PSO services on seven routes in the city and NTA says it is proposing to renew its contract in 2019.

Private operator Dublin Coach operates the 307 and 308 routes having previously been awarded a contract by NTA.

However, the regulator says a

number of Key Performance Indicators are constantly reviewed and that across a number of metrics, Bus Éireann comes in around 10% lower than Dublin Bus.

While proposing to renew the existing



Bus Éireann contract, NTA says it is open to change in

Limerick and Galway given the relatively low satisfaction levels in both cities.

“On the basis of raising customer satisfaction levels,

Limerick and Galway city should be considered for tender competition, however there are other considerations,” according to the comprehensive document.

According to an NTA survey of customers, one of the main reasons for the low satisfaction levels in Limerick is poor reliability.

A public consultation process is now underway with a deadline of 5pm for October 30 for receipt of submissions.

Judge has concern over ‘misuse’ of court orders

Prosecution: City man admits breaching terms of safety order

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A JUDGE has expressed his concern at claims safety orders are routinely being “used” by people to get one over on their estranged partners.

He made his comments in the case of a man who has been prosecuted before Limerick District Court in relation to an incident at his former partner’s home.

While the 34-year-old, who has an address in the city centre, has admitted the charge, his solicitor said there was a background to the offence which the court should be aware of.

Sarah Ryan told Judge Brian O’Shea (pictured) her client’s former partner has made a number of separate complaints to gardai in the past but that she “does not generally appear in court” to give evidence in proceedings against her client.

She said the woman has contacted her client in the past asking that he call to her home to mind their young child while she “goes shopping” before later demanding that he leave.

Ms Ryan said her client had called to the woman’s house for that reason and she urged the court to consider his outburst in the context of his frustrations.

Inspector Dermot O’Connor confirmed there have been a number of complaints from the woman in the past that “have not proceeded”.

He emphasised that gardai treat all domestic violence calls as a priority. “Once an allegation is made, gardai will respond immediately,” he said.

The judge expressed his concerns that the court order is “being used as a device” by the woman and he questioned if she has ever been prosecuted for wasting garda time.

“It is being suggested she is deciding to ring the gardai depending on which way the wind is blowing,” he said.

The judge added he was conscious the woman was “effectively being bad-mouthed” in her absence and he adjourned the case to allow her to attend court.

The defendant was warned he faces an immediate custodial sentence if his instructions to his solicitor are established to be false.

Adjourning the case Judge O’Shea suggested that matters regarding access to the young child be regularised “in writing or through the courts”.

He also suggested the defendant not contact his former partner - even if asked - as he would be “exposing himself” to possible prosecution.



A woman and her flock of pigeons

A WOMAN feeds a flock of pigeons with bread beside the Terry Wogan statue in Harvey’s Quay. This fabulous image was captured over the weekend by Megan O’Brien, who lives in Henry Street. “I took it on Saturday afternoon,” she explained, “I just thought it was a cool picture to capture. We smiled at each other, and she was laughing as my dogs were terrified of all the pigeons!”

Sale of electric cars increases by 64% as overall sales fall

THE number of electric cars being sold in Limerick has increased by more than 60%, new figures have revealed.

According to the Society of the Irish Motor Industry (SIMI), 257 electric cars were registered in Limerick between January and the end of September.

This compares to 156 during the same period last year and

represents a 64% year-on-year increase.

While the number of electric cars being sold has increased, the overall sale of new cars locally has fallen by 3.4%.

According to SIMI, 128 new cars were registered in Limerick last month bringing the total registered in 2018 to 4,236 compared to 4,388 last year.



SIMI says 257 electric cars were sold up to the end of September

The three most popular models of car sold in Limerick so far this year are were Ford Focus (176), Nissan Qashqai (162) and Ford Fiesta (144).

Ford, Toyota and Volkswagen are the most popular brand of car in Limerick.

Global offering at Harris festival

Film: Event returns later this month for a sixth outing

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THE Richard Harris International Film Festival returns later this month with a “strong, vibrant and diverse offering” for its sixth outing.

That’s according to festival director Zeb Moore, who noted the event has “drawn in over 250 movies from 27 countries throughout the world, of which we will screen over 130 over the five day period.

“We are welcoming people from all over the world - we have people returning from Australia, South Africa, North America and we now have Diaspora travelling from Canada and the Ukraine, which is very important as we are part of the Global Irish festival series,” he added, noting that the festival this year has been funded as part of a joint initiative between the Department of Foreign Affairs and Trade and Fáilte



Hayman Harris, Mayor James Collins, Annemarie Harris, Eileen Collins and Sylvia Moore, RHIFF at the launch of the festival in the George Boutique Hotel PICTURE: PAUL MULLINS

Ireland, with support from Limerick City and County Council.

The film festival has had a Diaspora focus since year one and it is, in Moore’s words, “a great coup for us” to be picked for the pilot programme along with the I.N.Y Festival, which is running in Limerick this week.

The Harris festival will screen a wide variety of premieres, documentaries, hosting live script reads,

acting masterclasses and welcoming stars such as Patrick Bergin and Cass Warner, granddaughter of Jack Warner of the Warner Bros empire.

“We have a really strong, vibrant and diverse festival offering and our awards night will be a big spectacle,” Zeb added.

The festival runs from October 25-29. See www.richardharrisfilmfestival.com for more.

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Coding event at LIT set to attract up to 1,000 participants

ANTHONY GEOGHEGAN
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OVER 1,000 young people will take part in Ireland's largest free computer coding event at Limerick Institute of Technology this Saturday.

The fourth annual Megadojo.ie event will coincide with five other meet-ups in other third level colleges across the country, with 5,000 expected to attend overall.

Eugene McDonough, the co-founder of Megadojo, said the event will provide all the equipment ensuring all children aged 7 to 17 from all walks of life will be able to participate.

"There are some kids who might not have any computers at all, so we'd like to have kids from all backgrounds to see what technology is all about," he

told The Leader.

Gaming fans will also learn how to create their very own games by using software engines including Unity which was used to develop critically-acclaimed titles: "Hearthstone," "Cuphead," "Inside" and many more.

"You have kids that are into tech, but were learning it from their bedrooms on the web, and it wasn't social they were meeting people online, but not in real life."

"Kids get to meet people their own age while learning how to code; sometimes we even have the younger kids showing the older kids how to use the software," Mr McDonough added.

Workshops will begin at 10am and will run until 5pm this Saturday at LIT, to attend any of the free classes, register online on Megadojo.ie



Paul Vesey, head of department of information technology at LIT, with Eugene McDonough, co-founder of MegaDojo

Resource for those whose lives are child-free zones

'Are Kids For Me?' Service to launch with panel discussion

JESS CASEY
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IRELAND'S first counselling service designed specifically for people who are unsure if they want to have children is to officially launch in Limerick this Saturday with a high-profile panel discussion.

'Are Kids for Me?' a new research-based counselling service and website inspired by the experiences of working with issues around parenthood such as social pressures, tradition and assumptions according to founder Margaret O'Connor, an IACP counsellor with more than five years

experience.

"It is important for people to realise that we do have a choice about whether we become parents or not and that it shouldn't be an automatic assumption that everyone wants to or should become a parent," Ms O'Connor said.

The official launch of the counselling service will take place on Saturday, October 13 at 6pm in Bia, a new restaurant at the Limerick Milk Market. The launch will include a panel discussion on the many aspects of parenthood.

This panel will include award winning actor Joanne Ryan; Dr Lisa O'Rourke Scott of the Limerick



Are Kids For Me
founder Margaret
O'Connor

Institute of Technology and Bronagh Fleming, a digital content manager, photographer and interior stylist who is "childless by choice".

The panel will also include Amanda Tobin, an advocate for breaking down "myths about what it means to be childless". Ms Tobin works closely with 'Gateway Woman'; a network for those who find themselves childless-not-by-choice.

The event will be chaired by Dr Deirdre Flynn, whose work examines the connection between motherhood and identity in Irish literature. The discussion will be followed by a Q&A session and light refreshments.

'Three for three' walk raises €12k for cancer

IN ITS first year, the 'Three for Three' Awareness Walk has raised almost €12,000 for vital breast cancer services in Limerick, writes Jess Casey.

The charity walk, incorporating the three bridges of Limerick, was a huge success, netting €11,500 for the Symptomatic Breast Unit in the University Hospital Limerick.

Founder of the event and breast cancer survivor, Caroline Moloney said: "We are overwhelmed by the response and generosity of all who supported this fantastic cause.

"We are humbled with all the amazing volunteers that got involved; Limerick City Council Roads Authority, Rory McDermott, Helen O'Donnell, Limerick City Business Association, the Community Police, Sergeant, Kevin Balfe, and all the first responders for all their help and assistance in making this event so memorable and successful.

"This year's event was sponsored by Hook & Ladder to whom we are very grateful," Ms Moloney added.

See pictures from the event on page 33.

Addict facing jail for taking bike minutes after theft

A man who took possession of a bicycle minutes after it was stolen has been sentenced to two months' imprisonment, writes David Hurley.

Dean Hughes, aged 25, who has an address at Lord Edward Street, Limerick, has admitted handling the stolen bike at Upper William Street on February 21, last.

Inspector Dermot O'Connor told Limerick District Court the

defendant was observed receiving the bike from another individual a short time after they were alerted to its theft.

He told Judge Brian O'Shea the bicycle was stolen at O'Connell Street at around 7.30pm and that the thief was tracked on CCTV after the incident was reported.

Solicitor Sarah Ryan said her client has an "extremely bad drug addiction" but is engaging with

the Ana Liffey Drugs Project.

She said Hughes, who has a number of previous convictions, was leading a chaotic life around the time but has since secured accommodation at a hostel in the city. She said he accepted his actions on the night had been reckless.

Judge O'Shea noted the defendant has not engaged with the Probation Service which, he

commented, has shown the "patience of Job"

He said the offence was in the middle-range and that there were no significant aggravating factors.

Imposing a two-month prison sentence, he noted the offence happened just 18 days after the term of a previous suspended sentence had expired.

The severity of the sentence has been appealed.

Quality and professionalism the heart and 'sole' of Foot Solutions

AS FOOTWEAR units go, Foot Solutions is not your usual brogue store.

Preparations are underway at the busy O'Connell Street shop for their 10th anniversary celebrations, and on the counter lies skeletal structures of two feet - from the ankles to the phalange tips.

These little props may not be there all the time, but it's an obvious sign that the science and physics of the shoe is at the heart of what makes this decade-old store tick.

Ellen O'Donoghue, a Clarina native living in Kildimo, is the manager of the successful American franchise in the city centre, and she is no ingénue in the footwear industry.

Ellen spent nine years at Michael Gleeson Shoes - a William Street institution - then Foot Solutions, which opened its first Irish store in 2006, arrived in Limerick on October 2008. Ellen was there from the beginning, having been appointed to the role of assistant manager.

She is also qualified neuromuscular physiotherapist, meaning she can tell you exactly what's wrong with your feet, the shoes you're wearing, and what type of supports you require. In fact, all seven employees are fully-trained and qualified, and are either neuromuscular physios, podiatrists or pedorthists.

Since the city centre went through a major revamp in late 2017, Foot Solutions has since introduced an in-house podiatry clinic in response to increasing demand in



Eithne Kenny, Valerie Kenny, Ellen O'Donoghue, Caroline Morrissey and Jane Pyne at the Foot Solutions store in O'Connell Street that is celebrating its 10th anniversary this year PICTURES: DAVE GAYNOR

the region. She says it is the only service of its kind in the city centre.

Most people will inspect a shoe to see if it matches an outfit. But for Foot Solutions, they look at footwear as a support system for the body.

"What we look at is posture, gait, biomechanics and we try and fix that and facilitate that through footwear and orthosis. It's a little bit more than shoes.

"What we would see an awful lot is people that are finding that they are going from shoe to shoe to shoe and they can't get comfort. It interested me from day one seeing the amount of people with foot problems and understanding that every foot is different, and you have these shoes that have the exact same construction. And Foot Solutions wanted to be that one-stop shop for all those

solutions," Ellen explains.

Their shoes, which range from €100 to €200, will provide for all sorts of conditions, including bunions, fallen arches, hammered toes or ingrown toenails. The most common condition to present at her store is plantar fasciitis, commonly known as arch pain. This, Ellen says, will affect seven out of 10 people.

Orthotics range between €300

and €350, while all foot assessments are free. Ellen says follow-up services and consultations are completely free of charge, too.

"When you think you are spending €80 to €90 replacing them every four months, you are spending far more in a year than what you would be if you were to get a good value one that you might get two or three years out of."

Though Foot Solutions was originally opened as an adults only footwear store, they are seeing more and more teenagers presenting with aches, pains and muscular problems.

And it is a lot of younger people who are wearing shoes that offer little support structures. For example, deck shoes.

"Deck shoes were designed to give grip on a boat, and not designed as a school shoe," Ellen says.

Over the past 10 years, she has seen the store go from strength to strength. And despite opening at the start of an economic crash that forced a lot of retailers to close their shutters, Foot Solutions was attracting those who desired quality assurance.

"When we opened in October 2008, we were really questioning were we crazy? Everything was gone wallop. And we are opening a high quality, high end store.

"What we actually found was people were under more financial strain so they were more conservative about where they spent their money. And they were more cautious about how they spent their money. They wanted quality for their money."



Caroline Morrissey, Foot Solutions and Rita Ruttle, Askeaton



Noreen Grimes, Raheen and Joan Walsh, Kilmallock Road



Ray Reidy, Foot Solutions and Stephen O'Donoghue



Ellen O'Donoghue, Foot Solutions and Marion Murphy-Cooney



Aileen Bellew, Galway and James Kavanagh, Castletroy



Zoe, Dan, Sophie and Katie Ives, Kilcorman



Lego mad: Brothers Janek and Eryk Tylock, Raheen, were among hundreds of young (and old!) lego fanatics at the LimBrick City lego convention at St John's Pavillion, Mulgrave Street, on Saturday and Sunday

Immersed in a Lego world

Hundreds of families and children flocked to St John's Pavillion in the city centre to lay down the building blocks of their own Lego world

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



Mary, Anna, Stephen and David Bond, Corbally

David: My favourite piece was the rollercoaster and the Star Wars one. I got some Lego, I got a Lego pencil and a Lego pen. The best thing I ever made was, I made this Lego machine from Star Wars. It's a Star Trooper thing and I just need to do a few designs on it

David Heffernan, co-organiser of LimBrickCity Lego convention at St John's Pavillion Mulgrave Street. Here he shows off his family of Millennium Falcons

David: I have a rainbow Falcon that really stands out. It's mishmash of different colours. People seem to love that one. There is a micro Falcon, so I have a huge collection of them. I am a little bit of a Star Wars fan! The bigger models seem to be grabbing people's attention because they stand out more



Keith Kerley, Rhebogue, helps Daisy build a Lego tower

Keith: It is one of the small one's birthday so we said we would come in and give them a run around. They all love Lego. It's brilliant. Even the Millennium Falcon one out there, I might take that away myself!



Julia Kaczorowska was getting a helping hand from her dad, Slawek

Slawek: She is playing with the Lego Family Land, from the late 70s/early 80s. It was discontinued in the late 80s

Candid Comment

By SPARTACUS

● CARRIE Bradshaw knows good sex* (*and isn't afraid to ask).

James Collins knows good publicity* (*and isn't afraid to show it).

While we all remember Sex and the City's Carrie having an unfortunate encounter with a puddle on seeing her face and 'good sex' slogan splashed across the side of the bus, spare a thought for Spartacus this week who shared an equally mortifying moment.

But the mortification wasn't for yours truly - it was for our mayor whose face is plastered across the back end of a bus.

There I was sipping my morning latte while turning the corner onto Upper Mallow Street early on Monday when I nearly spat it out on seeing the huge image of Mayor Collins' face ahead of me. I thought my Saturday night pints were still in my system.

While three quarters of the rear end of the double decker is dedicated to the mayor's visage, Twitter account, email address and name, the bottom third features a photo of himself and his general election running mate Willie O'Dea.

The big question is will Willie still be below the mayor in the polls?

● IN the last two weeks Spartacus has received two complaints regarding "young hooligans" going around town and causing traffic chaos on sulkies.

And this week we got yet another complaint from a reader who phoned up about young boys on sulkies.

The gist was: "I was driving through the city down by the Jesuit Church on Sunday evening around 7.40pm when there was a traffic hold-up. And then I saw the problem, not one, but two, sulkies going down the street.

"On one you had a six-year-old and maybe a 10-year-old and on the other another very young boy also around six. And the best is yet to come - behind were two four-year-olds at most trying to keep up

on tiny bicycles.

"Of course they had no lights and I nearly ran into them.

"What I would like to know is where were there parents? Where were the gardai? And is anyone doing anything about this?"

He said that "all hell will break loose if one of these children comes to serious harm or is killed.

"Is there any laws governing this? Can a child of any age take a sulky out onto the street? It is an absolutely crazy situation," he added.

Maybe some solicitor or a member of the gardai will let me know.

● There was some great news out of Dublin this week when An Bord Pleanala rejected an appeal by Dunnes Stores over one of its sites in the capital being placed on the derelict sites register.

The outlet in the Dun Laoghaire-Rathdown area could end up costing the retailer €360,000 a year in fines.

What has this to do with Limerick? Well, Dunnes is currently appealing a decision by Limerick City and County Council to place one of its former shops on Sarsfield Street on the same derelict sites register.

Let's hope for a similar decision from the planning body. That way we might see some life being pumped back into a high profile city property.

● IT was revealed this week that a retail premises in the city was ordered to close last month after rodent droppings and "a lot of flying insects" were found during an inspection of the premises. According to the FSAI, the inspection was carried out on foot of a complaint rather than during a "routine" inspection. Spartacus wonders what breaches would be uncovered elsewhere if routine inspections were to become more common.



Andrew Kenny, Carew Park, was with his grandfather Desmond O'Mara, Southill

Desmond: He likes Lego. He loves it. It is our first year, and I think it is very good. They are enjoying it



Noel, Flynn, Siun and Emma Kelly, Dooradoyle. Flynn was building the Great Wall of China!

Noel: And it is this little guy who is a bit obsessed with Lego. We are here about 20 minutes. Flynn will play with Lego most of the time. He doesn't play with much else



It's not just for adults! Jarlosaw Walter, Co-Organiser was showing off his Lego Hogwarts Castle to David Turner, Broadford, Clare, who took a keen interest in the project



Echemas Trading Store

Rodent droppings found at city store

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A RETAIL premises in the city centre was ordered to close last month after HSE inspectors found rodent droppings and “lots of flying insects” during an inspection, it has been revealed.

The closure order, under the provisions of the FSAI Act 1998, was served on the proprietor of Echemas Trading Store at Upper Gerald Griffin Street on September 19.

The order was formally lifted two days later after the issues of concern were addressed.

Documents published by the Food Safety Authority on Monday, have revealed the premises was inspected after a complaint was received by the HSE.

“During the course of this visit, inspecting Environmental Health Officers found evidence (droppings) of rodents indicating recent rodent activity,” states the report.

The inspectors found the premises was “not pest proof” and concerns were also expressed in relation to “holes in the ceiling of the sanitary accommodation” of the premises.

The report states that hard to reach areas at the premises were “filthy with crumbs, dirt and droppings” allowing “good harborage” for rodents.

The EHOs also noted the presence of exposed foodstuffs and a “lot of flying insects” at the premises.

According to the FSAI, Echemas Trading Store was one of eight premises which were ordered to close across the country during September.

Enrolment increases as campus advances

Education: Future student body expected to reach 800 at Limerick ETSS

JESS CASEY

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FUTURE ENROLMENT for Limerick’s newest secondary school has increased by a third, as plans for a state-of-the-art campus in Castletroy advance, writes Jess Casey.

The total enrolment for Limerick Educate Together Secondary School (Limerick ETSS) has increased from 800 students, in response to demand for school places in the Castletroy and Monaleen area.

Enrolment for 2018 was capped at 80 students, with the school previously expected to grow to accommodate 600 students.

Last week, the Department of Education formally conveyed that the acquisition of a new greenfield site opposite Northern Trust totaling 12.4 acres, has been agreed. The school is currently located at the Salesian’s Secondary School building in Fernbank, North Circular Road on a temporary basis.

A direct bus has been arranged for the 36 students who are travelling from Castletroy to the school on North Circular Road.

“Limerick ETSS offers parents and their children living in the Castletroy area another choice,” school principal Eoin Shinnars said.

“This is great news for the community as a whole. The Minister for Education and Skills subject to a suitable grant of planning permission



Limerick ETSS stakeholders, principal Eoin Shinnars and Senator Kieran O'Donnell at the new site PICTURE: DAVE GAYNOR

being obtained,” he added.

As well as a state of the art campus, playing fields and gymnasium, the new school will also have a purpose built ASD unit.

“The new build ties in with a great development plan for the green field site,” he added.

“I would strongly advise parents

together with their children to attend our open night on Thursday, October 11, at 7pm in the Castle Oaks Hotel, Castleconnell, to see what Limerick ETSS is all about,” Mr Shinnars added.

“We offer a fresh, exciting and innovative approach to teaching and learning and our brilliant teachers,

students and parents will be there to showcase all that we do.

“Student voice is key to all that we do in our school. Democracy and student-centred learning is integral across every facet of school life and therefore it just makes sense to have students play a leading role on the night.”

UL looks to ease integration using GAA

THE UNIVERSITY of Limerick played host to an international Gaelic football tournament at the weekend, which saw students and people of college-going age from Limerick’s direct provision centre take part, writes Jess Casey.

For the last four years, the International Education Division at UL has hosted Gaelic Games training for international students, who are usually beginners, as part of students’ orientation.

“We put so much work into making sure the students integrate and adjust and get the best possible experience when they come to Ireland,” student support officer Yvonne Crosse said.

“We want to make sure they get a taste of Irish culture and that includes sport. We’re part of a fantastic sporting campus so what better opportunity.”



The Limerick teams at the Go Gaelic tournament

“Go Gaelic, a Clare company, have been coming here for the last seven years to train students and three years ago they came to me with the idea of training the students for four weeks and then hosting a tournament.

“For the last four Thursdays in a row, every Thursday night for an hour

we have trained the students. The tournament has grown every year.

“The first year we had about six teams and this year we have 12. It gives students the opportunity to meet other international students who are studying in Ireland.”

This year, teams were a combination of players from

UL international student body and people living in Limerick’s direct provision centre.

“We had the idea this year that it would be nice to involve those living in the direct provision centres as part of the tournament,” John Hogan of the UL International Office said.

“It is in keeping with UL’s status as a University of Sanctuary as well. Quite a few of the people who took part are recipients of the University of Sanctuary scholarship.”

“We received support from the Munster GAA Council, Doras Luimni and Go Gaelic.”

Water a lot of noise as firm pumps out city sewers

NICK RABBITS
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IRISH Water has been cleaning out sewers in the city, leading to an increase in noise for people working and living in the area as it continues.

The State's water utility has confirmed in a statement to The Leader that its contractors, GMC, are working to carry out "vacuum cleaning" of some of the "sewer culverts".

The works have been focussed around Glentworth Street in the last week and Upper Cecil Street in the weeks before that.

It comes after a number of complaints about the cleaning causing noise "resembling a low-flying helicopter".

Workers and residents have

commented that the suction is causing noise disruption on an industrial scale during office hours.

"They aim to complete the work in this area by the end of next week," explained the spokesperson for Irish Water.

"While there may be some noise linked to this activity during the day, we are making every effort to minimise this and the machinery will not be running at night," the spokesperson added.

"We apologise for any inconvenience caused by this essential work.

"The cleaning and relining of the sewers will have many long term benefits for the area, by helping to address odour issues, reduce sewer flooding and upgrade the sewers to avoid the need for more disruptive



The sewer cleaning works taking place in Glentworth Street this week PICTURE: ADRIAN BUTLER

emergency repair work in the future," the spokesperson added.

The company organised an information evening ahead of the start of the work in July, with the project team calling into local

businesses and doing letter drops in the locality.

Since being established in 2013, the water utility firm has been at the centre of many complaints, primarily around water charges,

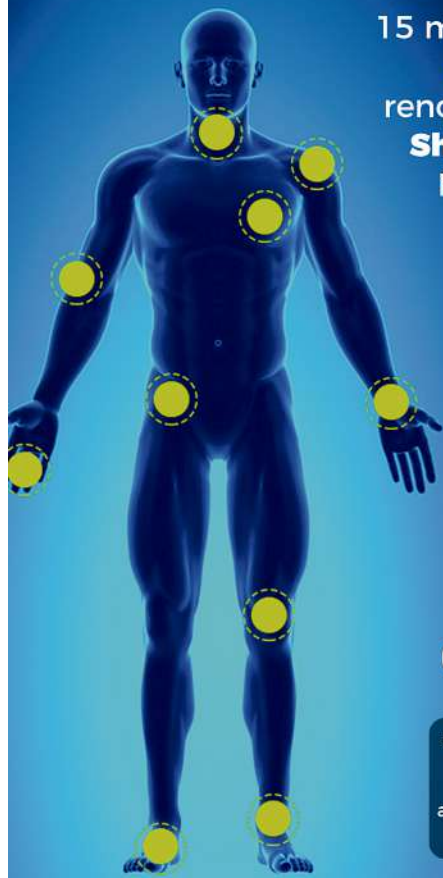
which were later scrapped after severe political pressure.

Irish Water is accountable to two regulatory bodies, the Commission for Energy Regulation and the Environmental Protection Agency.

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PET RESCUE



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

Looking for a new home



This cute little male terrier mix pet named Scooter is two years old. Scooter is friendly, great on the lead, and would suit all type of homes. He gets on well with other dogs and would also be a great companion dog. Adoption fee is €150 and all dogs are neutered, vaccinated, wormed and microchipped. A fully enclosed garden is required to adopt from LAW.

The second stray is a gorgeous little terrier named Winston. He is one years old and is super friendly and playful. Winston gets on well with other dogs and would be a perfect family pet. Winston loves his walks and is good to walk on the lead. Adoption fee is €150 and all dogs are neutered, vaccinated, wormed and microchipped.



The third stray is an adorable cat named Pebbles. Pebbles can be an indoor or outdoor cat and is very affectionate. Adoption fee is €100 and all cats and kittens are neutered, vaccinated and wormed. For more information on adopting a cat please phone 087 2295669.

Kitty who is ready to play

The fourth stray is the cutest kitten named Tigger. Tigger is twelve weeks old and is waiting at the sanctuary in Kilfinane for his forever home. Adoption fee is €100 and all cats and kittens are neutered, vaccinated and wormed.



Celebrations to give 'new life to an icon'

Opera: Catherine Hayes life to be commemorated

ALAN OWENS

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A SERIES of events are to take place in November to mark the 200th anniversary of the birth of Catherine Hayes, the Limerick-born soprano who rose to international fame in the mid-1800s.

Hayes, who was born on Patrick Street and is the inspiration for the naming of the Opera Centre development, will be celebrated with a gala concert, an exhibition on her life and career and a video-installation that will be projected onto the facade of her birthplace.

The events are being led by the Hunt Museum and supported by Limerick Arts Office and Limerick City and County Council.

Hunt director Jill Cousins said the famed soprano's name was "synonymous with Limerick. She travelled the world as an



This will give her deserved recognition in her hometown

JILL COUSINS ON CATHERINE HAYES



internationally recognised soprano but she has all but disappeared from Limerick's known heritage," Ms Cousins explained.

"She sang in the European Opera Houses of La Scala, Milan, Covent Garden, London contributing to the culture of Europe, and was a contemporary of Jenny Lind, but unlike Lind has not retained that worldwide recognition. It is therefore particularly fitting that the 200th anniversary of her birth in November is connected to the European Year of Cultural Heritage."

"Reintroducing the Catherine Hayes story will give her deserved recognition in her hometown. Her story will surprise, fascinate, educate and stir debate. The video-installation will also be made available online enticing new international audiences. The mixed offering of music, exhibitions and video gives new life to this Limerick icon and her world influence," Cousins said.

The gala concert will take place at St Mary's Cathedral on November 8 and feature soprano Sarah Dolan, tenor Patrick Hyland and the Voices of Limerick choir and orchestra under the baton of Sinead Hayes.

Full details at www.huntmuseum.ie.



Greg O'Shea, who queued outside Rooney's Auctioneers for four days for his first home

Limerick man's four-day queue for first home to feature on RTÉ One

RTÉ's 'FIND Me A Home' returns to Limerick for its final episode, featuring a young buyer who took no chances, and queued for four days to beat the competition, writes Jess Casey.

Greg O'Shea camped out at an Rooney Auctioneer's, determined not to miss out on a new development in Ros Mór, on the Ballyneety Road, for his first home with his fiancée Ciara Greaney.

"I know some people think I'm mad turning up four days early, but

I'm not taking any chances," Greg tells RTÉ. "So long as I don't leave, that house is mine."

This phase of Ros Mór consists of three and four bedroom semi-detached houses targeted at first-time buyers, with prices starting at €225,000.

Just six units are were made available during this phase, which has an 'expression of interest' list of around 300 people.

For three days, Greg remained the only person in the queue, staying in

the hallway of the estate's agent during the day, while at night he stayed on the doorstep of the office.

On the night before the launch, more buyers joined him.

"There are only six houses so we're relieved to be the first in the queue," Ciara tells RTÉ. "I suppose it's one good way to meet your new neighbours."

Find Me A Home will feature on RTÉ One this Thursday, October 11, at 8:30pm.

Welcome as Edwards confirms multi-million investment

NICK RABBITTS

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HUNDREDS of new jobs are on the way to Plassey after a world-leading life-sciences firm confirmed plans to locate in the city.

Edwards Lifesciences is to create 600 new roles as it ramps up its main operation in the National Technology Park, having started life in Shannon.

"Limerick's success story is

continuing."

That was the verdict of the Chamber chief executive Dee Ryan.

"Edwards Lifesciences Corporation is a huge name in the med-tech sector; a global leader in its area and this announcement is a massive statement about Limerick's attractiveness for inward investment today. When a foreign direct investment company selects Limerick, it only does so after looking carefully at other options in a very competitive



'Limerick's success story is continuing': Dee Ryan

market," she explained.

A lot done, but more to do, the chief executive said, adding: "We must remain competitive and strengthen that offering. Critical to this will be delivery on the M20

as well as making sure that Dublin Airport is not allowed to entirely monopolise the aviation market and put Shannon, which is a key driver of jobs to this region, and other Irish airports at risk."

Conn Murray, who heads up Limerick City and County Council added: "This announcement is the latest validation of the enormous and collective effort of a range of key stakeholders who together have transformed this city and region from the state of economic

crisis it was in a decade ago into perhaps the biggest success story of the economic recovery.

The positions will be filled in a new 170,000 square foot facility, which is expected to be fully operational by 2021.

Castletroy-based Senator Kieran O'Donnell also welcomed the firm to the area.

Staff are expected to manufacture delivery components for Edwards' transcatheter heart valve therapies.



Main picture, photographed outside the new Lidl store are Dermot Ryan, Lidl sales operations manager, and Dzianis Baranouski, store manager. Above, the aisles are prepared for Thursday's opening PICTURES: ADRIAN BUTLER

City set for a Lidl boost as brand new store set to open

Retail: Discount retailer moves into new state-of-the-art building at Childers Rd

NICK RABBITTS

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A NEW chapter in discount retailing in Limerick begins this Thursday when Lidl opens its brand new store at the Childers Road.

The German discount retail chain has spent millions of euro in building a new state-of-the-art store adjacent to its current outlet near Punches Cross.

As a result of the new-build, the original Lidl store – opened in the year 2000 – will be demolished and make way for a car park, offering these chargepoints.

Opening at 8am this Thursday morning, the new store will boast a modern architectural design, spacious interior layout with higher ceilings and wider aisles.

There is a larger bakery area, along with takeaway coffee, while improved facilities for store staff will see a larger canteen, welfare area and showering facilities.

Dermot Ryan, Lidl Ireland's senior operations manager, said: "Behind the tills, there is glazing from floor to ceiling, so it floods the store with natural light. The decor is very much modernised, with a lot of operational systems upgraded to be more efficient. Within the next number of weeks, we will have an electronic chargepoint for electric cars rolling out."

Customers will be able to avail of 164 free car parking spaces, which will include a number of parent and child as well as disabled spots.

Lidl contracted the Ballysimon Road construction firm Monami to

deliver the new building, with the company taking just 26 weeks to build the store on the site of the former Chadwick's building.

"The old building served the area well but the change is welcomed and we are delighted to offer a new state of the art building and enhanced shopping experience for existing and new customers in the locality" said Mr Ryan.

As a consequence of the new store, at least 10 new jobs will be created, bringing Lidl's headcount in the Childers Road to almost 40 people.

But, Mr Ryan said, that number could easily grow further, once the new store is bedded in.

Store manager Dzianis Baranouski said this Lidl store – the first to open in Munster – remains among its busiest stores in the



This is a win-win for everyone, especially our customers

DZIANIS BARANOUSKI, STORE MANAGER

region.

"The new store will bring a much more positive customer experience. From a staff perspective, it will also offer improved facilities and technology. It is a win-win for everyone, especially our shoppers and local residents," he told The Leader.

It's anticipated one of Limerick's civic leaders will cut the ribbon at the opening of the store this Thursday, alongside Limerick All-Ireland winning ladies football captain Cathy Mee.

To celebrate the opening, Lidl also welcomed representatives from Our Lady of Lourdes Community Services Group and Milford Hospice to collect a donation of €500 each to go towards the charities and the hard work that they do.



Dunnes ruling 'will set precedent for the city'

Retail: Dublin An Bord Pleanala verdict could be boost for Limerick

NICK RABBITTS
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METROPOLITAN mayor Daniel Butler believes Dunnes Stores defeat in trying to keep one of its former outlets off the derelict sites register bodes well for Limerick.

The retail giant is facing a potential annual tax bill of €360,000 after losing an appeal to Dun Laoire-Rathdown council, which adjudicated the site should be on the derelict sites register.

An Bord Pleanala ruled in favour of the Dublin authority – and Cllr Butler feels it will serve as a precedent to Limerick, which is also seeking to tax Dunnes Stores for its empty shop on Sarsfield Street.

Dunnes has already appealed Limerick City and County Council's decision to levy them on the site to the national planning body.

The retailer has left the store vacant since August 2008 when it cut its city centre offering from three outlets down

to just one. It also closed an O'Connell St site that has not been placed on the register.

Its Sarsfield Street store has become a particular bone of contention, given the fact it stands at a major entry point to the city, just off Sarsfield Bridge.

Now, Cllr Butler said: "I feel this means we can safely levy them here in Limerick. I presume this will set a precedent right around the country. It affords us a safety net."

He welcomed the An Bord Pleanala ruling in Dublin, saying: "I am delighted to see this happening, that we can generate more income from that site, and perhaps more importantly, we can encourage them to develop the site. By leaving it idle there, it will cost them a lot of money. So hopefully in the balance of the investment and costs, they might decide they want to do something with that site, rather than leave it sit there."

If Dunnes fails in its appeal to An Bord Pleanala here, it means from 2020, it will have to pay an extra 10% on top of



Dunnes Stores has so far resisted attempts to have its Sarsfield Street store placed on the derelict sites register PICTURE: ADRIAN BUTLER

its existing commercial rate if nothing is done on the land – with an initial increase of 7% from January next.

It comes under beefed-up legislation announced by government to deter the supposed hoarding of strategic sites.

Cllr Butler added: "It's a hugely strategic site. It's an ideal location for multiple purposes, with the views it has over the Shannon and down to King John's Castle and further afield. It's a landmark site, and it needs a landmark building."

Dunnes Stores was contacted for comment but had not responded by the time of going to press.

Enet set for takeover by infrastructure fund

THE Limerick firm charged with delivering the National Broadband Plan has been taken over by the Irish Infrastructure Fund (IIF).

Enet, based in the National Technology Park, is to be acquired in full by IIF, a fund managed by AMP Capital and Irish Life Investment managers.

Enet operates Ireland's Metropolitan Area Networks (MANs) on behalf of the Irish State, as well as other telecommunications infrastructure and has become a key player in the provision of digital infrastructure here.

Enet already serves more than one million end-users, with its infrastructure supporting over 70 different retail service providers.

AMP Capital's Philip Doyle, principal of the Irish Infrastructure Fund, said,



David McCourt, Granahan McCourt Capital

"Since we acquired a majority stake in the business in August 2017, the company has demonstrated the high quality of its business and its potential for growth. enet, via its operation of vital telecoms

infrastructure, has developed a great business that is both commercially focused and policy supportive."

The deal is expected to be rubber-stamped following regulatory approval.

Industry recognises 4site

RAHEEN engineering firm 4site has received a top accreditation from Engineers Ireland.

The firm, which employs 80 locally, was named a 'Continuing Professional Development' (CPD) accredited employer by Engineers Ireland.

The scheme recognises excellent organisational practice in the area of professional development for engineers and technical staff. 4site received ISO



Praise: Caroline Spillane, Engineers Ireland

certifications renewal in June for health and safety, environmental and quality.

Caroline Spillane, Engineers Ireland, said: "4site is a superb example of an organisation which has cultivated a culture that promotes and facilitates learning and adaptability."

Social enterprise session

PEOPLE curious about different ways of setting up a social enterprise are being invited to a special talk next Tuesday, October 16, in the Hunt Museum.

Kicking off at 6.30pm, BNest, the first social enterprise incubator, will show ways people can make a positive social impact in enterprise.

Eamon Ryan, the founder of the hub, says it will be an interactive, explorative evening.

"We will delve deeper into the theories and real-life workings of activism and advocacy within the area of social enterprise and social impact. You will walk away with a clearer understanding of both tools and a greater sense of which is the right tool for you, your goals and your passions," he said.

All are welcome at this free event. For more information, call 061-518 376.

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Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Millennials: don't let past events affect your future

Your appetite for risk, and your subsequent choice of pension fund has a profound impact on your income in retirement.

Unfortunately for some, the impact the financial crisis has had on them is preventing them from moving forward with investing in accounts that over time would have created much bigger funds for them in retirement.

And the 'some' I'm referring to are those born between 1981 and 1990 and are commonly referred to as the Millennial generation.

A recent study revealed only 23% of millennials believed the stock market was the best place to invest money, and because of their fear of losing money, 30% would choose to keep money in cash, which is a bigger percentage than any other age group.

There are good reasons they're feeling this way, because some have been through not one, but two market crashes. Older millennials were impacted by the dot com crash in the early 2000s, and worse was to follow in 2008/09, when they saw their fund values decrease by as much as 50%.

Because of this and nearly 10 years on since it happened, a large majority of this generation are still feeling a bit shell-shocked and are reluctant to invest in equities and choose to invest in cash instead.

The overall objective of many has thus become to protect what they save and have accumulated, and while this is understandable, and protecting your capital is important, if you are excessively risk averse, you could come up short when retirement is upon you.

The bad experiences some of their

parents may have suffered can also foster negativity which serves as a reference point for decisions they make today and in the future, leading them to under-invest in equities, or in some cases, not invest at all.

This is a big mistake, particularly if you were born after 1980 and have c. 30 years to retirement. Yes, there will be times when things are volatile and go down in value, but the comfort you have, is that over a 30-year span, markets are very predictable in what they will do and what they will return.

It's one thing being risk averse when you are older and close to retirement age and the smart play is to reduce your exposure to the stock market and invest in more conservative options like cash and bonds. But if retirement is three or more decades away, you have time to ride out the inevitable highs and lows that will occur.

You need to create as big a fund as you possibly can in retirement and being overly cautious and investing in just cash is unlikely to generate enough of a fund for you when you retire. The problem is when people focus too much on not losing money, they forget about the risk of outliving it.

Inflation will eat into your cash fund and the amount you have to spend will buy you less when your needs begin to increase because everything will cost more. So even if your experiences of the past are telling you not to invest, part of the solution to having a fund big enough to support a good quality of life when you are older, is having to invest some of your money now into equities. Let me show you why.

If you're 35 years old and, let's say

“The problem is when people focus too much on not losing money, they forget about the risk of outliving it”

DID YOU KNOW?

The average age of a first-time buyer, when they get the keys to their first home is 34.

though your personal and employer contributions, €500 is being deposited into your fund each month. If you choose to play it safe and invest in a cautious fund where say 20% of your fund invests in equities, your likely return will generate a fund, in today's terms of c. €268,241 when you are 65. It's not bad but wait until you see what it could be if you choose a more aggressive approach.

Let me first tell you what this fund of €268,241 will pay you each year and how long it will last for. If you have to take an income of 10% from it each year and continue with your conservative investment strategy where it's all invested in cash, there is a 100% chance you will run out of money in 10 years.

If you adopted a more aggressive strategy i.e. where a greater % is invested in equities - say you started off with 65% of your fund investing in equities - the fund you could end up with in retirement is €556,084.

If you withdrew the same amount each year as you did from the previous smaller fund i.e. €26,824 and continued to invest in equities but at a much smaller rate, there is a 100% chance you will never run out of money, unless you live beyond the age of 108.

If you continue to ignore the opportunities of taking a little more risk than feels comfortable to you, you may not be able to grow a fund that will last long enough for the amount you need to draw from it each year.

So, if you are one of those who are feeling that way and have stayed away from equities and invested in cash over the past number of years, you may need to rethink your strategy. The good news is that you have still time on your side.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I'm saving €500 each month, into an account earning 1%. Is there anything better I can be doing with this money or are there better rates available?

A: Yes, there are a couple of much better things you could be doing with that amount each month.

Because what savings you have accumulated to date exceed the emergency fund amount I would recommend you hold, you can redirect part of what you are currently saving to other areas, and get a much bigger bang for your buck.

Overpay your mortgage each month by €200 for an immediate return of whatever interest you pay on the balance outstanding. Your rate at the moment is 3.70%, so to get the equivalent rate from a regular savings plan, you would need to be earning a gross rate of 5.87%. You will also reduce your term by six years, saving €28,069 in interest payments.

Divert €200 into your pension fund by way of AVC contributions. If you did, it would add €171,755 to your pension fund at age 65, which in turn would pay you an annual salary of €6,870. Keep saving the other €100 into your account and treat yourself knowing your other €400 is working for you.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Tadhg O'Connor Ltd are celebrating 40 years in business! Shop like it's 1978 at their huge sale event happening Friday, October 19 and Saturday, October 20 across all departments; Newcastle West store, Rathkeale hardware & bathroom store & new Euronics and furniture superstore in Rathkeale. Enjoy €20 OFF when you spend €100 on the day*, meet some of the victorious Limerick team, and of course the legendary Dulux dog!



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

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



Recruitment

**Limerick Leader,
54 O'Connell Street,
Limerick**

Email: advertising@limerickleader.ie

Web: www.limerickleader.ie

Call: 061 214531/545/ 500

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Contact Paul on **086-8349436**

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CONTACT LIAM 087-1455892



G4S Cash Solutions are holding a "Recruitment Open Day"

The Clayton Hotel, Steam Boat Quay, Limerick on
12th October 2018 from 8 am till 2 pm.

We have many vacancies in our CIT, ATM,
Vault and Cash Processing departments Full
and Part Time Positions available.

Successful candidates will have the following:

Drivers;

- Full Clean B/C Drivers License
- Suitability for Garda Clearance
- A traceable 10 year background in work / college / school with addresses
- Drivers work 44 hours per week made up of 4 x 11 hour shifts, flexibility required

Cash Processors:

- Suitability for Garda Clearance
- Computer literate
- Cash Processors required for day and night work - flexibility required

KMPM ARE LOOKING TO RECRUIT A

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TO WORK IN OUR OFFICE ON SHANNON STREET, LIMERICK

Reporting to the Managing Director, the successful candidate will work in the area of Residential Lettings and Property Management.

We are interested in meeting candidates who:

- Currently hold a PSRA B & C licence
- Have a minimum 3 years' experience as a Lettings Negotiator
- Understanding of current tenancy legislation
- Highly organised, an ability to multi-task and a good team player
- Strong communication and customer service skills
- An ability to work on their own initiative and to tight deadlines

If you are interested in applying for this position, please send a copy of your CV and cover letter in strictest confidence to kersten@kmpm.ie

KMPM
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9am to 3pm two days per week.

The position will be a mixture of clerical and support duties. May suit a graduate. Some flexibility may be required in relation to hours and days with a view to extra hours/days in the future. Must be able to drive and have a full clean drivers' licence.

Please email your curriculum vitae along with a cover letter to:
personalassistantlimerick@gmail.com

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Suitable candidate is expected to have experience in Conveyancing, Probate, Commercial, Landlord and Tenant, Litigation and Family Law matters.

It is an essential requirement to have good computer skills and IT knowledge.

If you are interested in this role please send your C.V. and cover letter to the following address:
Thornton Solicitors, 88 O'Connell Street, Limerick to commence immediately.

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KEEP IT LOCAL!

Limerick businesses in the spotlight



Hoteliers disappointed as VAT rate set to increase to 13.5%

The Irish Hotels Federation (IHF) has expressed its disappointment at the increase in the tourism VAT rate to 13.5% announced by Minister Donohoe as part of Budget 2019.

Brian Harrington, chair of the IHF Shannon branch said the increase is a serious jolt to the tourism industry in Ireland and represents a reckless failure to recognise its economic potential and importance, particularly to rural Ireland.

Mr Harrington urged the Minister to defer the increase until there is clarity over Brexit and to allow existing contracts for group bookings to be completed as prices are already agreed.

"Ireland will now have a higher tourism VAT rate than 26 countries in Europe with which we compete. We are already a very high cost economy by international standards so it is astonishing that the Government is now imposing additional taxes on tourists and making our



Brian Harrington and Elaina Fitzgerald of the Woodlands pictured lobbying the government about the 9% VAT rate. The appeal fell on deaf ears however PICTURE: KEITH WISEMAN

country less attractive as a destination."

"Have no doubt, this increase will hurt tourism across the country but rural businesses will be hit the hardest. Regional businesses will bear the brunt, as about €300m of the €466m in additional taxes will be taken from the rural economy,

which has been slower to recover from the economic crisis. This is a devastating blow for the many tourism businesses that struggle to break even or stay open outside the peak season."

Mr Harrington said the industry is already facing enormous difficulties due to the uncertainty around

Brexit and weakened Sterling.

"UK tour operators, for example, represent up to 30 per cent of the business for many hotels in Dublin and across the country. This business is highly competitive, with Irish hoteliers competing internationally.

"Margins are slim and vulnerable to any price fluctuation. With bookings made up to two years in advance, prices in many cases are already contracted, meaning hoteliers will have no choice but to pick up the cost of this VAT increase. For some, it may wipe out their margin altogether," he said.

"We understand that Government needs to raise taxes to pay for many social demands on the exchequer. However, we have argued that the best way to generate the additional funds needed for public services is to support growth in those business sectors, such as tourism, which are contributing."

Recycle and win at Parkway SC

YOUNGER customers at Parkway Shopping Centre have just been given a very fun reason to recycle their empty clean plastic bottles. The shopping centre has launched a super recycling campaign aimed at children. The Dublin Road facility will have a large cube on the mall into which children are asked to throw their empty plastic bottles with their entry forms inside them.

The lucky winner will be contacted on October 25 and will receive an iPad for themselves and €1000 for their school.

Manager Roger Beck says, "We are very much aware of how important recycling is to our customers and for our country so we are delighted to help in any way we can to ensure more plastic is being recycled and not ending up in landfill or in our oceans.

"When our cube is full we estimate we will have 10,000 plastic bottles which the shopping centre will recycle at the end of the campaign."



Parkway Shopping Centre manager Roger Beck

The Parkway Shopping Centre is committed to supporting its local community with campaigns and initiatives like this. All local schools have been asked to compete and take part in this awareness campaign.

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Classroom Focus: Every week, pupils from a local school give The Leader the lowdown on a big talking point



Hurling heroes treated to very special drámaíocht

This week: We met fifth class students at An Mhodhscoil who are hard at work, practicing an original drama about the hurlers' historic victory against Galway

JESS CASEY

jess.casey@limerickleader.ie

THE NAIL-BITING final moments of Limerick's historic victory in the 2018 All-Ireland Senior Hurling Final are set to be dramatised by fifth class students at An Mhodhscoil, who are about to premiere their production for a very special audience.

When the Limerick hurlers come to visit the gaelscoil in two weeks' time, they will be treated to a

special drámaíocht starring the students, who will retell the final minutes of Limerick's victory against Galway.

When the Leader visits their classroom at the school on O'Connell Avenue, the boys and girls of Ms Uí Láimhín's class are kitted out in their colourful costumes.

Referees have their whistles, players have their hurleys and of course there are lots of supporters decked out in green and white.

"When we heard that the team would be coming to our school, we decided to do a play in front of our whole school," student Emma tells the Leader.

"They are coming in two weeks so we are practicing loads. Our teacher, Aoife Uí Láimhín, wrote the play"

"It's set in the last half of the match so there's the Galway team, the Limerick team, all the people watching and the referees and of course the Liam MacCarthy

Cup," Dassel explains.

Dassel, along with his friends Joshua and Tiarnan, will play iconic Gaelic games commentator Micheál Ó Muircheartaigh.

"It's based on the final free from Joe Canning, when he dropped it short, but it's all in slow-motion," Tiarnan says.

"At the end, I bring up a plastic Liam MacCarthy Cup to my classmate Cian, who is playing Declan Hannon and we all start singing while the team lifts it."

How does he plan to portray the character? "Micheál Ó Muircheartaigh is quite serious. I have been trying to get the accent right just by listening to replays of him on the computer but I can't quite get it."

"My dad was telling me some funny things he has said like: "This is the first time I have seen a Rabbitte chasing a Fox around Croke Park!"

11-year old Brian, who plays hurling with Na Piarsaigh, is very excited for

the team's visit. When asked who his favourite player is, he said: "Difficult question! I have a few. Maybe Shane Dowling, Kevin Downes and Peter Casey. I thought the match was very exciting, especially the last few minutes."

"I like hurling," Lucie says. "I watched the final in Spain. It was different but we watched it with a few Irish people and it was a good game. It's fun to be part of the drama. I'm really excited."



On the left are fifth class students at the Model, in front of their school celebrating Limerick's All Ireland. Above are students Jack McAteer, Cillian Chawke, Thea O'Brien and Robyn McCoy PICTURES: ADRIAN BUTLER

SCHOOLS REPORTS



POLITICS

Increase to Education Budget for 2019

BUDGET 2019 will see the education budget increase by €674 million to €10.8 billion next year, according to the Department of Education.

More than 1,300 additional posts in schools are also set to be funded, including 950 additional SNA posts and 372 teaching posts.

Over the course of the 2019 school year, an additional €10 million will be

allocated to primary and post primary schools.

The School Excellence Fund, an initiative to encourage local innovation, will also increase to more than €2.5 million.

"Education is key to our ability to adapt successfully during a period of very rapid change and considerable new challenges," Education Minister Richard Bruton said.

EVENTS



Students sign-up for Maths Week 2018

MORE THAN 5,700 Limerick students are set to take part in the world's largest national maths festival as it returns for 2018.

Schools across Limerick have so far registered 5,722 students to take part in Maths Week events with many more expected.

Open to all, Maths Week 2018 will see a wide variety of fun and

engaging maths-themed events taking place all over Ireland, featuring mathematicians and entertainers. Schools and clubs are encouraged to hold their own events to support budding mathematicians.

Full programme details are available on www.mathsweek.ie with ongoing updates available via Facebook and Twitter.

THIRD-LEVEL

MIC to host October open-days on campus

The Mary Immaculate College (MIC) October open days take place on Thursday October 18 and Friday 19 from 9am to 3pm on MIC Campus, Limerick.

Open days at MIC showcase the wide range of programmes, extra-curricular activities and facilities that the college has to offer.

Prospective students will

have the opportunity to meet with faculty and staff, mingle with current MIC students and take a tour of the campus.

Open days also give prospective students the opportunity to learn about programmes, career options and the college's range of clubs and societies, as well as study and working abroad opportunities.

What we think: Pupils have their say on...

DASHEL, AGE 10

"I play Mícheál Ó Muircheartaigh along with my two friends. I like my character because it's a big role and I like acting. He's got a lot of talking and I like that."



APRIL, AGE 10

"I'm in the audience. Múinteoir told us we have to try to keep the actual audience quiet! We will wave flags and cheer."



EMMA, AGE 10

"I play one of the lucht féachana, the audience. We're going to cheer on the Limerick team and we're going to sing."



BRIAN, AGE 11

"I'll be playing in the audience. I'm very excited about the hurlers coming to our school."



TIARNAN, AGE 11

"I am one of the three boys playing Mícheál Ó Muircheartaigh. He is quite a serious character as he is depicted in the play."



LUCIE, AGE 11

"In the drama, I'm on the Limerick team. It's an honour to be on the Limerick team in the drama and quite fun to be a part of it. I'm really excited."





Pictured at the Consent and Capacity in Practice: Clinical and Legal Concerns Breakfast Seminar at the Graduate Entry Medical School at UL were Caoimhe Gleeson, HSE, Aine Flynn, Director of Decisions Support Services, Aoife Hennessey, Sweeney McGann, Dr Eimear Spain and Dr John Lomard

UL GRADUATE ENTRY MEDICAL SCHOOL BREAKFAST SEMINAR

Pictures: BRENDAN GLEESON



Dr Lydia Bracken and Aoife Finnerty, PHD student attending Consent and Capacity in Practice: Clinical and Legal Concerns Breakfast Seminar

Shane Kilcommins, Dr John Lombard, Dr Eimear Spain, Aoife Hennessey, Sweeney McCann, Shane O'Neil and Ray Friel at the seminar



Elaine Kerins, St Camillus, Maria Flanagan, solicitor and Isabel Tracy attending the seminar



Catherine Hand, UHL and Joanne Jenks, St Joseph's Foundation pictured at the medical school



Jenna Mann, Mary O'Connell, Ita Flanagan and Stephanie Hughes



Paddy Dalton, David Sweeney and Dr Caroline Moloney



Aoife Hennessey with Gearoid McGann and Dr Aonghus McGann

PROPERTY

Leader

HOME & INTERIORS

SATURDAY, OCTOBER 13, 2018

Magnificent Manor pad

Adare: The original home of the Earl of Dunraven's gamekeeper, Moloney Cottage, is on the market

AT A GLANCE

Location: Moloney Cottage, Rathkeale Road, Adare

Description: Four bedroom, detached cottage

Price: €750,000

Seller: Sherry FitzGerald

Contact: 061 418000



The modestly named Moloney Cottage is in fact a sprawling detached home spanning over 2,400 square feet, occupying a naturally enclosed 0.75 acre site within the former Adare Manor estate.

Originally the home of the Earl of Dunraven's gamekeeper, Maurice Moloney, the cottage that once held a daily association with the Manor itself might do so again, while avid golfers seeking a retirement haven within walking distance of one of the world's premier golf resorts will not find a more suitable home.

Regarded by many as Ireland's prettiest village, Adare's fame centres on its string of thatched cottages built by the 19th-century landlord, the Earl of Dunraven, for the workers constructing Adare Manor. Today the cottages house craft shops and fine restaurants, while the two prestigious golf courses nearby cater to golf enthusiasts.

Built in 1838, the next owners of Moloney Cottage will of course upgrade and modernise the existing house – however viewers will find the property heavily future-proofed in its current state.

The cottage offers a range of accommodation options both on the ground and first floor, with accompanying bathrooms on each level.

Entering through the timber fronted porch, a central reception hall leads to the drawing room toward the



Moloney Cottage was built in 1838 but has been heavily future-proofed and boasts four bedrooms and a detached cottage. It is a must see



southerly wall. Taking advantage of the aspect, a sunroom has been set enclosing what was once the original entrance to the home – offering a panoramic view

over the landscaped gardens. To the west is the kitchen/dining/living room. Though open-plan is now the preferred choice for most, it is rare in a property of this age



– new buyers will find it easy to imagine transforming this space into an adaptable, modern heart of the home.

Returning to the hall, past the pantry is the boot-room

and one of two fully equipped bathrooms on the ground level. The utility room and laundry is exceptionally large and could likely be easily reimaged as a generous

family room. The ground floor is completed by two large double bedrooms left and right of a central bathroom. On the first-floor there are an additional two bedrooms, one of which is notably generous – in addition to a third bathroom. Skylights at the ceiling flood the reception hall, upper level and its bathroom with natural light.

Outside, numerous outbuildings dot the stone boundary wall, including an orangery and two-bay garage. The gardens are meticulously landscaped, as they have been for almost two centuries.

Sherry FitzGerald expects the very highest levels of interest in this extraordinary home, which is unlikely to change hands again for some time. Kindly register your interest early in order to avoid disappointment.

GVM Auctioneers

www.gvm.ie

PSRA Licence No. 002030



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



Springfield House, Sixmilebridge, Co. Clare



For Sale by Public Auction (On the kind instructions of Michael and Margaret Flannery who are retiring) Auction on Thursday 25th October @3pm in our Limerick City Auction Rooms, 25/26 Glentworth Street, Limerick (UPS).

- Circa 65 St Acres of Rolling Parkland.
- Period Residence extending to Circa 5,000 SQ FT.
- 28 loose boxes.
- Grooms Cottage and Separate Self-Catering Studio Apartment.
- Extensive Range of Good Quality Farm Buildings.
- Extensive Frontage to Two Roads.
- Gated Entrance to Sweeping Tree Laden Driveway, with mature and beautifully manicured gardens.

Solicitors: MMOD, Wood Quay, Ennis, Co. Clare
Contact: Tom Crosse 087-2547717 or John O'Connell 087-6470746.

Price on application

The Grange, Raheen, Limerick



ANNOUNCING ANNOUNCING
Commencing shortly an up market and prestigious new development of three and four bedroom semi detached homes.

The overall scheme extends to just 40 units and is the final phase in this much sought after and ideally located south side development.

Three bedroom semi detached - 1065 sq ft.
Four bedroom semi detached - 1646 sq ft.

Developers :- Liam Neville Developments Ltd.

Full brochure available on request.
Contact Tom Crosse on 087-2547717

BER A3 Price on application

3 Moylish Road, Ballynanty, Limerick



BER C3 €89,000

This property is a three bedroom townhouse in good condition throughout located in mature City Council development approx 3.5kms North of Limerick City Centre. All amenities are conveniently located nearby and most within walking distance. This compact home is adjacent to Limerick Institute of Technology and access to public transport is readily available. Overlooking green area with large enclosed South facing rear garden. Ideal for first time buyers. Contact Declan Barry on 087-2026886

38 Cois Luchra, Dooradoyle, Limerick



€190,000

Four bedroom townhouse with large private rear garden located in a very convenient and much sought after part of Dooradoyle across the road from The Crescent Shopping centre and adjacent to primary/secondary schools, University Hospital, Raheen Industrial Estate and all other amenities including public transport etc. This property is in excellent decorative condition throughout with many attractive features including high ceiling downstairs and is ideally suited as a family home or investment property. Off street parking for two cars to the front. Contact Declan Barry on 087-2026886

21 Avonmore Road, Raheen, Limerick



€159,000

GVM Auctioneers are delighted to introduce to the market this 3 Bedroom semi detached house located in a much sought after mature residential area with South facing rear garden. It is located on Avonmore Road just a stones throw from a University Hospital and was previously used as a Doctors surgery. This is a very convenient location adjacent to primary/secondary schools, Raheen Industrial Estate and all other amenities including public transport. In need of modernisation. Contact Declan Barry on 087-2026886

33 Curragh Birin, Castletroy, Limerick



€195,000

Ideal opportunity for 1st time buyers or investors to acquire this three bedroom end of terrace house adjacent to the University of Limerick and also within a short distance to the city centre. All amenities are conveniently located nearby including the expanding Northern Trust Bank. Good condition throughout. Viewing recommended. Contact Declan Barry on 087-2026886

K3 Cherrydale Court, Dublin Road, Limerick City



€79,000

Two bedroom ground floor apartment with natural gas central heating and enclosed off street parking adjacent to the College of Art and Design, walking distance to the City Centre and only 3 kilometres to the University of Limerick. Very central and conveniently located. Ideal for 1st time buyers or investment opportunity. Contact Declan Barry on 087-2026886

517 Glenlara House, Mount Kennett, Limerick



BER D1 €75,000

GVM Auctioneers bring to the market this two bedroom, 5th floor apartment, located in a well managed complex. Adjacent to Limerick City Centre and all its amenities. Ideal investment opportunity. Management fees approx €1375.00 per annum. Contact Declan Barry on 087-2026886

124 Carrig Midhe, Corbally, Limerick



BER B2 €165,000

A beautifully maintained and ideally located three bedroom duplex unit located in this much sought after location in close proximity to Primary and Secondary Schools, Corbally Shopping Centre and Sporting amenities. Viewing comes highly recommended of this ideal started home or investment property. Contact John O'Connell on 087-6470746

43 Elm Road, Annacotty, Limerick



BER C1 POA

Four bedroom town house in excellent condition throughout, located in this very popular and convenient residential development just outside Annacotty village and just a short distance from University of Limerick, Castletroy College and Plassey Technological Park. All other amenities including public transport are located nearby. Contact John O'Connell on 087-6470746

5 Davin Gardens, Caherdavin, Limerick



BER F €150,000

GVM are delighted to bring to the market this 3 bedroom semi detached residence located in a popular residential development just off the Old Cratloe road. This property is in need of refurbishment but offers great potential for any purchaser to put their own finishing touches on. Ideal investment opportunity or may suit first time buyers wishing to get on the property ladder. Contact John O'Connell on 087-6470746

Rivendell, Ballymartin, Pallaskenry, Co. Limerick



BER C2 €335,000

GVM are pleased to introduce to the market this exceptional six bedroom dormer style residence extending to circa 3,500 sq ft set on an elevated 2.2 acre site. This property is very well maintained and is presented in excellent order ready for immediate occupation offering excellent living space. Viewing highly recommended. Contact John O'Connell on 087-6470746

Oldtown, Hospital, Co. Limerick. V35 YV88



BER C3 €275,000

A truly magnificent four bedroom family home nestled on a mature site in this idyllic setting within 1 KM of Hospital and all its amenities. This immaculately presented home offers spacious accommodation which comprises of; hall, sitting room, kitchen/dining, utility, 4 bedrooms, ensuite and main bathroom. Detached garage. OFCH, DG UPVC Windows. Contact Richard Ryan on 087 8067772.

Broghill North, Charleville, Co. Cork.



BER G €60,000

Traditional Cottage style residence in need of complete renovation situated in this idyllic setting just 1 mile outside Charleville. Accommodation comprises of; entrance porch, sitting room, 2 small downstairs bedrooms and 2 bedrooms upstairs. The Cottage stands on a C. 0.5 St. Acre site with panoramic views of the surrounding countryside. Contact Richard Ryan 087 8067772



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

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

3 LEADER PROPERTY

Stunning home in this county town



AT A GLANCE

Location:

Ballyshane,
Newcastle West

Description: Four
bedroom, detached
home

Price: €330,000

Seller: REA O'Connor Murphy

Contact: 061 279300



the surrounding and
landscaped grounds.

Accessed by a gated
(electronic) tarmacadam
driveway onto landscaped
front gardens with the rear
garden mainly laid out in
lawn and surrounded by
shrubbery and mature trees
with a spacious block built
out-house to the side of the
garden.

On entering this stunning
family home, you will be
immediately struck by the
sense of warmth and space
impressed on you by the
entrance hall with its neutral
tones, double doors lead you
to the living room with a
feature black marble
fireplace, a dual aspect family
room with access to the side
garden. The heart of the
house is found in the well
designed kitchen/breakfast
area overlooking the side and
rear garden. Off the kitchen
area is a wc and good sized
utility with access to the side.

Further enhancing this
home is the beautifully
presented four double
bedrooms (two ensuite) also
enjoying excellent views of
the surrounding gardens.

REA O'Connor
Murphy are
delighted to bring
to the market this
four bedroom
detached family home which
has been evidently
cherished throughout the
years by the present owners.
Rarely does an opportunity
present itself to acquire a
property such as this,
offering the perfect balance
of location, enjoying rural
living, located on a tranquil
road just outside the
thriving town of Newcastle
West.

Ballyshane sits well within
this established
neighbourhood, enjoying
bright and elegant
proportions both within the
main house and throughout



This stunning home at Ballyshane, Newcastle West has electronic gate, landscaped gardens, four bedrooms and much more

The fully tiled main family
bathroom completes the
accommodation.

A key feature of this home
is the design of such an
exceptional property and will
instantly appeal to families
looking for a meticulously
planned and superbly
presented home with the
benefits of country living yet
have easy access to all
essential amenities at the
same time.

Early viewing is a must.

Call Elaine Fitzpatrick for
details 061 279300



Smart family home in Corbally

AT A GLANCE

Location: 70 Spring
Grove, Mill Road,
Corbally

Description: Four,
bedroom, semi
detached home

Price: €275,000

Seller: Rooney Auctioneers

Contact: 061 413511



-study, utility, downstairs
wc/shower room with four
bedrooms upstairs.

The house is in excellent
condition and boasts a
contemporary kitchen with
quality integrated
appliances. Outside there is a
private south easterly facing
rear garden with patio,
storage shed and side
entrance.

It features gas central
heating, double glazed
windows and is alarmed.
Appliances are included.

The entrance hall has a
solid wood floor and
understairs storage. The
living room also has solid
wood flooring with open
fireplace, bay window and

coving. The playroom has a
laminated wood floor with two
windows to the front of the
house and fitted shelves.

The kitchen has recently
fitted contemporary with
ceramic sink, integrated
fridge freezer, integrated
dishwasher, electric hob,
raised double oven and
microwave, stainless steel
extractor, tiled floor and
backsplash.

The utility has additional
fitted units, sink, washing
machine and dryer.

Sliding doors overlook a
patio and south east facing
rear garden.

The guide price is
€275,000. Contact Rooneys
to arrange a viewing.

Rooneys are delighted to offer
for sale this spacious four
bedroom home located in the
sought after and well
established Spring Grove
development off the Mill
Road in Corbally.

This fantastic home is
approx. 1,435 f2 (133m2) and
comprises of a living room,
kitchen-diner, playroom



Built in 1998 this home at Mill road, Corbally would make an superb family home

4

LEADER PROPERTY

Ideal home for investor or first time buyer in Castletroy

AT A GLANCE

Location: 33 Curragh Birin, Castletroy
Description: Three bedroom, semi detached home
Price: €195,000
Seller: GVM Auctioneers
Contact: 061 413522



This is an ideal opportunity for first time buyers or investors to acquire this three bedroom end of terrace house adjacent to the University of Limerick and also within a short distance to the city centre.

All amenities are conveniently located nearby

including the expanding Northern Trust Bank.

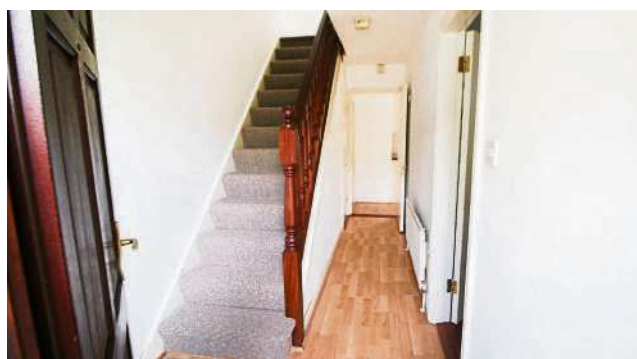
The property is in good condition throughout. Viewing recommended.

FEATURES

* Adjacent to the University of Limerick, walking distance

to Parkway Shopping Centre, 4 kilometres east of Limerick city centre

* Natural gas central heating
 * Public transport available.
 * Open plan garden and off street parking to the front.
 Enclosed south west facing rear garden



Castletroy is one of the most sought after areas in Limerick

This three bedroomed property at Curragh Birin would be an ideal starter home for a young professional or couple

COB

Charles O'Brien,
Auctioneers,
Maiden Street, Newcastle West.



SHOW HOUSE FOR SALE AND LAUNCH OF PHASE 3

at Arraview, Newcastle West, Co. Limerick
 Open Viewing on Saturday October 20th
 from 10am - 12pm



Luxury A rated house
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DALY Ó SÉ

For Sale at Cliff Road, Ballybunion, Co. Kerry



Thalassa Lodge 4 Bedroom



Thalassa Mews 3 Bedroom

Breath-taking views overlooking Ballybunion Ladies Beach
 Outstanding location with private off street parking
 Wood pellet stove fired central heating system
 Award winning championship Ballybunion Links Golf Club, restaurants, pubs,
 local schools, cliff walks and beaches right on your doorstep

To be sold in one or two lots



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 T: (066) 7127644

22 Denny St., Tralee, Co. Kerry
 E: dalyose@propertypartners.ie
 PSRA Licence No: 002404



LISNAGRY, CO LIMERICK BER E1

“LOCHALEEN”, NEWGARDEN NORTH

“Lochaleen” is a charming bungalow situated in a peaceful countryside area yet only 5 minutes drive from Castletroy, UL etc. The property enjoys light filled accommodation throughout which includes 4 bedrooms, kitchen, dining room, living room, bathroom & utility. The house stands on a 0.30 acre site with stunning views over the surrounding countryside. Huge potential to extend/redevelop subject to relevant planning permission. OFCH. BER No. 106415342

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



TOURNAFULLA BER B2

TOURNAFULLA, CO LIMERICK

Stylishly renovated detached property located in the tranquil village of Tournafulla, Co. Limerick. Formally a Garda Barracks dating back to the early 20th century it has been transformed into an immaculate modern home. The house overlooks beautiful countryside and takes advantage of the views by having the living spaces on the 1st floor. 1st floor: kitchen, utility, living room, office, wc. Ground Floor: hall, 4 bedrooms, en suite, main bathroom. Beautifully landscaped & planted terraced rear garden. Modern gas LPG central heating. The finish both inside and out is second to none. Approx. size 168 sq/m (1,808 sq/ft). BER No. 106340532.

€275,000 **Briain Considine 085 2894166**

Rooney



CLONMACKEN, LIMERICK BER C2

52 CLUAIN DARA COURT,

Spacious 3 bedroom duplex apartment located in the popular Clonmacken development, a short distance from all local amenities - shops, restaurants etc & also within easy distance to a network of motorways. Entrance hallway with wc/utility off, living room, kitchen-diner with double doors off leading onto a balcony, 2 ensuite bathrooms & main bathroom. GFCH. Management company in place. BER No. 111450235

€195,000 **Lisa Kearney 087 2633422**



CORBALLY, LIMERICK BER D1

70 SPRING GROVE, MILL ROAD,

Spacious 4 bedroom home of approx. 1,435 sq.ft. (133 sq.m.) comprising of : living room, kitchen-diner, playroom/study, utility, downstairs wc/shower room, ensuite & main bathroom. Situated in a quiet corner of this well regarded estate & only minutes walk to local amenities - schools, shops etc. Private south easterly facing rear garden with patio, shed & side entrance. The property is in excellent condition. GFCH. BER No. 110182995.

€275,000 **Briain Considine 085 2894166**



CASTLECONNELL, BER C3

BALLYBROOD HOUSE, WOODPARK,

This beautifully maintained property is in turn key condition and comprises of hall, living room, kitchen/dining/living room, sun room, utility, 3 bedrooms, shower room & main bathroom. Situated on a private landscaped site of circa 1 acre with a long driveway. Within easy distance to all motorways, Limerick City, Annacotty / Castleconnell Village etc. OFCH. Garage, utility, glass house and sheds to the rear. Approx. 123.77m2 (1331.70sqft.) and is an ideal family home. BER No. 109189183.

€265,000 **Lisa Kearney 087 2633422**



CROOM, CO LIMERICK BER C2

LISGREEN,

6 bed spacious turnkey property of approx. 189 sq.m. (2,034.20 sq.ft). This superb property is within easy distance to all main motorways and all local amenities. Situated on 0.5 acre site. Hall, kitchen/dining room, utility room, living room, 3 bathrooms. Detached garage. OFCH. Walls and roof are insulated. Very private landscaped garden with gravel driveway and cobblelock footpaths. BER No. 110256542.

€300,000 **Lisa Kearney 087 2633422**



BALLYNEETY ROAD, LIMERICK BER A3

13 THE MEADOWS, ROS MOR

- * Newly built 3 bedroom semi-detached home.
- * Brand new A3 rated home for only €225,000.
- * Help to buy scheme for 1st time buyers.
- * Spacious accommodation approx. 108.5m2 / 1,168 ft2.
- * Choice of fitted kitchens and wardrobes.
- * Ready for occupation before Christmas.
- * Available to view now

€225,000 **Briain Considine 085 2894166**



RAHEEN, LIMERICK BER C3

1A THE SANCTUARY, CHURCHILL MEADOWS

Spacious 5 bedroom, 3 bathroom, 3 storey property of approx. 134.70m2. (1,450 sq.ft.) located in the popular Churchill Meadows area of Raheen. Ground floor: Hall, reception room, kitchen-dining room. 3 double bedrooms, one ensuite & main bathroom on the 1st floor; 2 double bedrooms & bathroom on the 2nd floor. GFCH. The property has been newly renovated throughout with all new carpets, painted etc. BER No. 111308904

€250,000 **Lisa Kearney 087 2633422**



O'CONNELL AVE, LIMERICK

2 & 2A OLD WELLINGTON TERRACE,

Substantial period property located in the sought after residential area of O'Connell Avenue - within walking distance to the centre of the city & all its amenities - shops, schools, Mary I etc. Property comprises of Livingroom, kitchen/diningroom, 5 bedrooms, large attic room, 2 bathrooms, On the ground floor (2A Old Wellington) there is a 2 bed apartment with a large livingroom/diningroom & kitchen, bathroom & own door access. Rear patio /garden area with rear vehicular access & parking. Overall. 128.71 m2 main house; Apartment: 52m2. Ber No 105779509.

€480,000 **Lisa Kearney 087 2633422**



BER E2 F

LANDS FOR SALE

Ballynort, Askeaton

5.48 ha (13.54 acres)
Divided into 2 fields.

Newtown, Pallaskenry

3.64 ha (8.99 acres)
Extensive road frontage.

Full details from Pat Kearney
at Rooneys.

Rooneys 061 413511



BER C1 F

AUCTION

AUCTION: WEDNESDAY
17TH OCTOBER 2018.
AT 3PM IN THE OFFICES OF
ROONEY AUCTIONEERS.

- * For Auction: Retail Premises / Stores / Yard/ 2 apartments/ offices at Bruree Co Limerick
- * Title/Contract from Bernard Cunnane, Solicitor, Foynes, Co Limerick.
- * Brochure and appointment to view from Pat Kearney at Rooneys.

NOTICE OF AUCTION



GLIN, CO LIMERICK

PAROCHIAL HOUSE, HAMILTON TERRACE,

Substantial period property of 195.21 m2 (2,101 ft2) standing on 0.75 of an acre of gardens with panoramic Shannon River/ Estuary views. Downstairs: hall, inner hall, wc, 2 reception rooms, kitchen/breakfast room & utility. Upstairs: 5 bedrooms, 2 en suites, main bathroom. 3 stone stables/ storage units to rear. Protected structure. BER exempt. Rarely does a property of this calibre with exceptional views come to the market. Viewing is highly recommended with either JOINT AGENTS—Rooney Auctioneers & West Property Group.

€350,000 **Lisa Kearney 087 2633422**

Carve out your haven in the countryside

Style: Gorgeous stonework features heavily in pristine contemporary home in Clarina

AT A GLANCE

Location:

Corcamore, Clarina

Description: Four bedroom, detached home

Price: €385,000

Seller: DNG Cusack Dunne

Contact: 061 209000



Conveniently located in the village of Clarina, just 10 minutes from Limerick city, this handsome detached property with stone fronted bay is bound to attract a lot of interest.

Set on a private site in a highly sought-after location, this home was built in 2006 and is in turn key condition with stunning finishes throughout in a most contemporary style.

There are three reception rooms at ground floor level and four double bedrooms at first floor level, all in pristine decorative condition.

The kitchen is a real highlight of this property and viewing is a must to appreciate this superb home.

A true find in today's



This elegant detached home in Clarina is presented in turnkey condition

market where properties of this calibre are extremely difficult to find.

OUTSIDE

There is a private driveway, laid in stones, with stone walls and wrought iron gates to front. A gated side

entrance leads to the rear garden which is south facing and has a private outlook. There is a hedge-lined boundary to the rear and outside lighting for added convenience and security.

FEATURES & SERVICES

The house has a central vacuum system, oil-fired central heating, PVC doors and windows, mains water and septic tank. There is a B3 BER Rating

Viewing: By appointment with DNG Cusack Dunne (061-209000)



Cherry would be a sweet choice

AT A GLANCE

Location:

No 1 Cherryfield,

Monaleen

Description: Four bedroom, detached home

Price: €499,000

Seller: Sherry FitzGerald

Contact: 061 418000



Sherry FitzGerald are very pleased to introduce to the market No 1 Cherryfield, Monaleen.

A magnificent four bed detached home in one of Limerick's most sought after locations, No. 1 Cherryfield is primely positioned on a wonderful corner site with mature hedging and perfectly manicured gardens surrounding the boundary of the property.

Every inch of this home has been meticulously cared for and maintained by its current owner.

The property was fully renovated, extended and refurbished in the last five years. The standard of finish is far beyond expectations,

with outstanding features on offer, some of which include a beautiful hand made bespoke kitchen with granite countertops, sleek modern tiled bathrooms, polished solid wooden floors, impressive high quality joinery and built in wardrobes as well as fully landscaped grounds and gardens to name but a few!

The accommodation is exceptionally bright and spacious with wonderful reception and living space on the ground floor.

The large kitchen with extended sunroom is a real showstopper and a perfect room for modern family living. Upstairs there are four beautiful bedrooms, two of which are fitted with ensuite bathrooms, all finished to perfection.

Beautiful soft furnishings and modern tones throughout, set the elegant mood that can be felt all around this home.

The location just couldn't be better and is arguably one of Limerick's finest!

Located in the highly sought after location of Monaleen, Castletroy, Cherryfield is a residential and mature development ideally situated within walking distance to an abundance of excellent amenities including Monaleen NS, Castletroy College and neighbourhood park and Monaleen GAA club.

There is also an array of excellent amenities and services including excellent restaurants, pubs, cafes, cinema, shopping centres, to name but a few, all located within 15 minutes' walk.

The University of Limerick is only a short drive from Cherryfield.

The M7 motorway, Limerick road network and local bus links are also readily accessible from the property.

No. 1 will appeal to many prospective buyers looking in this area, so it is simply a must see! Viewing is recommended as soon as possible and by appointment only!



No. 1 Cherryfield is tasteful, spacious and ideally located in one of Limerick's best areas



**ST MARGARET'S, ENNIS ROAD, LIMERICK**

Simply stunning family home which incorporates a two storey extension to the side and a single storey extension to the rear. The property has a luxurious unique modernised interior and has a B1 energy rating. A contemporary design and a flair for interiors is evident from first entering this property. The addition of a magnificent reception area, which is flooded with light & opens onto the rear lawns, the absolute highlight of this home and only a viewing will really capture the scale of this exceptional space.

BER No. 103486994

€595,000**BALLYDOOLE, PALLASKENRY, CO. LIMERICK**

Ballydoole House is an exceptional period style property that is likely to attract local and national interest on the market. This fine home is set on 20 acres of land and approached via long driveway set beyond the property's gated entrance. The grounds stretch uninterrupted to the front and from its elevated perch there is a captivating external space to the rear with breath taking panoramic views of the Shannon River, Bunratty Castle and the distant countryside of County Clare.

BER No. 106559651

€500,000**CORCAMORE, CLARINA, CO. LIMERICK**

Handsome detached property with stone fronted bay and set on a private site in a most sought after location in Clarina. This home was built in 2006 and is in turn key condition with stunning finishes throughout in a most contemporary style. There are three reception rooms at ground floor level and four double bedrooms at first floor level and all internally is in pristine decorative condition. The kitchen is a real highlight of this property and viewing is a must to appreciate this superb home

BER No. 111336236

€385,000**8 HAZELDENE DRIVE, ENNIS ROAD, LIMERICK**

Exceptionally spacious 5 bedroom semi detached house of approx. 1830 sq. ft. (including garage) boasting a 2 storey extension to the side, single storey extension to the rear and an additional sun room.

BER No 111357448

€248,000**37 LAKEVIEW HEIGHTS, CULLENAGH, BALLINA/KILLALOE, CO. TIPPERARY.**

Newly constructed contemporary detached two storey residence with a stunning interior and a superb design with light filled accommodation and open plan living spaces.

BER No 110589645

€490,000**BALLINACARRIGA, KILDIMO, CO. LIMERICK**

Nestled in a tranquil country setting this detached family home is in pristine decorative condition throughout with a welcoming style and relaxed flair. Built in 2002, this property is a true find in today's market and offers a country charm set on a .5 acre site.

BER No 109838201

€295,000**20 LAKEVIEW HEIGHTS, CULLENAGH, BALLINA, CO. TIPPERARY**

Newly constructed family home perched on an elevated site with stunning uninterrupted panoramic views of Lough Derg and the surrounding countryside, in a picturesque setting at the end of a small cul de sac.

BER No 111234266

€397,500**15 BUTTERFIELD CRESCENT, OLD CORK RD, LIMERICK**

Set in a small cul de sac of attractive family homes, this extended three bedroom semi detached home has large open plan living space and is a wonderful home for first time buyers and families.

BER No 104076740

€160,000**43 STONEYHURST, DOORADOYLE, CO. LIMERICK**

Tucked away at the end of a quiet cul de sac on a corner site, this wonderful 3 bedroom semi det house is meticulously cared for throughout and is in excellent condition internally. There is a spacious living room with french doors to the kitchen/dining room, all perfect for entertaining and family living.

BER No 100895119

€190,000**44 BRUACHLAN, WESTBURY, CORBALLY**

Tucked away at the end of a quiet cul de sac this two storey two bedroom house is set on a large mature private corner site (260 sq.m. approximately) which offers a wonderful sense of country living. The property is in excellent decorative condition throughout and has contemporary style decor.

BER No 111404216

€160,000**APT. 402 MOUNT KENNETH APARTMENTS, MOUNT KENNETH PLACE, DOCK ROAD, LIMERICK**

DNG Cusack Dunne are delighted to introduce to the market this City Centre, 2 bed, dual aspect, duplex apartment. Situated just off the Dock Rd giving convenient access to all major rd networks.

BER No 111147427

€95,000**11 ARD LUA, BALLINA, CO. TIPPERARY**

Exclusive development of only a small number of detached houses in the heart of Ballina Village yet hidden away from the main street on an elevated site with exquisite views of the Clare Hills, Lough Derg and the very picturesque Killaloe Village.

BER No 108790387

€459,000**BALLYLAGHNAN FARMHOUSE, KILLALOE, CO. CLARE**

A period farmhouse with views of Lough Derg and the Clare Hills set on a 1.47 acre site (approx.), fully modernised throughout with a contemporary country style and oozing character throughout.

BER No 101338424

€390,000

'The Creamery' rises to the top

AT A GLANCE

Location:

Creamery House,
Bansha,
Co. Tipperary

Description: Four
bedroom, country
home

Price: €298,000

Seller: Liam O'Grady
Auctioneers

Contact: 062-31986



This truly magnificent property has to be viewed to be fully appreciated

O'Grady Auctioneers present an exquisite four bed country home to the market.

This truly magnificent property needs to be viewed to appreciate the exceptional space and finish throughout.

Formerly a creamery manager's home, the property is within walking distance of Bansha Village.

Full of character and charm throughout, the house has been finished to a very high standard with no expense spared.

Boasting generously

proportioned living accommodation, one can appreciate the time and money spent to present this beautiful family home.

Well located between the villages of Golden and Bansha and only a 15 minute drive from Cashel town, there is a wide range of amenities.

The house while situated in village location, has a private site and would make an ideal family home.

Viewing highly recommended, strictly by appointment.

Contact O'Grady Auctioneers on 062 31986 to book your appointment today.

Family home in the city centre

AT A GLANCE

Location:

68
Mayorstone Drive,
Mayorstone

Description: Three
bedroom, semi
detached

Price: €270,000

Seller: Hanly Donellan

Contact: 061 415505



MAYORSTONE, in the city centre, is one of Limerick's most sought after residential areas.

As such, Hanly Donellan Auctioneers are expecting plenty of interest in this two storey semi detached family home. Within easy walking distance of city centre and beside national and secondary schools, Thomond Park is just down the road.

This is an opportunity to acquire a superb family home with south west facing garden that is private and not overlooked.

The property has also been completely rewired.

Through the entrance porch to the front, the hall contains the stairs to the first floor with storage underneath.

On the ground floor there is a sitting room with bay window and marble fireplace with timber surround and

television point.

The living room also has a marble fireplace with timber surround and French doors, leading to south west facing garden.

There are also built-in units in this room.

The kitchen/breakfast area has fully fitted kitchen units, electric cooker point and is plumbed for washing machine, fridge freezer point.

Also on the ground floor is a study/office with bay window, en-suite bathroom, disabled-friendly, WC, WHB and electric shower.

Upstairs, on the landing area is a hot press with electric immersion.

There are two double bedrooms, one of which has built-in wardrobes.

The third room, a single bedroom, also has built-in wardrobes.

The main bathroom has WC, WHB, and Bath with Mira Sport electric shower.

There is off street parking to the front with cobble lock drive.

To the rear, in the garden there are two small sheds.

Energy-wise, the home has the convenience of natural gas central heating and PVC double glazed windows.



This property at 68 Mayorstone Drive would make an ideal family home

HD HANLY DONNELLAN

10a Glentworth Street
061 41 55 05

Financial Services - Auctioneers - Valuers - Estate Agents

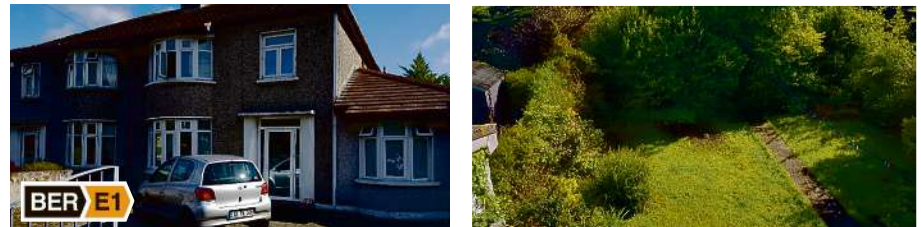
30 Aspen Gardens, St Patricks Road, Limerick



Superior semi detached two storey residence which extends to c. 1329 sq ft. Built in 1990's this property has been completely modernised to include tile floors, kitchen etc. Enjoying an excellent location beside schools, shopping centre etc. University of Limerick and Business Parks are all nearby. Ent hall, sitting room, kitchen/dining room, utility, 5 beds, 3 baths.

€210,000

68 Mayorstone Drive, Limerick



Superior two storey semi detached family home. Located within easy walking distance of City Centre and beside National and Secondary Schools, Thomond Park Stadium etc. This is an opportunity to acquire a very nice family home with south west facing not overlooked gardens etc. Property has been completely rewired. Ent hall, sitting room, living room, kitchen/breakfast area, 4 beds, 2 baths.

€270,000

Cappantymore, Meelick, Co. Clare



Built in 1996 this detached dormer bungalow extends to c. 2,800 sq.ft. 1 acre site. Within minute's drive of Limerick/Shannon/Galway motorway and 10 minutes to Limerick city centre, schools, church etc. are all nearby. This property is on an acre site with superb views of surrounding countryside. Reception room, sitting room, kitchen/dining room, 5 beds, 3 baths, private seating area with marble fireplace.

€295,000

"Glenbrook" Clonlara, Co. Clare



Built in the late 1800, this superb detached family home has been completely renovated and modernised whilst retaining character and original features. Beside the village of Clonlara and with walking distance to Church, Schools, Creche, Pubs and Shops. On circa ¾ acre site with privacy and outbuildings which have been tastefully converted to studio and offices. Ent hall, sitting room, kitchen/dining room, utility, 4 beds, 4 baths. 2700 sq ft.

€400,000

3 Rosbrien Road, Lisnalty, Rosbrien, Limerick



Charming 3-bedroom property resting on one acre and enjoying a superb location within 5 minutes of city centre and beside Crescent Shopping Centre, University Hospital, Raheen Business Park etc. National & secondary schools are all nearby. There is enormous potential to extend this family home. 1 acre site. Ent hall, kitchen/dining room, living room, 3 beds, 1 bath.

€230,000

6 Castlerock, Castleconnell, Co Limerick



Most attractive family home extending to c. 1080 sq ft and enjoying excellent location. Within minutes of Castleconnell with schools, shops, churches etc.

Situated in a private cul de sac the property is not overlooked and has a large green to the front of the property. Ent hall, sitting room, kitchen/dining room, 3 beds, 3 baths. Private walled in garden at rear.

€190,000

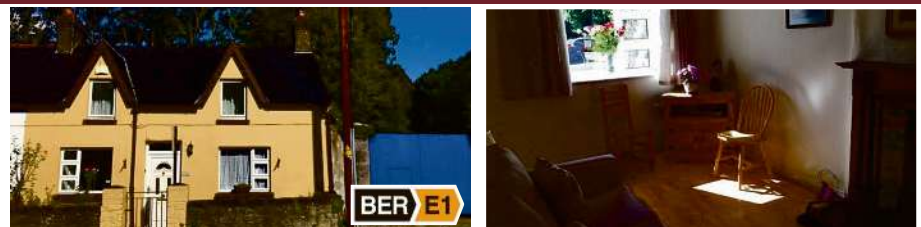
10 Clyde Hill Mews, Alphonsus Street, Limerick



Enjoying an excellent location within minutes' walk of City Centre. This End of Terrace investment property extends to c. 625 sq ft. In a private horse shoe shape development this property is beside Mary Immaculate College and is suitable for investment or owner occupation. Ent hall, sitting room, kitchen/dining room, 2 beds, 1 bath.

€130,000

26 Ashbourne Avenue, South Circular Road, Limerick



This charming end of terrace property c. 1300 sq ft, which has been tastefully extended has just come on the market. Beside Mary Immaculate College, Schools, Shops, Churches etc and within easy walking distance of City Centre. Ent porch, sitting room, kitchen and dining area, 3 beds, 1 bath. GFCH and Double Glazed PVC windows.

€210,000

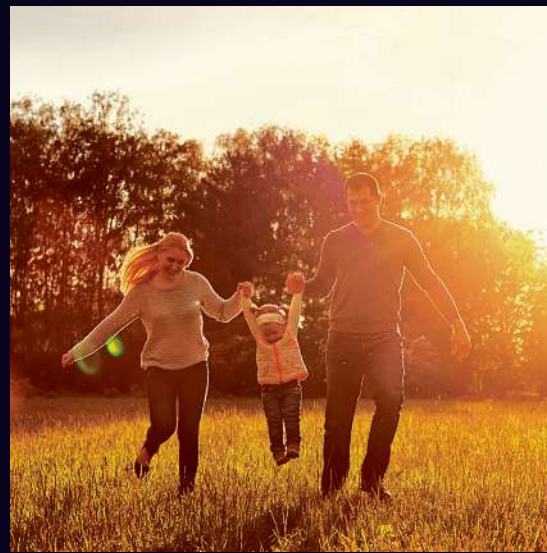


10a Glentworth Street
Limerick

061 41 55 05
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Licence Number: 003667



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061 418000

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**Sherry
FitzGerald**

CO. LIMERICK

ADARE

€750,000



The modestly named Moloney Cottage is in fact a sprawling detached home occupying a naturally enclosed 0.75 acres within the former Adare Manor estate. Originally the home of the Earl of Dunraven's gamekeeper, Maurice Moloney. Built in 1838, the property's next owners will of course upgrade and modernise the existing house - however viewers will find the property heavily future-proofed in its current state. Hall, drawing, sunroom, kitchen/dining/living, boot rm, utility, 4 bed, 3 bath. 230 sq m / 2,476 sq ft approx. BER Exempt

CALL FRANK LYDDY 061 418000

BER EXEMPT

MONALEEN

CHERRYFIELD

€499,000



'No. 1' is a magnificent detached home located in one of Limericks most sought after locations!! The property is primely positioned on a wonderful corner site with mature hedging and perfectly manicured gardens. This home was fully renovated, extended and refurbished in the last 5 years. Ent hall, living, dining, family, kitchen/breakfast, sunroom, utility,wet room, w.c., 4 beds, two ensuite, bathroom. 216 sq m / 2,325 sq ft approx. BER No. 105353734

CALL BRENDA MULCAHY 061 418000

BER C3

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



AILBHE O'MALLEY
Director



BRENDA MULCAHY
Associate Director



ORLA SHEEHAN
Negotiator



FRANK LYDDY
Negotiator



CLARE O'LOONEY
Residential Valuer



JIM KEANE
Financial Advisor



SEAN MCGEE
Negotiator

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



CO. LIMERICK

CRECORA

€375,000



'Rootiagh' is a wonderful contemporary detached family home sitting on a mature site measuring 0.6 acres approx., with stunning views of the surrounding countryside. This home has been meticulously maintained by its current owners and comes to the market in pristine condition, inside & out. Ent hall, kitchen/lounge, living, 3/5 beds, 3 bath, utility, converted attic. 254.8 sq m / 2,742 sq ft approx. BER No. 111442505

CALL SEAN MCGEE 061 418000

BER C1

MUNGRET

SLI NA MANACH

€259,000



'No. 29 Ard Thomain' is a stunning, contemporary semi-detached home - beautifully appointed to show-house standard. Perfectly positioned between Raheen and Mungret Village, this exceptional property offers a turn-key option. Ent hall, living, kitchen/dining, w.c., 3 bedrooms, ensuite, bath. 110 sq m / 1,184 sq ft approx. BER No. 106759889

CALL FRANK LYDDY 061 418000

BER A3

RAHEEN

BALLINVOHER

€389,000



'No. 64' is an exceptional detached family home beautifully presented and overlooking green space. Hall, living, dining, family, conservatory, kitchen/breakfast, utility, w.c. 5 beds, ensuite, bath. 188 sq m / 2,024 sq ft approx. BER No. 111280756

CALL BRENDA MULCAHY 061 418000

BER C2

CRECORA

SHANACLOUGH

€349,000



Shanacloough is the perfect opportunity to acquire a stunning family home on approx. 0.75 acres. Living room, kitchen, dining room, conservatory, study, utility, 4 beds, 2 ensuite, w.c., bath. 219.5 sq m / 2,363 sq ft approx. BER No. 111403036

CALL SEAN MCGEE 061 418000

BER C3

KILDIMO

OLD KILDIMO

€269,000



A handsome detached house offering huge potential to make the most wonderful family home in a stunning location. Living, family, lounge/dining, kitchen, utility, w.c., 4 beds, ensuite, bathroom. 248.1 sq m / 2,671 sq ft approx. BER No. 111446795

CALL ORLA SHEEHAN 061 418000

BER E1

CASTLETROY

GOLF LINKS ROAD

€225,000



'No. 45 Ashfort' is a marvellous semi-detached home located in a quiet residential cul-de-sac in a highly sought-after location in Castletroy. Ent hall, living, kitchen/diner, utility, 3 beds, ensuite, bath, w.c. 93.4 sq m / 1,005 sq ft approx. BER No. 110906344

CALL SEAN MCGEE 061 418000

BER B3

DOUGLAS NEWMAN GOOD

DNG

AUCTIONEERS,
VALUERS & ESTATE AGENTS

O'SULLIVAN HURLEY

74 O'Connell Street, Ennis, Co. Clare,
Phone: 065 6840200, Fax: 065 6843946



DEVELOPMENT LAND FOR SALE 14.00 ACRES (5.74 HECTARES)

5.74 hectares (circa 14 acres) of prime development land. The lands are prime development lands located in the heart of the ever growing townland of Kilmurry. The lands are located in a popular residential location at a busy intersection in the village beside the church, with frontage onto the main road and the side road. Located in the heart of the ever growing townland of Kilmurry, Sixmilebridge, just 10 minutes from Shannon, 15 minutes from Limerick. The lands are located in a popular residential location at a busy intersection in the village beside the church, with frontage onto the main road and the side road. The majority of the 14 acres are zoned LDRI, which is a 'low density residential' zoning under the Clare County Development plan 2017/ 2023 and there is approximately 1 acre to the front of the site which is zoned 'mixed use' which would have excellent potential for a commercial development, forecourt garage etc. There is just over 1 acre to the rear which is zoned 'open space'. The rear of the site is low lying and goes onto the Lough at the rear. This is a very attractive option for a builder and/or investor looking for a quality development site in a sought after location. Part of Folio CE9989.

Price on application

74 O'Connell Street, Ennis, Co Clare | T: 065 684 0200 | E: info@dngosullivanhurley.com

Director: Cormac O'Sullivan & Douglas Hurley

VAT No. IE63885990 Company Reg No. 368599 PSL No. 002295

14

LEADER PROPERTY



This three bedroomed duplex apartment at Clonmacken is on the books of Rooney Auctioneers

Impressive duplex in Clonmacken

AT A GLANCE

Location: 52 Cluain Dara Court, Clonmacken

Description: Three bedroom, duplex apartment

Price: €195,000

Seller: Rooney Auctioneers

Contact: 061 413511



Rooneys are delighted to present this spacious three bedroom duplex apartment in the popular Clonmacken development. A short distance from all local amenities and a range of local shops, bars and restaurants, it is also within easy distance to a network of motorways. The accommodation

comprises an entrance hallway with wc/utility, living room, kitchen-diner with double doors leading onto a balcony, three bedrooms upstairs, two ensuite bathrooms and main bathroom. Viewing is highly recommended of this ideal property in an ideal location.

Accommodation

The large bright hallway with tiled floor and large feature window has guest wc.

A spacious living room with wood floor and gas fireplace has double doors leading to the kitchen/diner.

This open plan room with fitted kitchen and granite worktop has a breakfast counter divide.

There are double doors to the living room and patio doors to the balcony. It also features recessed spot lights.

There are three double bedrooms with wood floors and built-in wardrobes, two of which also boast fully tiled en-suite bathrooms with whb and electric shower.

The main bathroom is fully tiled and features a bath, wc and whb.

Carpets, curtains, blinds, light fittings & appliances included

Energy wise, the duplex has gas-fired central heating and the double glazed PVC windows will help keep those bills down.

Parking Space included.

Corbally duplex is well worth a look

AT A GLANCE

Location: 114 Carrig Midhe, Corbally

Description: Three bedroom, duplex apartment

Price: €165,000

Seller: GVM Auctioneers

Contact: 061 413522



Another spacious duplex in another desirable city location, this time in Carrig Midhe.

This property is beautifully maintained and ideally located three bedroom duplex unit located in this much sought after location in close proximity to primary and secondary Schools, Corbally Shopping Centre and Sporting amenities.

Viewing comes highly recommended of this ideal started home or investment property.

The entrance hallway has laminated flooring and leads to the sitting room with feature fireplace. Again there



GVM Auctioneers have this duplex apartment for sale

is laminated flooring, three double sockets and double doors to kitchen.

The fully fitted kitchen has a built-in oven and hob and French doors to rear balcony.

There is tiled flooring and a toilet and whb

There are three double bedrooms, carpeted with built-in wardrobes and three double sockets.

The main bedroom also has an en-suite with electric shower fitted.

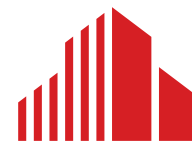
The main bathroom has tiled flooring, toilet with whb and Triton T80 electric shower fitted.

Other features include Gas fired central heating, a spacious balcony area to rear of property, well maintained common area and recently re-tarmaced car park.

BUILT TO LEAD.

6 SHANNON STREET, LIMERICK

T: 061 418 111



CUSHMAN & WAKEFIELD

FOR SALE



Unit 6 & F7/F8 Eastyway Business Park Limerick

Industrial Opportunity for sale in one or more lots

Lot 1: Unit F6 is offered for sale with full vacant possession and comprises a modern mid-terrace warehouse extending to approx. 4,580 sq ft. (GEA).

Lot 2: Unit F7/ F8 comprise interconnected units extending to approx. 9,524 sq ft. (GEA). Unit F8 is currently occupied under a 5-year lease from the 01 October 2018 at a rent of 16,000 per annum (excl. VAT). Lot 3: The Entire (Tenant not Affected)

BER No. Available upon request

BER C3 F

CONTACT: JOHN MURRAY 061418111

FOR SALE



Unit 5 Plassey Enterprise Centre, Castletroy

Office/Business Space opportunity extending to a floor area of approximately 170.4 sq.m. (1,834 sq.ft.) IPMS 3. Located within the National Technology Park - the principal business park in the Mid-West region in close proximity to the University of Limerick. Surface car parking to the front of the building. Electric storage heating. The existing layout provides for a predominately open plan workspace in addition to meeting rooms and ancillary facilities such as canteen space. High profile occupiers in the immediate area including Johnson & Johnson, Cook Medical, DAA plc, Icon, Enet, Gilt Groupe and QAD.

Ber No. 800359283

BER G

CONTACT: JOHN MURRAY / DEIRDRE O'BRIEN 061 418111

TO LET



Unit 2 Denmark Street, Limerick

Opportunity to lease retail premises situated directly adjacent to Denmark Street in Limerick city centre with extensive retail frontage. Retail premises extending to approximately 57.59 sq m (620 Sq Ft). Situated in close proximity to Cruises Street which forms part of the prime retail core of the city centre and includes prominent retail occupiers such as New Look, River Island, Foot Locker and Argos. The premises lends itself to a variety of retail uses and offers an excellent opportunity for a bespoke retail outlet.

BER Nos. 800625832

BER C2

CONTACT: JOHN MURRAY / DEIRDRE O'BRIEN 061418111



REA O'CONNOR MURPHY ARE DELIGHTED TO BRING TO THE MARKET THE FOLLOWING NEW DEVELOPMENTS IN LIMERICK CITY AND COUNTY. FOR FURTHER INFORMATION ON ANY OF THESE DEVELOPMENTS WE WOULD BE HAPPY TO SPEAK WITH YOU - OUR AGENT IS ELAINE FITZPATRICK IS 087 9247673 FEEL FREE TO GIVE HER A CALL.

Manor Brook, Adare, just launched

Launching this week in the village of Adare, Manor Brook, is a wonderful development that will include 40 two-storey, 3 and 4 bed homes both detached and semi-detached. Four different contemporary designs, ranging in size from 1.157 Sq. Ft to 2.078 Sq. Ft. Manor Brook is in close proximity to four excellent primary schools, playing fields and a sand-filled playground. It is situated in



The Manor Fields in one of Ireland's most idyllic, historic villages, next to the five star Adare Manor Hotel and Golf Resort and in close proximity to many award-winning establishments. All major routes and motorways are easily accessible from Manor Brook. For further information and to register your interest visit www.manorbrookadare.ie or call REA O'Connor Murphy on 061 279300.



Manor Brook, Adare, offers choice and quality in an unparalleled location



Three and four-bedroom homes detached and semi-detached available at Slí na Manach

Slí na Manach, phase 3, is now available

Following the successful sale off-plan of all but three units in phase two at Sli na Manach, Mungret we are thrilled to announce that a further third phase of 3 and 4 bed, detached and semi-detached new homes are for sale, with a showhouse on view in the coming weeks. Sli Na Manach forms part of the growing and vibrant village of Mungret. The atmosphere is relaxing and welcoming making Mungret the ideal location to set down roots. In



close proximity to excellent primary, secondary schools and child care facilities. These new homes are bright and spacious, ideal for both young families and busy professionals. For further information and to register your interest visit www.slinamanach.ie or call REA O'Connor Murphy on 061 279300.

Be a part of The Heritage of Adare

The Heritage, Adare is an exclusive development of nine expansive, modern homes, situated on the Blackabbey Road, just a short distance from Adare Village. The Heritage, at a glance, offers a choice of nine two storey detached homes, each set on an ample sized site tucked away in a private, leafy, exclusive cul de sac, overlooking picturesque countryside. There are three different designs available so you can choose according to your needs.



House sizes range from 2,562 sq. ft - 2,882 sq. ft with 4 spacious bedrooms. Situated in one of Ireland's most

idyllic historic villages, it is next to the five star Adare Manor Hotel and Golf Resort and is in close proximity to excellent schools, playgrounds and the thriving village of Adare. For further information on these exclusive homes and to register your interest visit www.theheritageadare.ie or call REA O'Connor Murphy on 061 279300.



There are three different choices from the nine homes in the development

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 bedroomed and 13 x 6 bedroomed 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 bedroomed 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

REA

O'CONNOR MURPHY

Phone 061 279300
Email info@reaocm.ie
www.reaocm.ie

INTRODUCING AN EXCLUSIVE DEVELOPMENT

H

THE HERITAGE, ADARE



REA O'Connor Murphy are delighted to introduce this exclusive development of 9 detached, 4 bedrooomed, exquisite homes.

- Located on the Blackabbey Road
- Within walking distance of Adare Village
- Three house types available



View the brochure and register interest at

WWW.THEHERITAGEADARE.IE

VIEWING/
SITE VISITS BY
APPOINTMENT:



Hibernian House
Henry Street
Limerick
+353 (0) 61 279 300
info@reaocm.ie
PSRA Licence No: 001988

DEVELOPED BY





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Come home
to village life
in Adare



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LUXURIOUS HOMES IN ADARE, CO LIMERICK



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Visit www.manorbrookadare.ie
or call 061 279300

DEVELOPER & BUILDER



FINANCED BY



Two-bed pad in the city centre

AT A GLANCE

Location: Apt 402 Mount Kennett House, Mount Kennett, city centre

Description:

Two-bedroom, duplex apartment

Price: €95,000

Seller: DNG Cusack Dunne

Contact: 061 209000



This two-bedroomed apartment is at Mount Kennett

DNG Cusack Dunne are delighted to introduce to the market this city centre, two-bedroom, dual aspect, duplex apartment.

It is ideally situated adjacent to the River Shannon and within walking distance of all the amenities Limerick City has to offer and giving convenient access to all major road networks.

Ground floor comprises the bedroom and bathroom accommodation. Ascending to the second floor there is a generous open plan

kitchen/living/breakfast area boasting two balconies maximising light from two aspects

Presented in good condition throughout, this property will provide a superb entry level apartment for any owner occupier.

Bright open plan kitchen/living/breakfast area. Living room with large

glass sliding door to westerly aspect balcony. Carpet flooring in living and dining area. Fitted kitchen with wall and floor units, tiled splash back, electric oven with hob, extractor fan and glass door giving access to easterly aspect balcony. This is a spacious two-bedroom, dual aspect, duplex apartment. worth viewing.

Home in Ballinacurra



No 3 Gurteen Gardens, Ballinacurra is in a good location

AT A GLANCE

Location: No 3 Gurteen Gardens, Ballinacurra

Description:

Four-bedroom, semi detached

Price: €250,000

Seller: Rooney Auctioneers

Contact: 061 413511



Rooneys bring to the market this substantial four-bedroom residence situated in one of the most established and sought-after residential areas of Limerick.

Centrally positioned between Limerick City Centre and Dooradoyle, 3 Gurteen Gardens offers the ideal opportunity in which to create a fantastic home.

It is within walking distance of a wealth of amenities including the Crescent Shopping Centre, UH Limerick, Mary Immaculate College and the Lidl store on Childers road is also only a few minutes away.

The Model School, St. Clement's College and Laurel Hill Secondary School are all part of the nearby amenities, which also include soccer and GAA clubs.

The spacious accommodation of over 1,694 sqft. (157 sqm. approx.) comprises of reception room, kitchen/dining room, and four bedrooms.

There is also a study room, wc and main bathroom. south-east facing rear garden which is fully enclosed and very private with patio.

To the front there is a gated driveway with parking for two cars.

The house also offers an excellent opportunity as an investment property with the potential to allow a generous return.

Viewing is recommended. Offers in excess of €250,000. Contact Peter Kearney at Rooneys on 061 413511.

REA

EOIN DILLON

PRSA Number 001790

'Belle Vue', Coosane, Birdhill, Co. Tipperary



- Four bedroom bungalow on a c. 0.46 acre site situated within easy commute to Limerick.
- Comprises: ent hall, liv room, kitchen, dining room, utility, W.C., pantry, 4 bedrooms (1 en-suite) and bathroom.
- Detached garage measuring 17.65m².
- G.I.A. 130.55m² (1,405 sq.ft.)

AMV: €269,950

Carrig Derg, Ballycommon, Nenagh, Co. Tipperary



- Development site in Ballycommon village.
- Expired planning for 10 dwellings, with a choice of three house types.
- All with the option of adding a conservatory and attic conversion.

AMV: €100,000 +VAT

7/8 Carrig Derg, Ballycommon, Nenagh, Co. Tipperary



- Purpose built creche with a three bed apartment above that is unfinished
- Creche currently rented for €8,400 per annum.
- Tenant not affected.
- G.I.A. Creche 126m² (1,356 sq.ft.), Apartment 130m² (1,398 sq.ft.)

AMV: €204,500

86 Springfort Meadows, Nenagh, Co. Tipperary



- Immaculate four / five bedroom detached property situated close to Nenagh town centre.
- Comprises: ent hall, living room, kit/din, utility, W.C., 4 bedrooms (1 en-suite) & bathroom.
- G.I.A. 135.21m² (1,455 sq.ft.)
- Open viewing Sat 13th Oct 11am - 11:30am - no appointment necessary.

AMV: €259,950

GVA Donal O Buachalla

01-676 2711
gvadob.ie

PSRA No. 001234

FOR SALE BY PRIVATE TREATY

Development Opportunity at Stonehall, Shannon Airport, Co. Clare



- Site extending to 3.89 hectares (9.60 acres)
- Situated within close proximity to Shannon town and the M18 Motorway.
- Area zoned 'Enterprise' in the 2012 - 2018 Shannon Local Area Plan (as extended)
- The subject site lends itself to a number of end uses subject to planning permission

Contact: Patrick Kirwan: 01-676 2711 / pkirwan@dob.ie | Seamus Weldon: 01-676 2711 / sweldon@dob.ie

LIAM O'GRADY

Tel: (062) 31986

www.ogradyauctioneers.ie



AUCTIONEERS | ESTATE AGENTS | PROPERTY MANAGEMENT

Longstone, Cullen, Co Tipperary



Stunning detached two storey property which is picture perfect inside and out with a beautifully decorated interior within a much sought after location within 30 minutes of Limerick City.

Price on Application

Raheennamadra, Knocklong, Co.Limerick



A truly stunning 3 bedroom extended cottage in turnkey condition throughout. Standing on a large 1 Acre site, strategically located between Hospital, Knocklong, Garryspillane, Tipperary Town and Kilmallock.

Guide Price: €200, 000

Bohernagragga, Pallasgreen, Co.Limerick



Idyllic and conveniently located 4 bedroom bungalow standing on 0.5 acre site with landscaped gardens, front and rear, with patio area for entertaining.

Guide Price: €250,000

Cloughilawarella, Pallasgreen, Co Limerick



A truly magnificent property throughout that needs to be viewed to appreciate the exceptional space and finish throughout.

Price on Application

Bohercarron, Emly, Co Tipperary



4 bedroom bungalow set in a most idyllic part of west Tipperary. Standing on a half acre site with well maintained and landscaped gardens at front and rear, in close proximity to the village of Emly with commanding views of the Galtee Mountains.

Guide Price: €199, 000

Creamery House, Bansha, Co Tipperary



Commanding and exquisite yet practical 4 Bedroom Country Home. Full of character and charm throughout. This property has been finished to a very high standard with no expense spared on finishing throughout.

Price on Application

Milltown, Monard, Co Tipperary



Liam O'Grady Auctioneers in partnership with The Munster Property Auction bring to the market this well apportioned 3 bedroom residence in excellent condition standing on just under 1 acre.

Auction Date: To be confirmed

“URGENT”

HOUSES WANTED FOR SALE

due to a large number of recent sales in the Limerick area

Contact **Liam O'Grady Auctioneers** today for a your free valuation

www.ogradyauctioneers.ie

Farran, Emly, Co.Tipperary



Liam O'Grady Auctioneers are proud to introduce to the market what only can be described as a truly magnificent turn key 5 bedroom first floor converted bungalow

Guide Price: €260,000

Barna Pallasgreen, Co Limerick



Traditional Country Cottage standing on a beautiful 0.6 acre site overlooking the surrounding countryside.

Sold

Cloughadreen, Old Pallas, Pallasgreen



A well appointed country cottage on an extensive site comprising Folio LK67530F of approx 1.18 Acres. The site is fronting onto the main road.

Sale Agreed



LIAM O'GRADY
PSR LICENCE NO: 001737



LIAM O'GRADY
DIRECTOR



PAUL CRANLEY
NEGOTIATOR



CELINE HUGHES
ADMINISTRATOR

www.ogradyauctioneers.ie

12 Main Street, Tipperary Town

info@ogradyauctioneers.ie

Tel: (062) 31986

AUCTIONEERS | ESTATE AGENTS | PROPERTY MANAGEMENT

HOME & INTERIORS

MAKE THE MOST OF YOUR HOME WITH ADVICE FROM ALL THE EXPERTS



Create your individual lighting look with Fantasy Lights hand blown glass range. Pendant light available in pink, grey and transparent glass, price €299. For more see fantasylights.com



This striking pendant light comes in two sizes and a choice of amber, grey, pearl or transparent glass, price €360-€399

Do more than just throw a little light on the situation

The importance of illumination in personalising your decor can often be underestimated

Lighting is one of the most atmospheric elements in our homes but when it comes to personalising our decor, its potential is often overlooked.

A well chosen light fitting will not only illuminate your space, it can become a style statement in itself.

"Table lamps and pendant lights provide a prime opportunity to add top notes of colour and sparkle to your rooms," said Gabriel Byrne of Fantasy Lights.

Indeed, when it comes to individual style, Fantasy Lights' new hand-blown glass range will allow you to create something quite unique.

"Our system allows you to create an almost bespoke lamp or pendant," said Gabriel

"You can individualise your light by choosing the glass colour from a range that includes pink, amber, smoked and transparent.

"Then you can make it your own by adding your own choice of copper, brass or stainless steel finishes for the fittings," he explained.

While table lamps are often seen as the maiden aunts of the lighting world, these lamps and pendants give you the chance to turn the familiar into a contemporary style statement.

According to the experts when it comes to lighting your home there are two rules of thumb to remember.

"Firstly, you should consider having a mix of light sources at different levels to create a flattering ambience," said Gabriel.

"Secondly, bear in mind that you will need appropriate task lighting for whatever you do in that room space, be it reading, cooking, dressing etc."

Pendants, lights that hang from the ceiling, are of course essential to a well-layered lighting plan.

Not only do they channel task lighting where it's needed, they also add a decorative flourish.

"A glass shade will allow light to spread throughout the room, while a metal or porcelain one will focus the light downward.

"Then think about adding indirect lighting with well placed table and floor lamps help to create a cosy atmosphere, particularly in living rooms and bedrooms," said Gabriel.

See fantasylights.com



Pendant and table lamp available in amber brass, pendant price €460, table lamp price €660



Large pendant light available in amber, grey, pearl or transparent glass, price €349



Table lamp available in pink, grey and transparent glass, price €545

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- 200MM 4.5M² ROLL ONLY €26.99 EACH 50481

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REAO'CONNOR
MURPHY

MUNSTER & CONNACHT AUCTION

AUCTION DATE...

WEDNESDAY, 31st OCTOBER, 2018

To include properties in...

LIMERICK, CLARE, TIPPERARY, KERRY,
WATERFORD, CORK, GALWAY, MAYO,
ROSCOMMON, DONEGALFULL LIST OF AUCTION PROPERTIES AVAILABLE AT... WWW.reaocm.ieVENUE: **Limerick Strand Hotel**AUCTION START TIME: **11am**

REGISTER YOUR INTEREST AT...

auctions@reaocm.ie**T: 061 279 300**www.reaocm.ie



The "3 for 3" Breast Cancer Awareness Walk took place at 3pm on Sunday. The walk took place over the three bridges of Limerick, approximately three kilometres in length, with all proceeds in aid of the local Symptomatic Breast Cancer Unit, UHL. Organisers Caroline and Oliver Moloney outside Hook & Ladder on Sarsfield Street with family and volunteers PICTURE: KEITH WISEMAN

THE "3 FOR 3" BREAST CANCER AWARENESS WALK

Pictures: KEITH WISEMAN



Amanda Keily with her daughters Niamh, Emma and Rachael from Annacotty



Susan Keyes, Raheen, and Denise Power, Castletroy, pictured at the walk on Sunday



Elaine Donegan and Mary O'Flatherty nurses from University Hospital Limerick.



Oliver Moloney, Ger Baggott, chairman of Garryowen RFC, Matt More, Munster Rugby, Caroline Moloney and, Chris Cloete, Munster Rugby at Hook & Ladder, Sarsfield Street



Rosemary Carey and Kelly Keane, volunteers.



Brid Lang, Ballyneety, Sarah O'Brien, Ennis Road, and Brenda Ryan, Ballyneety, at the walk



Aisling and Billy Meehan, Cappamore



Tara Moloney and Sonya Hayes, volunteers.

Limerick all set to host its first ever Halloween festival

Family friendly:

Dozens of free events at Samhain festival

NICK RABBITS

nick@limerickleader.ie

A PARADE of light, a night swim and a lantern making workshop are just three of the events taking place as part of Limerick's first ever Halloween Festival.

Lumen Street Theatre has teamed up with Limerick Council, and a number of other bodies to develop the Samhain festival, a free, three-day celebration of all things Halloween.

The festival is completely free, with the first event taking place on Thursday, October 25, at FabLab in Rutland Street.

This will see Michael Fortune give a presentation on the origins of Halloween in Ireland.

The Curragower Boat Club will on Friday, October 26, at 5pm, host a lantern making workshop, before a NightSwim, organised by Swimmable Limerick will take place from outside at 6.30pm.

The final day of the festival will see a shadow puppet workshop taking place in City Hall, followed by a dress rehearsal for the main Samhain Parade, which will bring the curtain down on the celebration.

Up to 100 lanterns will be released into the River Shannon, providing a spectacular vista on the dark October night.

Its aim is to "banish the darkness and remember the souls of loved ones" during Halloween.

Speaking at the launch of the festival in FabLab this Monday, Martin Shannon, Lumen Street Theatre, said: "We saw a gap in the market. We wanted to create a festival which is unique, but family friendly. All of the events listed might seem spooky and scary, but they are aimed at children - but adults can come as well! It's a small festival, but we want it to grow."

Mayor James Collins said the funding to Lumen was provided from the councillors' group.

"We all wanted a festival around Halloween. We wanted something which was family friendly, which would appeal to the younger kids - something spooky, but not too scary," he said.

"We want to create more festivals and events, but we also want to promote the creative people we have in Limerick too. This will be inclusive, but most of all allowing people to have a bit of fun at Halloween," the mayor added.

All festival events are free, but donations will be very welcome.

For more information, call 087-2240182 or visit www.facebook.com/Samhain-Limericks-Halloween-Festival



Aoife Potter-Cogan and Sheila Deegan, Limerick City and County Council, at the launch of Samhain, Limerick's Halloween Festival in the Fab Lab, Patrick Street PICTURES: DAVE GAYNOR



Sayma and Caoimhe Rowshan, Dooradoyle



Elli Smalis gets her face painted by Kate Hodmon at the launch of Samhain in Fab Lab



Nathan and Pat Fitzpatrick, Annacotty, at the launch of Samhain, Limerick's Halloween Festival in the Fab Lab, Patrick Street



Isabella Walsh, Castleconnell, and Paul Comiskey, Corbally, at the launch



Kate Hodmon, Giordana Giache, Martin Shannon, Mayor James Collins and Gerry Kirby at the launch of Samhain in Fab Lab

ENTERTAINMENT

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

WEDNESDAY, OCT 10

Bualadh Bos Festival

Lime Tree and Belltable, until Oct 20

I.NY: Charles Brandt

Lime Tree, 8pm. €20/15

Trad & Folk Music

The Glen Tavern, 9pm

THURSDAY, OCT 11

How To Catch A Star

Lime Tree, 7pm, until Sat. €8

I.NY: Luka Bloom

Dolan's Upstairs, 8pm. €12/10

Room 22

Chez le Fab, 8pm. Free

DIY LK Presents: Girlfriend

Pharmacia, 9pm. €5

Rover

The Glen Tavern, 10pm

Qool DJ Marv

The Commercial, 10pm. €7/5

FRIDAY, OCT 12

I.NY: Anne O'Neill

LCGA, 6pm. Free

I.NY: Sound of New York

The Commercial, 8pm. Free

Marti Pellow

UCH, 8pm. Sold out

Conor Ward

Kasbah Social Club, 9pm. €10

John Smith

Dolan's Upstairs, 9pm. €17

Pat Holland

The Glen Tavern, 10pm

SATURDAY, OCT 13

Big Country

Dolan's Upstairs, 7pm. €13.50

Frankie's Guys

UCH, 8pm. €25/20

IN.Y: Pathways

Dolan's Warehouse, 9pm.

€15/10/5

I.NY: Strictly Rhythm

The Commercial, 10pm. €12/10

Naive Ted

Pharmacia, 10pm. €7/5

Dermot Sheehy

The Glen Tavern, 10.30pm

SUNDAY, OCT 14

Children Are Stinky

Belltable, 2pm & 4pm. €8

Musical Chairs

The Old Quarter, 7pm

Ronan Collins

UCH, 8pm. €30/28

Saint Sister

Dolan's Upstairs, 8pm. €15

I.NY: My New York - Colm K

The Commercial, 9pm. Free

Joe Moloney

The Glen Tavern, 10pm

MONDAY, OCT 15

Trad Music

Locke, nightly at 5pm & 9pm

Hamlet

UCH, 7pm. €15/12

Blackkklansman

Belltable, 8pm. €8

TUESDAY, OCT 16

Amatis Piano Trio

All Saints Church, 8pm. €15

The Acoustic Club

Charlie Malone's Bar, 9pm

High profile American rapper Nelly for Big Top show

HIGH profile US rapper Nelly is to play a gig at Limerick's Live at the Big Top venue.

The Hot in Herre star, who has sold over 21 million album in America alone, will play the Milk Market venue on Wednesday, November 14.

Nelly hit the world with a bang when he emerged with his debut album *Country Grammar* in 2000 which has now sold over 8.4 million copies to date. *Country Grammar* was followed that up with his iconic *Nellyville*, which boasted the timeless number 1 singles *Hot in Herre* and *Dilemma* featuring Kelly Roland, as well as a plethora of party anthems such as *Work It* which featured a guest performance from Justin Timberlake. He has gone on to be ranked by the RIAA as the fourth best-selling rap artist in American music history, with over 21 million albums sold in the United States alone.

See www.dolans.ie for tickets.



Cork DJ and producer Colm K appears at the Commercial

Sounds of New York to spin around city

THE sounds of New York will reverberate around Limerick this week as the I.NY Festival continues.

The Limerick-based festival that explores and celebrates the relationship between Ireland and New York, takes place at a number of city venues until this Sunday, with listening parties and live DJ sets a feature of proceedings.

While Luka Bloom is in conversation and performance with Donal Dineen at Dolan's on Thursday night, Qool DJ Marv will take listeners on a 5-Borough Tour of New York records at the Commercial later that night (10pm, tickets €7).

Marv, Scope and Aoife Nic Canna will host a listening party at the Commercial on Friday night before they perform a live DJ set after in the Catherine Street venue.

Nic Canna and Niall Colgan host *Strictly Rhythm* at the Commercial on Saturday and then it is the turn of Cork DJ and producer Colm K to traces his 20-year musical relationship with NYC at an event to close out the festival on Sunday night. See www.thisisiny.com.

PAT EGAN PRESENTS

RONAN COLLINS
sings
JOE DOLAN
THE ULTIMATE
JOE DOLAN CELEBRATION

with
the
Sugarcubes
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SHOWBAND

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You're Such a Good Looking Woman
Sweet Little Rock 'n' Roller
It's You, It's You, It's You
Goodbye Venice Goodbye
Sister Mary • Lady in Blue
My Own Peculiar Way
You Belong To Me • Tar & Cement
The Answer To Everything
Westmeath Bachelor
The House With the
Whitewashed Gables

SUNDAY
14TH OCTOBER

Tickets from €30

Bookings may be subject to a €2.00 per ticket booking charge

THE CONCERT SENSATION

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THURSDAY

25TH OCTOBER

Tickets from €30

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Marielle Thorp, Dani Keuler, Seychelle Kulik and Tess Liddy at Smyth's Bar

On **The** Town

SMYTH'S, THE COMMERCIAL BAR, THE GLEN TAVERN

Pictures: DAVE GAYNOR



Caleb Purcell and Paul Frawley at the Commercial Bar



Frank Doyle and Frances Hardiman at the Commercial Bar



Stephanie Horan, Tish O'Keefe and Niamh Dunk at the Glen Tavern



Rosie and James Smyth at the Smyth's Bar



LEFT: Rachel Kennedy, Julia Garcia and Simona Rubino at the Glen Tavern

ABOVE: Brendan Miller and Kate Waters at The Commercial Bar

RIGHT: Josephine Moran and Colette Kenrick at The Commercial Bar



Teresa Kidney and Eileen Naughton at the Glen Tavern



Dawn McCarthy and Sean O'Brien at the Commercial Bar



Tracey Sexton and Rebecca Slattery at The Commercial Bar



Gianpaolo Moschetti, Eanna Kelly and Emmet McNamee at the Glen Tavern

WHATEVER your taste in music, it is covered in Limerick this week. At least everything from medieval music to garage rock. Plus there's an entire weekend of kids' shows and a free chance to get your children programming. They're only young once, so put them to work. Here's the best of Limerick this weekend.

Thursday

Luka Bloom is Upstairs in Dolan's this Thursday, performing stadium rock as though he's sitting in your kitchen. It's part of the I.N.Y festival running in Limerick this week, so for the first half of the show he'll have a nice chat with Donal Dineen about the influence of New York on his artistic and personal life. You can expect some interesting stories about what prompted him to get out of Dodge - or in his case, Newbridge - and move to the city where the delicious cronuts never sleep. He'll do a full live set after that. Doors at 8pm, tickets are €12/€10 concession.

Dublin all-female foursome **Girlfriend** play **Pharmacia** on Thursday, serving up a set of grungy garage rock. They're still pretty rough around the

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

THINGS WHAT ARE ON IN LIMERICK #8

edges, veering wildly from tuneful lo-fi ambience to aggressive white noise without notice. There's a lot of talent in this band though,

so Thursday night is the perfect opportunity for you to see them in their nascent stage before they sell out and become really famous.

Support from Belfast post-punkers Mob Wife and Limerick-based His Father's Voice. Doors are at 9pm and tickets are a fiver.

Friday (Oct 12)

Award-winning quartet **Palisander** will be live at **St Mary's Cathedral** this Friday. Their core repertoire is early music and modern arrangements of 18th century tarantellas. You might also care to know in advance that they are a quartet of recorder-players, the world's third most frightening instrument after the bagpipes and the banjo. They even travel with a six-foot recorder, all the better to terrify parents of recorder-playing children. If you can open your heart to the recorder for an hour, you'll find that they are really good at what they do. It starts at 1.15pm and tickets are a fiver.

Limerick City Gallery is hosting a discussion on the **Irish Hunger Memorial** as part of I.N.Y this Friday. Battery Park horticulture director Anne O'Neill was instrumental in the creation of the memorial, which consists of an Irish cottage and field elevated at the southern tip of Manhattan. She'll be in conversation with Kathy Scott, founder of arts production agency The Trailblazery. It's at 6pm and is a free event.

Marti Pellow plays the **University Concert Hall** this Friday night. You'll remember him as the cheeky frontman of Wet Wet Wet, though he's forged a successful solo career since the band first split twenty years ago. He'll be performing some of his solo songs but most of you will be there to hear the greatest hits of the Wets, which he'll be happy to perform. Show is at 8pm, tickets are €42.

English folk guitarist **John Smith** makes a welcome return to Limerick on Friday, playing **Dolan's Upstairs**. If you've not caught one of his gigs (and you really should), he'll remind you quite a lot of Ray LaMontagne, though he peppers his performance with one-liners good enough that he could consider a side career in comedy. Doors at 9pm, tickets are €17.

Saturday (Oct 13)

Megadojo is an annual event where hundreds of children are taught the basics of programming and, with luck, how to survive in a post-apocalyptic world after the machines take over. It's at **LIT** this Saturday. They'll be running beginner Scratch workshops for younger



John Smith is in Dolan's on Friday night



Saint Sister play Upstairs in Dolan's on Sunday



Children Are Stinky is at the Belltable on Sunday

attendees, as well as programming, website design and hardware workshops for older age groups. It's open to anyone from 7 to 17 years of age, runs from 10am to 4pm and is completely free. If you have a young person in your house with an interest in using a computer to do more than watch Baby Shark on YouTube, book a workshop before they're all gone. You can book individual workshops at megadojo.ie/limerick.

There's a packed day at the **Lime Tree Theatre** on Saturday to open the **Bualadh Bos** family weekend. At 11.15am, your children can explore their artistic side with a free **Monster Doodle** session. **Branar Téatar do Pháistí** perform a puppet adaptation of Oliver Jeffers' **How To Catch A Star** at midday and 2pm. **Branar's** productions are fabulous enough that it's almost worth stealing a child to legitimately watch the show as an adult. It'll cost you €8, plus about 15 years if you steal a child. **Booster Cushion Theatre** are performing **Old McDonald** and the **Three Pigs Plus** in the students' lounge at midday and 3pm. Plus what? Plus animal sound effects from the audience. Tickets for that are also €8.

Strictly Rhythm returns to Limerick for a one-off night this Saturday, bringing the city back to the golden days of a decade ago when club nights had tunes that came with a chorus. It'll also celebrate the New York record label that gave the club its name and ethos. Advance warning: the label's

biggest release was **I Like To Move It**, last seen in a movie featuring evil boat-hijacking penguins. It's at 10pm in **The Commercial** and entry is a tenner before 11pm or €12 after.

Sunday (Oct 14)

Children Are Stinky is a comedy circus show for children at the **Belltable** this Sunday. It's an hour of mischievous fun, high-energy slapstick and impressive acrobatics. You can see it at 2pm or 4pm and tickets are €8.

Saint Sister play **Upstairs Dolan's** this Sunday night. It's been less than a week since they released their debut album **Shape Of Silence**, a rather wonderful mix of vocal harmonies, harp music and drum machines. Tickets for their Limerick show are €15, which is about half the price it would cost you to see them in the Olympia in Dublin this Thursday. I highly recommend this gig - it's the show you shouldn't miss this week. Doors at 8pm.

All weekend

Anthology is at the **Belltable** until October 20. **Kaya Brennan's Plantlore** exhibition is at **Fab Lab** until October 20. **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!

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LEADER LIFE

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

A Day In My Shoes

Sarah Dineen and Grace Sheedy

Co-owners of Beauty Atelier salon, 19 O'Connell St

Perfect look on your perfect day

What time do you get up?

Sarah: Whatever time my newborn wakes me!

Grace: Whatever time my cat wakes me!

What is your normal breakfast?

Sarah: Porridge, lemon curd, Greek yogurt and blueberries

Grace: Green tea

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

Sarah: I do what I can with the baby so I have a home workout that I do and I go for walks after work and hike on my days off.

Grace: Before - I like to fasted workouts!

You arrive at office at what time?

Both: Varies everyday! We could have a 6am bridal party where we travel to a location or maybe 7am appointments in the studio for wedding guests or hen parties etc. We open as early as people need us to so we don't have a set opening time.

What are your first duties?

Both: When we get into the studio we have to turn on all of our hundreds of lights! We check the appointments for the day, set up our work stations and clean our brushes and kits for the day. We usually will also be replying to emails or messages pretty much as soon as we wake up!

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

Sarah: One decaf and one regular coffee if I'm tired.

Grace: One ever ending cup of green tea that is constantly getting refilled

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

Both: usually don't eat lunch. We tend to work through until dinner.

Do you have many meetings during the day?

Both: It totally varies depending on the day. We have lots of meetings at the moment as we're a new business so we're getting everything organised from the bank to products to finishing touches in the studio.

What time do you finish up at?

Both: Again it totally varies! coming into party season we could be here until 10pm after starting at 7am but that comes with the

territory of the beauty industry!

Do you watch much television?

Sarah: Don't have a TV but I love to stream murder she wrote on my laptop and I'll have it on in the background as I'm working or doing chores at home!

Grace: I watch anything to do with survival! I'm loving naked and afraid at the moment!

Do you read the

newspapers?

Sarah: Of course! I love the fashion and beauty pages and both myself and Grace love to keep up with Celia. She's such an inspiration for women in business.

What do you do to relax?

Sarah: I don't do much at the moment with a newborn!

Grace: I love hiking and going to the gym

Are you able to leave the office behind?

Both: Not at all, we're always working! WhatsApp is our saviour as we can keep in touch with each other and the girls in the studio at anytime of day. People looking for appointments or information about our services could contact us at anytime so we are

constantly in work mode.

What is a perfect work day?

Both: A busy Saturday with lots of appointments. Really good atmosphere in studio, our clients enjoying themselves while sipping on Gin and tonic or prosecco and making everyone that comes through our doors feel like a million dollars!

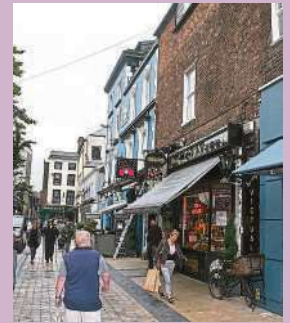
Do you ever lose 'the cool' and if so what would make you annoyed?

Grace: Never at work, maybe with my family sometimes!! We are dealing with making people look and feel beautiful so luckily we tend to be meeting people on some of the happiest days of their lives. there isn't much to be annoyed about in our line of work!



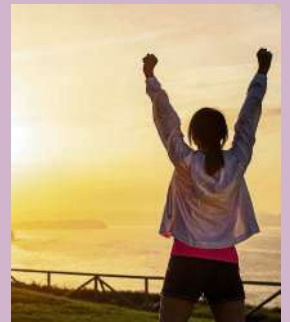
Grace Sheedy and Sarah Dineen have a laugh at the Beauty Atelier salon

INSIDE THIS WEEK



A HEALTHY LUNCH OUT

Eva Hill Hamilton explore the options
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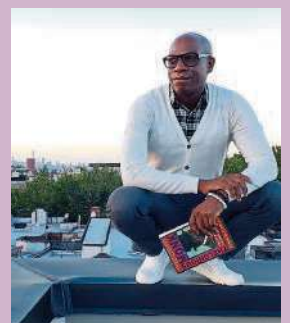
FIVE LIFE LESSONS

Leanne Moore shares her thoughts
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WINTER WEDDINGS

ManAboutTown gives his top tips
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LOVIN' THE BIG APPLE

I.N.Y Festival begins in Limerick
PAGES 50-51

Breaking the cycle of self-loathing



ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

DEAR Dr Eddie; I am writing to you in desperation as I really do not know where to turn to.

I am a female in my sixties and I hate myself and have done so all my life. I don't know why this is so. I have destroyed everybody who I ever loved including my two beautiful little boys who are now in their thirties. And now my poison is spreading into the next generation and my little granddaughter, who I adore, is now in counselling. Her problems are basically being caused by dad which of course leads back to me. I am heartbroken. I desperately need to break this cycle and try to make amends to the people who I love before I die.

I have tried counselling on many occasions but had no success. I am terrified of opening up and I have serious trust issues. None of my family are aware of my problems as I have kept them hidden from them too. They know one or two of my "dirty secrets" as regards my two sons but they do not know of the more serious ones.

I married a man who not only did I not love but I didn't even like him. I don't know why I did that. He is the father of my two children and unfortunately has serious problems himself and was no use to my two beautiful little boys.

If you met me Dr Eddie you would meet a professional confident woman. I am very good at my job. There is no problem whatsoever with my outward appearances as I have always made sure that my problems were and still are kept hidden. My problems I think are all emotional. I cannot cope with any emotion. I am always terrified. I am terrified of everything. Even when I am speaking with somebody and I appear very confident I am always terrified - but I don't know why. I have every fear possible but I also



Therapists are not in the business of breaking down barriers, not until they have put in some supports in the first place

keep this hidden. I look in the mirror every morning and see a person looking back who I cannot abide. I want to break this cycle. I want to help my two boys and my granddaughter.

If you know anyone who you think could help me could you leave a message in your column just giving me a name of a person who you think I could trust and open up to. I know this is a difficult ask of you as you do not know me. I would need somebody who knows how to break down those barriers as I have spent my entire life building that wall so high to protect myself. But I don't know from what.

Thanks Mary.

Dr Eddie response

Mary I do appreciate you writing this and the trust you have put in me in trying to give you guidance. There is a lot in your letter and a number of critical themes are particularly striking and saddening that the quality of your life and your capacity for fulfilment is so far away from you at the moment. Before you can support your sons and grandchildren you need to start



Self-loathing can stem from a number of mental health issues such as personality disorders or depression

supporting yourself.

SELF-LOATHING

What really comes across is the amount of self-loathing. You are drenched in self-loathing. It's pervasive, engrained and is robbing you of emotional freedom. Its stifling you.

TERROR

The second theme is the internal terror you are experiencing. On the outside you have a perception of control but underneath there is sheer terror and loathing, a most toxic cocktail. These are further amplified by secrecy and shame.

HOPE

What is really important for me to impart is that there is another way. Often when people experience such extreme negative

emotions and don't know why they come from, I think this. I am often minded it's not that something happened you. It's that something didn't happen you; being loved unconditionally. My clinical hunch is you internalised a harsh internal hyper-critical voice, where your primary attachment was insecure as opposed to secure. Looking at how you form, feel and behave in key relationships is critical. In psychology we look at the importance of attachment. Check out Attachment in Adults; attachments can be insecure or secure. Looking at how you operate in the world via attachment will give you some insights. While I can't name a specific individual. I can recommend you go to www.psychologicalsociety.ie, select your area and in the Find A Psychologist section you will need to seek someone with Adult

psychotherapy, Trauma / Abuse Specialism experience.

Therapists are not in the business of breaking down barriers, not until they have put in some supports in the first place. Find a person, stick with them, open up indicate there is a lot and you find trust hard. Sometimes if a person finds it hard to speak out their secrets, they are encouraged to write them down, and ask the therapist to read in silence. Or leave with therapist. There are different therapeutic techniques to assist in this. There is nothing that you can say that the therapist hasn't heard before. Please take that first step. Take Care, Dr Eddie

*** 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**



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

Facebook: @evahillnutrition **Web:** www.evahillnutrition.com **Email:** info@evahillnutrition.com

A healthy lunch out

ARE you a lady who lunches? Whether you are meeting friends or eating out on work days out of necessity, it is important to have a nourishing meal, bursting with both nutrients and flavour to prevent sweet cravings in the afternoon.

I like to prepare my own lunches most days. I don't know about you, but I find it a real challenge to eat something tasty and healthy on days when I'm travelling or teaching away from home - and to find variety is near impossible. I like to keep an eye out for good restaurants to recommend to my clients.

Restaurants and cafés are everywhere, but the lunch menus are mostly disappointing - especially if you have to avoid certain foods or if you follow a special diet. Refined breads, greasy pastas, bouillon-tasting soups, dry carvery meats with pretend mash and over-cooked vegetables un-welcome me wherever I go. Salads tend to be the same tasteless mess - I cannot tell you how many cold chicken - "Caesar salads" and goat's cheese "superfood-salads" I had to struggle through...

Thankfully in Limerick city there are some amazing



Thankfully in Limerick city there are some amazing cafés competing for our precious lunchtime

cafés competing for our precious lunchtime. The Buttery is my go-to for brunches and tapas - and the best tasting coffee by a mile! Hook & Ladder have some really tasty options, one of the best Irish breakfasts I've ever eaten - with juicy

mushrooms, and wilted spinach that are bursting with flavour. The Grove on Cecil Street is an old favourite for hearty home-made vegetarian meals and The Canteen is a refreshing new find; full of enzyme rich vegetable juices,

salads and raw treats. Delish have some amazingly creative offerings. The girls always offer a good variety and cater for both the Munster sportsmen and skinny-mini calorie counters - but their renewed menu is fantastic! I mean, my belly started to sing just reading it...

But there is a worthy new-comer I think everyone must try, located on the Dublin road, near the university. Copia Green is a new haven for foodies - they really sing my tunes with well thought-through dishes that burst in flavours of the Middle- and Far-East. I loved every bite of each meal and I kid you not - I came out not just fulfilled, but so happy! Finally! A cook, that really gets what food should be

about!

Tara, the chef, set out to nourish you with every plate, whether you are vegan, vegetarian or carnivore - using mostly organic, fresh, local and seasonal ingredients.

DID YOU KNOW?
There are **10,582 eateries in Ireland**

There's no sight of nasty hydrogenated vegetable oils, refined sugars, processed flours, additives or preservatives. You will find a home-fermented garnish on every meal to help you digest and top-up your beneficial gut flora. Tara soaks, sprouts and ferments everything to ensure anti-nutrients and digestion-blockers are removed from problematic foods. They're committed to sustainability, zero waste and use non-chemical cleaning agents - re-defining what a restaurant can be!

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POSITIVE PARENTING



Top Tips

For talking to your child about school

Most parents are eager to find out how their child is finding school in the new year. We want to know about their teacher, their friends, what subjects they like and dislike. All the questions can often be met with answers such as “fine” or “nothing”. Here are some tips to try to open up the conversation.

1. Pick your moment.

Your child may be feeling tired right after school. Wait until they have had some time to relax before you ask them lots of questions. This is for the advice

2. Chat over Dinner

Sit down together, chat about general things and then ask them about their day. You could play a game such as everyone say the best and worst thing that happened today so that the whole family shares something

3. Talk about your day

Telling them what you did—a lovely walk you took, something nice you had for lunch or an interesting meeting you had at work will prompt them to talk about similar things that happened during their day

4. Retreat when necessary

Sometimes your child may just not want to talk; it's better to let it go and try again later. Talk about something else or just enjoy some quiet time together.



Mental health starts before birth, and new-born babies are born ready to socialise

Is mental health a ‘real thing’ for our babies and toddlers?

This week is Limerick Mental Health Week, which encourages us all to think about how we can enhance and support our own mental health and the mental health of those around us.

For parents, life can be particularly busy and stressful as we try to balance many different roles. Little tips like building in time for a short walk, spending time with friends or even having a long soak in a bubble bath are all ways to support positive mental health.

But what about the mental health of babies? Do babies even have mental health?

YES! Mental health is a real

thing for babies. Mental health starts before birth, and new-born babies are born ready to socialise. They look to their parents to feel safe and secure. Loving, nurturing care provides an important foundation for lifelong positive mental health.

Below are a few things that you can do to support your baby's mental health:

Relationships are at the heart of baby's mental health so build in time to play with your baby; this will release those feel good hormones like Oxytocin for you and your baby and you will be helping your baby's brain to grow. Hold and cuddle your baby

frequently. Being close to you makes them feel safe and protected and helps you to stay in tune with their needs. Holding babies never spoils them

Talk to your baby frequently in a soft, singsong voice. Describe things (what's in the room, what you are doing) to them using lots of different words

Talk to your baby about how you think they are feeling, e.g. “Oh you look upset, don't worry we will soon have you dried and warm and into your cosy babygrow”

Tune in to their cries, smiles and other cues (such as signs that they are hungry or tired).

Babies are tuned in to the

atmosphere around them. If you are feeling very stressed (remember all new parents experience some stress!) or there is a lot of conflict or hostility in your home, reach out to find some help and support.

Talk to your GP, PHN, friends or family or find a baby and toddler group on www.loveparenting.ie.

The good news is that with some help both baby and parent's mental health can be supported. Asking for help in times of stress is one of the best things you can do for you and your baby!

For more information, see www.loveparenting.ie.



FIT4LIFE

LEANNE MOORE

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Five real lessons I've learnt in life

TODAY I'm writing something a little different to the "norm" but something that I think is very important, and something I hope you can take something from it.

ALWAYS SURROUND YOURSELF WITH PEOPLE WHO LIFT YOU HIGHER

This is a big one for me. In my life today I have people who love me for me, who challenge me to better myself, who teach me, who inspire me, who support me and who have my back. I have so much love and respect for these people and I tell them that, I make sure they know that. Being surrounded my love and drive and ambition is infectious. I truly believe it is one of the greatest life lessons I have learned. The people I my life make me the person that I am.

YOU WILL NEVER BE ABLE TO PLEASE EVERYONE

This was a fault I had for many years, I was constantly trying to please everyone. And the problem with that is.... it's just not possible. If this is you – stop trying. Just be you. There will always, in all walks of life, be someone who thinks you are too much of one thing and too little of another. Just do you as best you can and don't let any negative energy affect you.

EVERY TURN IN LIFE LEADS YOU TO WHERE YOU ARE SUPPOSED TO BE

In my career I have been a trainee teacher, a performer, a journalist and a presenter. And



Being surrounded my love and drive and ambition is infectious claims Leanne

then over four years ago I completely changed direction to become a fitness professional. It might seem that I wasted my twenties trying to climb the ladder of other industries but I actually

believe that all those experiences have led me exactly to this point.

As a teacher, I learned the principles of teaching – something I do every day as a trainer and gym owner.

As a performer, I learned how to be confident in front of a group of people – something I do everyday in classes I teach.

As a journalist and presenter I learned the principles of writing

articles and recording, editing video – something I do every day on my social media and in my little blog - and also here in my weekly column. So as you see, every turn I took has led me exactly to this point. I am now exactly where I am meant to be.

FAMILY IS EVERYTHING

And I am not just talking about the conventional idea of the word. I have the most colourful family of all. Your family is the people – related or not – who are in your life, share your happiness and your sadness, show you love and support and are there for you through thick and thin. I have always been extremely grateful to have the special people I have in my life. And on top of that I always know I have my mother looking down on me every single day.

THE MORE YOU ARE GRATEFUL, THE MORE YOU WILL HAVE TO BE GRATEFUL FOR

I know this might sound crazy, but a few years ago I started to practise gratitude. My aunt told me I should start by every night just taking a few minutes to list the things in my day that I was grateful for. A quiet coffee, a healthy meal, a good work day, a nap, a walk – whatever it was. I swear since applying this small change my mindset has completely turned around. I really think the shift in focus to being thankful for the wonderful things you have, allows us see the all the good things in our lives far more clearly.

Healthy Recipe

Jamie Oliver's Breakfast Doughnuts

What You Need

100g Medjool dates
 100g wholemeal self-raising flour
 100g self-raising flour, plus extra for dusting
 30g ground almonds
 1 large free-range egg
 olive oil
 320g blueberries
 1 tablespoon runny honey
 4 tablespoons Greek yoghurt
 ground cinnamon, optional

What To Do

Tear the stones out of the dates and place the flesh in a food processor with the flours, ground almonds, egg, a tiny pinch of sea salt and 70ml of water.

Blitz until combined and forming a ball of dough, then roughly knead on a clean flour-dusted surface for just 2 minutes.

Roll out the dough 1.5cm thick, then use an 8cm cutter (or a pint glass) to cut out two rounds.

Use a 3cm cutter (or the end of a clingfilm roll!) to cut a hole in the centre of each one, then use those centre bits and the remaining cut-offs of dough to roll it out again, repeating the process until you have four doughnuts in total.

Simmer the doughnuts in a large pan of gently boiling water for 5 minutes, very carefully turning them over halfway through.

Place a large frying pan on a medium

heat with 1 tablespoon of oil.

Drain the doughnuts well, then carefully transfer them to the frying pan to get golden for 10 minutes, turning regularly to build up a nice crust.

Once looking good, add the blueberries to the pan, then drizzle over the honey.

Jiggle and shake the pan over the heat for a couple of minutes, using a spoon to keep turning the doughnuts in all that lovely jammy blueberry juice.

When it looks nice and shiny and the doughnuts are purple, ripple the yoghurt through the pan and divide between your plates.

Nice with a sprinkling of cinnamon, to finish.





STYLE & FASHION

CELIA HOLMAN LEE

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Dromoland fashion extravaganza



I adore this powder blue trouser suit and stole from the County Boutique. It would be stunning at a race meeting

DROMOLAND Castle was transformed into a fortress of fashion when the very best stores from across the region came together to showcase their autumn/winter styles.

The fashion extravaganza which was in aid of Newmarket Celtic FC in conjunction with Scoil na Maighdine Mhuire, Newmarket on Fergus attracted a huge audience. And they weren't disappointed.

There were some autumn showstoppers from Amees of Cecil Street, Aisling Maher, Adare, Ela Maria of Newcastle West, O' Donnell Boutique, Catherine Street, Willow of Ennis and Dani's Closet, to mention but a few. We were treated to an array of wild animal prints, faux fur, check coats and beautiful eveningwear. The guys from Celtic FC really looked the part with great menswear from Club Dangan in Ennis.

It was a great night with much needed funds raised for both the club and school, and I must say that Dromoland Castle is a fabulous venue for fashion shows. Well done to all involved.



Brides-to-be weren't forgotten about either as seen in this stunning gown with tulle skirt from Ennis Bridal Boutique



All white: How absolutely stunning is this off white ensemble with emerald green headpiece from Aisling Maher in Adare



Here's a stunning understated fresh and breezy charcoal and salmon ensemble from Willow Boutique in Ennis



Pastel colours are very much en vogue this autumn and this blush pink belted coat from Ela Maria in Newcastle West is simply divine! PICTURES: GARY COLLINS PHOTOGRAPHY

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Fiona McNamara
Occupation: Salon owner at FMN Makeup & Hair
From: Mungret

My style icon would have to be Olivia Palermo. Her style is so classic, chic and very simplistic which I absolutely love. And of course my very own sister, up-and-coming fashion designer Aoife McNamara. She is currently over in Paris for fashion week. I absolutely adore her pieces - very '90s-inspired silhouettes. All about empowering women.

CELIA SAYS

Top from Zara: This is the perfect white top coming into the autumn. White is great to mix and match with your wardrobe throughout the autumn.

Coat from Brown Thomas: Fiona adores this coat by Suncoo. It's a faux fur/suede coat and is a two-way which is brilliant. You can wear it as a full fur to dress up an outfit or opt for the suede side for more of a casual look.

Bag from Coach: This is a classic leather black Coach bag. It's the perfect size for all your bits and bobs. These bags are an investment piece and the good quality leather would last you a lifetime.

Skirt from Zara: This skirt is new in this season by Zara. This fabulous checker skirt is all in fashion. It has a lovely high-waisted cotton fabric which is very comfortable. You could wear it with or without tights to change up the look. Fiona says "I'm a big Zara fan, it's my go-to for all my main pieces. I just love the quality and simplicity of the style".

Boots: Fiona picked up these boots in Bershka. They are nice and simple patent black ankle boots which are perfect for any outfit.



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

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MANABOUTTOWN

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What to wear to a winter wedding

WHENEVER I get asked the question "what should I wear to a wedding?" I usually respond with a question of my own; "when's it on?" When it comes to weddings, it's usually either a summer wedding or a winter wedding. These are by far the most popular choices and given the time of year, people are far more likely to be asking about winter weddings right now so I'm going to give a few pointers on what to wear to a winter wedding.

Nowadays guys are more conscious than ever about looking their best, especially if they are going to a place or event where there's going to be loads of pictures taken so what you wear to a wedding has become a pretty big deal. First things first, don't fall into the trap of thinking 'well I was at a wedding there during the summer and my suit looked great, won't that do?' No, summer wedding attire and winter wedding attire are very different. That bright blue two-piece and tan shoes won't cut it here and you'll freeze your snowballs off too.

Typically the first thing you need to check is the invitation, as chances are the bride and groom will have outlined a dress code for their big day. This will give you a good indication of how you should dress on the day. If the wedding is taking place in Ireland then you can be certain that it's going to be cold and this will be a big factor in what you'll want to be wearing. Winter weddings don't just take place in nice heated hotel function rooms; you'll be sitting in a poorly heated chapel for about an hour, then standing around outside while everyone comes out and if

“**Nowadays guys are more conscious than ever about looking their best**

you're part of the wedding then you'll be setting aside a nice chunk of outdoors time for the wedding photos. Still thinking about that flimsy blue jacket you wore during the summer? Didn't think so!

THE SUIT

One way to beat the cold at a winter wedding is to invest in a nice three-piece suit. The reason should be obvious – the extra layers will keep you warm, whilst also making you look extra smart. The addition of a waistcoat offers added insulation for when you're gritting your teeth and smiling for the ninth attempt at the same photo outside the chapel. Now if you're not that close to the bride and groom or you just feel like a three-piece suit would be a little over the top, then I suggest you opt for a two-piece in a suitable material (more to come on this) and remember that, with all suits, fit is everything. Go for a suit with a natural shoulder line that sits tightly at the waist (ask your sales assistant about the drop) and trousers that taper slightly. If you already have a suit that you love but the evolution of fits has left it looking like something from a Kanye and Lil Pump video then bring it to a tailor or an alterations

shop for a bit of modernising. It's a lot less expensive than forking out for a brand new suit. And if you do decide to splash the cash on a new suit then don't rule out having that tailored too. It can be the difference between being roughly your measurements and fitting like a glove. It is at this point where I always give a shout out to Shiobhan Quin from the Zippyard on Thomas St as they are excellent at tailoring and alterations and Siobhan is a dotey pet. Shirt wise, you'll be all right with white. Don't go for anything too gimmicky and remember if your suit is patterned then it's best that your shirt and tie isn't.

THE MATERIAL

For a winter wedding, as I have now mentioned several times and cannot stress enough, chances are you're going to feel the brutal chill that comes with these colder months. So you're going to want to get yourself a suit that's made from a heavier material than the ones you'd wear in the summer months. I wore a cream linen suit to my friends' wedding in June and while it looked great back then, it would do me no favours in January and I'd look ridiculous as I slowly succumbed to the effects of hypothermia.

Any wedding that takes place in Ireland between the months of October and March is guaranteed to be cold so a linen suit is definitely out of the question. Opt for some heavier materials instead. Winter boasts a great opportunity for you to wear something that you wouldn't get to wear at any other time of year.

Materials like wool, tweed and corduroy are perfect for when the temperature drops. Wool is ideal for a Christmas wedding and a



At a winter wedding, people usually tend to steer clear of the bright colours you'd see at summer weddings

woollen suit will keep you extra warm due to the extra punch it carries in the way it's constructed. Tweed also works but as heavy as tweed is, it isn't necessarily that warm due to its construction so it probably won't keep out the December cold as well as wool. Corduroy is extremely versatile and can be dressed up or dressed down. Chances are you'll want to dress it up though given that it's a wedding.

THE COLOUR

When it comes to weddings, depending on what time of year it's taking place, colour plays a major factor on how well you'll fit in. Again, you should check the invitation for a stated dress code or colour scheme. If it reads "black tie" then they've given you a big clue on

how you should dress. If not, then you have creative carte blanche, but there are probably a few colours that you should stick to nonetheless. At a winter wedding, people usually tend to steer clear of the bright colours you'd see at summer weddings. I would personally suggest sticking to colours like navy, greys and browns.

This might sound a little dull but you can let your accessories do the talking when it comes to colour. Once again, don't go overboard and put a hot pink tie with a dark tan suit but consider matching a nice burgundy tie and pocket square with a navy or brown suit.

You can push the boat out a little with a nice patterned pocket square but again – avoid anything too OTT.

Watch This Space

Emporio Armani Aviator

MY watch of the week from Keanes Jewellers is the Emporio Armani Aviator dress watch (product code AR11106). When browsing the vast selection in Keanes, this stylish rose gold-tone chronograph watch really caught my eye.



Synonymous with Italian style and quality, Emporio Armani are known and loved for their modern take on timeless classics. This handsome watch is fastened with a 43mm rose gold tone stainless steel case with polished lugs and a polished

bezel. The round face displays a rose golden dial that's enhanced by rose gold baton hour markers and hands, two chronograph subdials and a date window at 6 o'clock.

Water resistant to 50m, this watch is powered by a quartz

movement. This is the perfect dress watch for a special occasion and you can take things up another level by pairing it with some matching rose gold cufflinks. You'll find the Emporio Armani Aviator watch in Keanes Jewellers for just €349.



BEAUTY & MAKE-UP

JESSICA HOCKEDY

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Exciting new lash range from local make-up artist!

THERE'S nothing I love more than supporting local businesses. When I heard about a fellow local make-up artist releasing the product that takes any make-up look from a solid eight to just completely off the scale, I knew I had to tell you all.

Jimmy Collins is a very passionate make-up artist with a major business head. This is something I have admired about Jimmy since I first met him. He takes pride in creating and tailoring each and every individual look which is very important in the industry now. Jimmy started his career as an account manager for Estée Lauder. Then, wanting to be the best he could be with his artistry, he went on to work for MAC cosmetics. This is where Jimmy both learned and achieved so much working his way up through the worldwide brand.

After almost five years with MAC, Jimmy went on to manage an Inglot store, and further decided to go solo as he felt he skills allowed him to do so. Jimmy started working as a freelance



Jimmy C's eyelash range

makeup artist in 2014 and it really took off! He won an award from the brides of limerick magazine in the same year.

Once Jimmy got more engrossed in the make-up world, he found his second passion - teaching. "I saw a big demand for my classes and noticed a gap in the market for a top-class make-up academy that is run and tutored by an award-winning artist who is currently working and trained with MAC. I decided to take the chance and fill the gap so I secured my teaching accreditations." This is when

Jimmy C Make-up Academy was born in 2015. Jimmy opened his stunning academy in the heart of Limerick city centre where they now offer fully accredited VTCT courses that are internationally recognised in over 100 countries worldwide!

If this story doesn't encourage you to go and follow your dreams, I really don't know what will! Jimmy's story is so inspiring and he really has worked so hard to be where he is today!

Now to the main event, the lashes! These babies will have you be the star of the show for any occasion as there are so many styles to fit everyone's personal preference!

Jimmy told me about his new lash collection - "So, on Saturday October 13, 2018 I am officially launching seven styles of 100% human hair 4D lashes. The styles represent who my customers/followers are and the style I know that they will love! I have everything from the super dramatic lash to the lash that looks like you have just had semi-permanent individuals applied. I also have an



Hard at work at the Jimmy C Make-up Academy in Limerick

absolutely stunning daily wearable lash which would be amazing on a bride (this style is called Alice). The band on my lashes is so thin and very comfortable to wear.

"As an artist I found that the dramatic lashes on the market had a very

uncomfortable band that would almost make a client's eyes water up.

It was very important for me to source a comfortable soft band.

The packaging is like nothing you have seen before - it's shiny, pink, glittery and it's different. (Just like me

lol!) The names of my lash styles are called after my beautiful mother, sisters and nieces all of who I admire and adore!"

STYLES:

Alice (mom)
Lisa, Bianca, April, Sarah (sisters)
Angel, Tianna (nieces)

My Make-Up Bag

Jimmy Collins



Have you always had an interest in make-up?

The quick answer to that would be "no". I fell into this industry completely by accident and by that I mean make-up found me. When it did, I fell in love. It's a kind of love story of sorts, I truly believe this is my path.

Who inspired you to become a make-up artist?

When I started out in makeup I did not know the name of one single artist. I could not tell the difference between a lipstick or a lipgloss. But through educating myself I was super inspired by the MAC crew I worked with.

How long have you been in

the industry?

I started way back in 2005 with Estée Lauder in Clery's Dublin. That's where my journey to where I am today began.

What is your favourite skin care product?

Has to be Advanced Night Repair Serum from Estée Lauder, but I have to admit I have just started to use Kieh's products and WOW.

When buying make-up are you guided by brand name/appearance or /cost/quality?

Always quality. I love nothing more than to find a small indie company with a super quality product at an affordable price. Too

many peoples names on imported China cheap products now. Give me honesty and passion from a company any day.

Do you have a favourite cosmetic brand?

This will always be MAC for me. They get it right everytime - product, service, presentation and of course, price. People don't realize MAC is one of the cheaper brands on the Brown Thomas cosmetics floor. It's a brand I know very well and use a lot at Jimmy C Makeup Academy. I put it in my students' kits and they adore it.

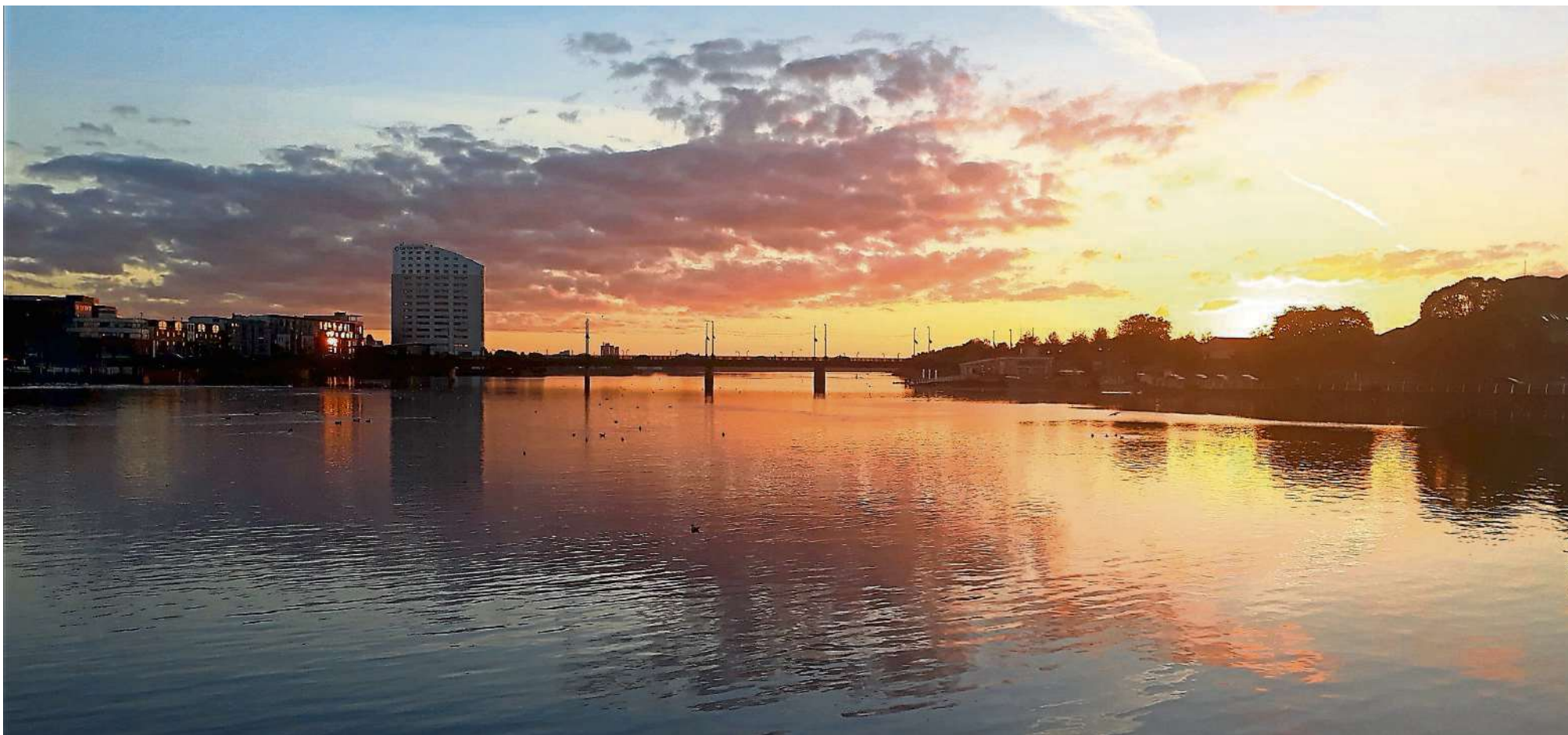
What would your makeup routine consist of?

Personally, I rarely to never

wear make-up myself unless I am going to be in camera or it's a Sunday morning at my academy and I am about to teach a class and don't want to scare my students, then I will put a light concealer and some face and body foundation from MAC.

Can we look forward to more product releases in the future?

Definitely, my vision for the Jimmy C Brand going forward is to grow the Makeup Academy on a national level. I am blessed to have students travel from all over Ireland and even the UK to train with us. The Jimmy C product line will 100% be developing over the coming months and years so watch this space!



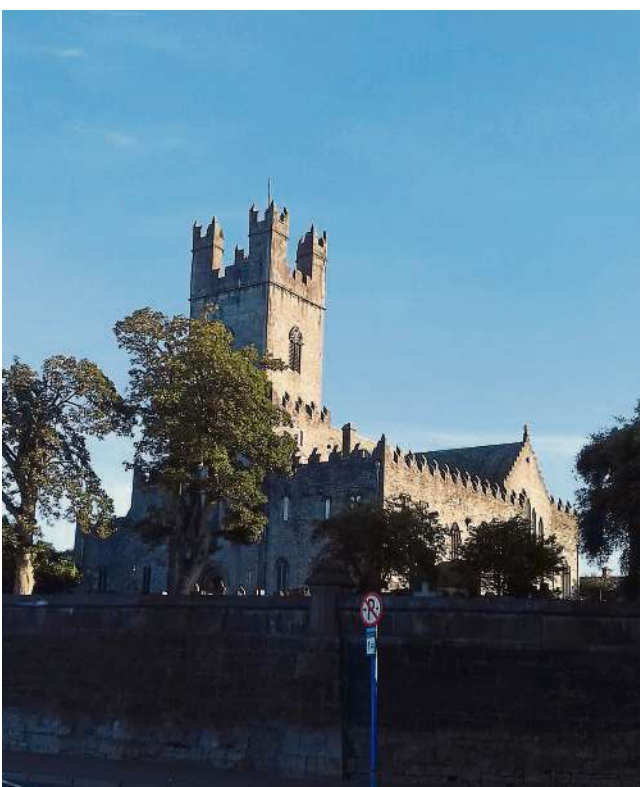
Terence Keehan captured the majesty of the Shannon river with the Clayton Hotel in the background



All that was missing was the MacCarthy Cup not anymore taken by Cathal Carmody

Readers**Pictures**

WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO NEWS@LIMERICKLEADER.IE WITH READERS' PICTURES IN THE SUBJECT LINE



St Mary's Cathedral in beautiful morning sunshine taken by Pauline Lane



Somewhere over the rainbow: Emi Espinosa snapped this shot after an afternoon shower



I ♥ LIMERICK

RICHARD LYNCH

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BNest workshop explores different paths to social impact

BNEST – the first social enterprise incubator in Ireland is inviting people curious about different ways of making a positive social impact to a workshop titled ‘Activism & Advocacy as Tools to Create Social Impact’, on Tuesday, October 16, at The Hunt Museum.

The host for the evening - Pauline Gannon, BNest Contributor, and Women’s Rights Advocate explains, “Those who work in the area of social impact, in whatever capacity, seek to shift attitudes and initiate change. Generally, advocacy and activism are tools that are used to create social and political change, but what is the relationship between the two and which tool is the right one for you?”

This relationship will be explored in a public talk, supported by two other inspirational guest speakers and significant contributors to social impact in the Limerick – Linda Ledger and Marie Richardson.

Linda Ledger is the driving force behind St Munchin’s Community Centre in Kileely. The centre has had an active role in promoting and developing community involvement since its establishment in 2005 and runs many social enterprises. Linda says, “Our aim is to achieve this through supporting development within our community, networking, identifying and responding to needs and issues.”

Marie Richardson - a social worker and educator who is devoted to the human condition, its strengths and frailties, Marie describes hope and a belief in our capacity for change in difficult circumstances to be at the core of her work. “This is the engine that motivates my recent ‘Finding Voice’ initiative and provides the bedrock to my advocacy”, Marie adds.

Eamon Ryan, founder BNest guarantees it will be an interactive, explorative evening: “We will delve deeper into the theories and real-life workings of



Pictured at the launch are, back row, Kasia Zabinska, BNest, Tracey Lynch, CEO Tait House Community Enterprise,, Bernadette Kenny, Bluebox, Linda Ledger, St Munchin's Community Centre, Gert O'Rourke, Centre Manager UL Nexus Innovation Centre, Eamon Ryan, founder BNest. Front, Chris Gordon, CEO of the Irish Social Enterprise Network and Richard

PICTURE: LUKE CULHANE/ILOVELIMERICK

Activism and Advocacy within the area of Social Enterprise and Social Impact. You will walk away with a clearer understanding

of both tools and a greater sense of which is the right tool for you, your goals and your passions.”

The BNest Advocacy &

Activism workshop takes place Tuesday, October 16 at the Hunt Museum from 6.30 pm to 8.00 pm in the Exhibition Gallery

downstairs at The Hunt Museum and is a free event. All are welcome. For more info contact kasia@bnest.ie or visit BNest.ie/events.

ASI calls for public discussion

THE Alzheimer Society of Ireland held an Open Day for local political representatives hosted in their Day Care Centre in Garryowen to discuss the Alzheimer society dementia plan. Public representatives were able to visit an ASI Day Care and got to know more about the investment plan.

The Alzheimer Society of Ireland Limerick Branch Chair, Hilary Hurley explained: “It is estimated that 2,144 people have dementia in Limerick and we anticipate that this number will increase over the coming years. We must ensure that all people who have dementia who want to live at home and within their own communities have the right supports and services in place to do so. We thank



Attending the Alzheimer Society of Ireland Open Day in Garryowen were Senator Maria Byrne, Hilary Hurley, Committee Chair, Tony Neilan, St. Mary's Park and Cllr. Elenora Hogan PICTURE: LIAM BURKE/PRESS 22

those public representatives who are taking the time to attend this event about dementia care beginning at home. It's important that the

Government makes investing in building communities of care a priority in Budget 2019.” See www.alzheimer.ie

Munster announces charities

THE Munster Rugby nominated charities for the 2018/19 season are Cliona’s Foundation and the Irish Cancer Society.

Over the season the club will work closely with each charity, actively supporting them in helping raise awareness and funds for much-needed resources that are widely availed of across the province and Ireland.

Based in Limerick, Cliona’s Foundation aims to provide financial assistance for all families struggling to care for children with a life-limiting condition.

Joined by Munster and Ireland players Conor Murray, Keith Earls and Ian Keatley the two



Cliona's Foundation Co-Founders Brendan and Terry Ring joining Munster players Ian Keatley, Conor Murray and Keith Earls at the University of Limerick

charities launch their new partnership at the UL training base, this week.

“We are privileged and excited to have been selected as a Charity Partner for the 2018/2019 season. We hope that this

increased profile and awareness will result in much-needed funds being generated to enable us to continue to provide this service,” said Brendan Ring, Co-Founder of Cliona’s Foundation.

THINGS I ♥ THIS WEEK

THE I.NY FESTIVAL 2018

International cultural project to celebrate unique link to the Big Apple

THE I.NY Festival 2018 is a part of the Global Irish Festival Series that makes a comeback to Limerick City this year.

With a week of interesting events taking place at venues across Limerick City all this week until October 14, the festival celebrates the ever-continuing exchange between Ireland and New York.

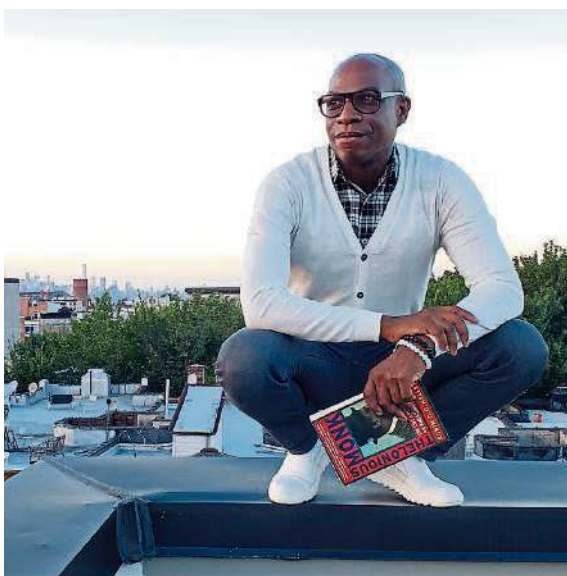
I.NY is the creative brainchild of David O'Donovan and Aoife Flynn, who developed the project with the help and support of numerous individuals and organisations in Ireland and New York over a two-year period.

Organiser and founder David O'Donovan said: "I.NY

artists and participants such as Kathryn Lloyd, Director of Programs at the Lower East Side Tenement Museum, Tim O'Connor, former New York Consul General, musician Damien Dempsey, Chris Byrne of Black 47 and many more.

The I.NY Festival 2018 is an international cultural project that celebrates and brings to life this shared story. The broader project includes year-round digital story exchange, collaborations and residencies, and trans-Atlantic initiatives in art, education, and enterprise.

Showcasing fine talent and expertise the artist and participants list this year features Charles Brandt, Winner



Qool DJ Marv; Producer and DJ for HBO and Soho House NY, is set to return this year for the I.NY Festival

was created with the specific aim of capturing, retelling and celebrating the thousands upon thousands of personal stories that make up the complex Irish New York relationship."

Of the 34.5 million people in North America who claim Irish heritage, it is New York State that the largest number of them call home. The festival seeks to rejuvenate this bond between people across Ireland and New York.

The event a huge success in 2017, featured

of #1 New York Times Bestselling book, Qool DJ Marv; Producer and DJ for HBO and Soho House New York, Filmmaker Donal Dineen and more.

The festival explores the breadth and depth of the connection between Ireland and New York through widened programming highlighting historical and contemporary stories of public service, sport, politics, fashion, food, religion, crime and more.

For more see www.thisisiny.com.



Pictured at The Urban Co-Op - Deirdre MacMahon, Co-Op Director with Eleanor Hally, William O'Dea, Bernie Corbett and Lizzy O'Connell of the Urban Co-Op and customer Rachel Ryan with her two children

PICTURE: BAOYAN ZHANG/ILOVELIMERICK

The Urban Co-op has moved!

THE Urban Co-Op has recently moved to new, larger premises in the Eastway Business Park. Previously, the Co-Op was located at Tait House in Southill where they saw great success around the community.

The Urban Co-Op is proud to be the first co-operative grocery store in Limerick - owned, controlled and operated by its members. The community comprises of the

consumers who shop in the store and the workers who work there, and membership is open to all. Their aim is to sell wholesome food at affordable prices, providing maximum transparency in the process.

"We have all locally sourced vegetables. We work with five local farmers and have over 70 suppliers. We also prioritise local and organic

produce and almost everything we sell here is organic. We have been to the farms and have seen that they don't use pesticides," Deirdre MacMahon, the Cop-Op Director tells me.

At present they have over 900 members and are quickly transitioning to a full-service retail grocery store.

See www.theurbanco-op.ie.

HERO OF THE WEEK

Conor Ward

AIMED at raising funds for Limerick Suicide Watch and Pieta House, Conor Ward will be performing at Dolans this Friday, October 12.

Having lost two close friends to suicide a number of years ago, Conor feels more connected to the cause advocated by these non-profit organisations. In collaboration with the Limerick Suicide Watch, his new single 'Hope' was filmed on the streets of Limerick City. The song portrays mental health and the stigma associated with it. The video features the volunteers at the Limerick Suicide Watch and concludes with the statement: 'It is okay, not to feel okay. And it is more than okay to ask for help.' Tickets for the gig are now available at www.conorwardmusic.com for €10. All proceeds will go to Limerick Suicide Watch and Pieta House. Well done Conor!



*Love to all,
Richard x*



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MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



Great gig with Conor Ward

Limerick-based singer and songwriter, Conor Ward, performs in Kasbah, this Friday night from 9pm. Tickets costs €10 with proceeds going to Limerick Suicide Watch and Pieta House.



Westlife reunion tour announced

Westlife are back together and the excitement at such a reunion has been palpable. The group are making new music and are set to go on tour as well. The reunion marks the 20th anniversary of the band but Brian McPadden will be absent from the celebration.



Adding ginseng to my diet

I have added ginseng to my diet and get it from The Underdog on Thomas Street. It's sharp tasting but it's meant to boost cognitive function. Other benefits are lower blood sugar and cholesterol.

World Mental Health Day

TODAY is World Mental Health Day. It's a day to recognise, acknowledge and become educated on issues surrounding mental health, the many wonderful services available and numerous workshops and talks that are taking place across the country. Mental Health seems like a word that has been thrown around but yet can be rather misunderstood among people.

It also coincides with Limerick Mental Health Week where events are taking place on a daily basis. It kicked off with the Lighting of the River on Monday which was spectacular. The closing ceremony will be taking place on Friday in St Mary's Cathedral. A number of choirs will be getting together to perform some stunning choral arrangements. It takes place from 7.30pm and it's a free event.

As someone who has had to deal with different times and struggles with my mental health, I want to share some useful tips and almost a guide to the various things that have helped me to overcome adversity and find what makes me truly happy.

SHARE

Instead of using the word talk, let's share. Share your feelings with those who you trust. Tell them what is going on and a problem shared is a problem halved. Talking to friends and family can give you the confidence you need to avail of professional help. Likewise, if you know someone struggling and feel you can listen to them, then let them know.

WRITE

I have always been an advocate of diary writing and always suggest you try it. I've been writing in diaries since I was in national school and found it was always a safe haven to explain my thoughts and feelings. Then seeing it on pen and paper can



Meghann with Limerick Suicide Watch volunteers for Shine A Light On The River event Monday evening

help understand better what is going on.

FRESH AIR

Get out and get fresh air. The days I really don't want to leave the house or do anything that is remotely beneficial for me, is the

days I force myself to get outside. A simple walk can bring relaxation, clarity and peace of mind. It doesn't have to be something long or fast. The three bridges is a great walking route.

GET INVOLVED

There are so many wonderful Mental Health organisations around Limerick City and County that hold great workshops and events. Get involved and become a volunteer, take part in events and attend the workshops. Meet like minded people in a safe environment.

Champions Cup gets underway

IT's the first round of the Champions Cup this weekend as Munster are away to Exeter Chiefs. After a devastating loss to reigning champions Leinster at the weekend, the red army are preparing for a battle against the Devon based team.

Speaking at the press conference, South African, Jean Kleyn is under no illusion about the game that lies

ahead. "The are an exceptionally good side, we all know this. It's going to be a really tough match, I don't think anybody is under the impression that it's going to be easy."

"There a side that like to keep the ball in hand, there'll be a lot of running. It's good rugby to watch so hopefully we can go there and give them a good show as well," he added.



James Lowe goes over to score his side's third try despite the tackle by Jean Kleynek

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WEEKLY LOTTO DRAW HELD ON 8/10/18

This Week's Jackpot: €4000
No's: 4-17-22-26

Lucky Dips: Tony Dickinson c/o Dave Connolly, John Kennedy c/o Square Bar, Dave Reeves c/o Square Bar
Promoters Prize Jimmy McCarthy and Joe O'Sullivan
Next Week's Draw held 15/10/2018
Next Week's Jackpot: €4100

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FAIRVIEW RANGERS

Lotto results 8th October 2018

Jackpot €9,200

Numbers Drawn 4-13-14-16
No winner

Lucky Dips: Annie Mulcahy c/o Pa Ryan; Martin Mulcahy c/o Pa Ryan; Christ Meehan c/o Tony; Hughie Brogan c/o C Team; Louise Byrnes c/o Joe McCarthy

Next Weeks Jackpot €9,300

Promoters Prize: Niall Lee

PIKE ROVERS A.F.C

WEEKLY LOTTO 03/10/2018
Jackpot €550

Numbers Drawn: 2-4-17-24

LUCKY DIPS €25: Gary Water c/o MFT; Sean McCallig c/o club; B Riordan c/o Happy; Christy Hannon c/o Happy

Next Weeks Jackpot €600

ST. MARY'S R.F.C.

Lotto Draw held Monday 8th October 2018
Winning Numbers: 13-14-17-24
No winner

4 Winners €40 each: Joan Hurley c/o United Drug, Mildred Cahill c/o Dan, Imelda McMahon c/o M Ryan, Ger Sexton c/o Portleys
Next weeks Jackpot €3850
Draw will take place in Portleys Bar

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THE LAST DATE FOR RECEIPT OF
COMPLETED APPLICATIONS WILL BE
MONDAY FEBRUARY 4TH, 2019 @ 1PM

AN CHUIRT CHUARDA
(The Circuit Court)
SOUTH WESTERN CIRCUIT
COUNTY OF LIMERICK

IN THE MATTER OF THE LICENSING ACTS 1833 TO 2010
AND IN PARTICULAR, IN THE MATTER OF SECTION 8
OF THE INTOXICATING LIQUOR ACT, 1988,
(as substituted by Section 23 of the Intoxicating Liquor Act 2000)
AND IN THE MATTER OF AN APPLICATION BY
UNIVERSITY OF LIMERICK

TAKE NOTICE that I, Callista Bennis, Corporate Secretary of the University of Limerick, the said University of Limerick being the owner and occupier of the Premises known as Plassey House and situated at Plassey in the County of Limerick, having obtained leave of his Honour Judge Thomas E O'Donnell, Judge of the Circuit Court at the Circuit Court sittings at the Courthouse, Mulgrave Street, Limerick on Tuesday the 2nd day of October 2018 intends to apply to the Circuit Court at the Courts Complex, Mulgrave Street, Limerick at the Sittings thereof on the 27th day of November 2018, or on such day thereafter as this application may be taken in its order in the Court list for such Certificate as is mentioned in Section 8 of the Intoxicating Liquor Act 1988, entitling University of Limerick to receive, on payment of the fee specified in Section 9 of the said Act, a Special Restaurant Licence in respect of the said Premises as more particularly described and delineated on the maps and plans accompanying this Application.
Signed: Callista Bennis
Corporate Secretary
University of Limerick
Plassey Limerick
Signed: Sweeney McGann
Solicitors for the Applicant
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FAMILY ANNOUNCEMENTS

BIRTHDAY REMEMBRANCES



† HANLEY

(72nd Birthday Remembrance)

In loving memory of Joe Hanley late of 12 Hogan Ave, Kileely, Limerick whose birthday occurred on the 9th October.

We cannot wrap a present
We have no balloons to blow
We cannot hang banners

As we wish to do
But all your friends in Heaven
Know how much we care
And how we wish we could come

To the party planned up there
From your loving wife Margaret, son Thomas, daughters Stephanie, Elaine, and Lorraine, sons in law, daughter in law and grandchildren xx

IN MEMORIAM



† MULQUEEN

(36th Anniversary)

In loving memory of a dear brother Jimmy Mulqueen, late of RTV and Moyross, who died on 10th October. Mass offered.

For those who think of Jimmy today,

A little prayer to Jesus say
From your loving sisters Marian, Ita and families.

THANKSGIVINGS

NOVENA TO ST. JUDE

Most Holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honours and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use I implore, you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need, that I may receive the consolation and help of Heaven in all my necessities, tribulations and sufferings, particularly, (here make your request) and that I may praise God with you and all the elect forever, I promise O Blessed St. Jude, to be ever mindful of this great you as my special and powerful patron, and to gratefully encourage devotion to you. P.O.C

IN MEMORIAM



† O'CARROLL

(First Anniversary)

In loving memory of a dear daughter Martina O'Carroll, late of Garryglass Gardens, Ballinacurra Weston.

Martina's anniversary Mass will be held on Saturday 13th October at 6pm in Our Lady of Lourdes Church.

You're safely tucked within our hearts

Your light will always shine
A glowing ember never stilled
Throughout the end of time
No matter what the future brings
Or what may lay ahead
We know you will walk with us
Along the path we tread.
Sadly missed by her parents Mary and Jos

Also remembering my sister-in-law Annette Kelly, on her first anniversary, who passed away on the 24th August 2017.
Love Mary and family

Mam, I still see your face before me

Your voice I long to hear
I miss and love you dearly
God only know tears fall from my eyes
Like a river of grief
My only comfort is knowing you are free
Love your daughter Amy and partner Melvyn

Though your smile is gone forever

And your hand we cannot touch
We have so many memories
Of the one we loved so much.
Your memory is our keepsake
With which we'll never part
God has you in His keeping
We have you in our hearts
Loving you always Martina, your heartbroken sister Louise and Bryan xxx

You left me beautiful memories
Your love is still my guide
And though I cannot see you
You're always at my side.
Love you always, your nephew Jamie xxx

No farewell words were spoken
No time to say goodbye
You were gone before we knew it
And only God knows why.
It broke my heart to lose you
And you did not go alone
For part of me went with you
The day God called you home.
You left me precious memories
Your love is still my guide
And though I cannot see you
You are always at my side.
From your loving partner John xxx

Martina,
My dearest darling sister
How can I find the words to say
To tell of how I miss you
Throughout every single day?
I miss our little chats
The way you'd listen to me moan
And how you'd always cheer me up
Whenever you would phone
Living life without you, is very hard to bear
And I'd give all I have
To waken and see you standing there
Sadly loved and never forgotten by your sister Annmarie & partner Frank xxx sisters forever

IN MEMORIAM

They say that times a healer
But as the time goes on
I seem to find it just as hard
To face the fact you've gone.
And today is your first anniversary
Martina

Of the day that you went away
And I'm standing here at your graveside
Martina
And believe me when I say
You'll never be forgotten
Martina
And you never will
I'll shed a tear

But it's only because I love you
Martina
And miss you so much,
And I wish you were still here
Martina

Forever loved and missed from your Aunt Rose and John. Miss our phone call Martina xxxx

Time may pass and fade away
But silent thoughts and memories stay

No longer in our lives to share
But in our hearts
Martina you are always there
Forever loved and missed from your uncle Michael, Rita and family xxxx

Three little words, forget me not
Just a memory fond and true
To show you Martina, that we think of you
Forever loved and missed by your cousin Gerard and family

You always had a smile to share
Time to give and time to care
A loving nature, warm and true
This is how I remember you
Today your memory is quietly kept
No words are needed I will never forget
Love Lorna xx

Your name is often spoken,
We talk about you still;
You haven't been forgotten -
You know you never will,
No words or verse could ever say,
How much we miss you every day;
Deep in our hearts your memory is kept,
We love you too dearly to ever forget.
Love from Mary, Philomena, Gerard and Tanya

Always smiling, happy and content,
Loved and respected wherever she went;
To a beautiful life a sudden end,
But she died as she lived, everyone's friend.

Sadly missed and never forgotten by your best friends Olivia and David xx

Our hearts still ache with sadness
And many tears still flow
What it meant to lose you
No one will ever know.
We hold you close within our hearts

And there you will remain
To walk with us throughout our lives
Until we meet again
Never forget you, Laurence, Amanda, L.J. and Bobby McGrath

If tears could wash away our pain
We would not feel such hurt again

The heartbreak since you have been gone
We would not wish on anyone
But today is your 1st anniversary
So we will have to be brave
And accept God has taken what he first gave
Along the road of suffering
You have found a little lane
That took you up to heaven
And ended all your pain
You may be out of sight
We may be worlds apart
But you are always in our prayers
And forever in our hearts
Love you Martina from Uncle Billy & Anne, Ronan, Adam, Tara, Molly, Ruby Martina

IN MEMORIAM

Life is not measured by the years
you have lived
But by the love you gave
And the things that you did
Your life was a blessing, your memory a treasure
You are loved beyond words
Martina
And missed beyond measure.
Sadly missed and never forgotten from your friends Samantha and Kevin xxxxx

If tears could build a stairway
And memories were a lane
We would walk right up to heaven

And bring you back again
No farewell words were spoken
No time to say goodbye
You were gone before we knew it
And only God knows why
Our hearts still ache in sadness
And secret tears still flow
What it meant to lose you
No one will ever know

Love you always Martina xxx your Godfather Johnny, Kathleen, Michael, John, Edward and families.



† PURCELL

(10th Anniversary)

With love we remember our brother Butch who left us on October 12th 2008.

It started just like other days
It's so hard to believe
That it would be your last on earth

Who could have known on that day
If we had what we would have said
And could we have even stood the pain
Of knowing you would soon be dead

The only thing that we can say
Is we're glad we didn't know
Cause if we had known that day
We would never have let you go
We couldn't stop what happened
But we would have if we knew
Because we didn't want to spend
Our lifetime without you xx
Still sorely missed, loved and never forgotten Jacq, Gerard, Margaret, David, John, nieces, nephews, family and friends xxx

Sending love for your birthday xx

THANKSGIVINGS

THE MIRACULOUS PRAYER 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. K.F.

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.

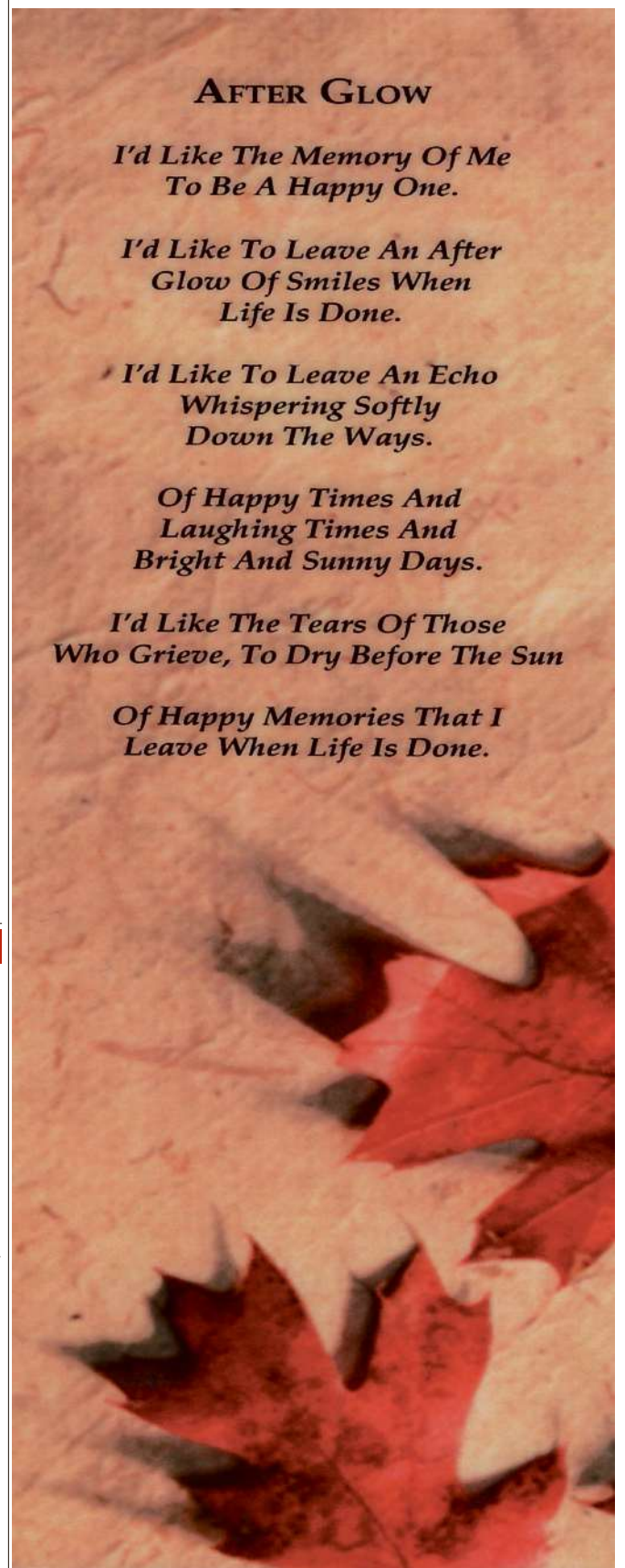
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Of Happy Memories That I Leave When Life Is Done.

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Transmission: Six-speed manual, front-wheel drive
0-60mph: 10.9 seconds
Top speed: 118mph
Economy/C02: 54.3mpg/120g/km
Price: €25,295

The Ceed Sportswagon isn't the conspicuous bargain it once was, but it's well-equipped across the board and, of course, features Kia's impressive seven-year warranty

Sporty, spacious and suave

Cool Kia: The first look at the new Ceed Sportswagon

TRISH WHELAN
www.CarAndTravel.ie

THE new Ceed Sportswagon (SW) is now on sale joining the all new Ceed 5dr model that arrived here in July.

This new C-segment Ceed SW has been engineered exclusively for European roads and is built in Kia's Slovakia manufacturing plant.

Kia say this third-generation model is the most practical, spacious and versatile Ceed Sportswagon to date.

The new model is lower, wider,

and a longer rear overhang allows 72 litres more cargo space, expandable to 600 litres which is larger than most bigger D-segment tourers.

The cabin is also more spacious with more shoulder room in the rear while the lower seating position in the back creates more knee and leg room for passengers.

Historically, Sportswagon models have accounted for around 40pc of all Ceed sales.

Wagon sales in Ireland have softened in recent years but Kia MD James Brooks says a model like this

with luggage space greater than most D-segment tourers (estates) is an attractive proposition for both private and fleet buyers in Ireland.

The Ceed SW comes in just one trim, level K3, available in 1.0 petrol (€25,295) and 1.6 diesel (€27,595) which is much cleaner than earlier Kia diesel engines.

Both engines go beyond the new strict requirements of the Euro 6d TEMP emissions standard. The petrol engine includes a gasoline particulate filter.

It will be joined by the new ProCeed early 2019.



The cabin for the new generation is also more spacious with more shoulder room in the rear while the lower seating position in the back creates more knee and leg room for passengers



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COOL CONCEPT FROM CITROEN



Citroen to unveil new hybrid concept

CITROEN will reveal its new C5 Aircross at the Paris Motor Show next month. There will also be a hybrid concept of the SUV. The C5 Aircross will be a flagship model that incorporates Citroen's Advanced Comfort technologies. Citroen will celebrate its centenary in 2019

DRIVING DEMO

Continental offers you a chance to drive in Mondello

IRISH motorists, in particular young drivers, are being invited to experience tyre and automotive safety systems developed by Continental, writes Trish Whelan.

The Vision Zero Live driving safety event at Mondello Race Circuit outside Naas in Co Kildare will take place on Saturday, October 13 (9:30am-4pm) with complimentary lunch provided.

Participants will have the chance to get behind the wheel of a fleet of cars on the Mondello track and take part in a range of tyre safety and automotive technology demonstrations.

These will include manoeuvres like an emergency stop at a range of speeds in dry and wet conditions to demonstrate the distance it can take to stop a car - along with a number of other driving modules to highlight the role of driver awareness and new automotive technologies.



The Vision ZeroLive event takes place in Mondello on October 13

A fleet of different cars will be used for the demos - including BMW, Mercedes, VW, Volvo, and Ford.

This free to attend event is being organised as part of Continental Tyres remit to promote a better awareness of road safety and the latest automotive and tyre technologies that are helping to improve road safety.

You will need to register by sending an email to info@continentaltyres.ie. Spaces are limited so register early.

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www.limerickleader.ie



SPORT

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BUSY WEEKEND FOR JUNIORS

Cup action ahead for Limerick sides

See Page 85 for more

Thou shall not pass: Gareth Steenson and his Exeter Chiefs side will welcome Munster Rugby to Sandy Park on Saturday afternoon in the opening round of the Champions Cup



Munster eye daunting trip to in-form Exeter Chiefs

Champions Cup: Van Graan's charges travel to Premiership leaders

COLM KINSELLA
ckinsella@limerickleader.ie

MUNSTER kick-off another Heineken Champions Cup campaign this Saturday with a daunting trip to Sandy Park to face Gallagher Premiership high flyers Exeter Chiefs.

Saturday clash, which has a 3.15pm kick-off (live BT Sport), is the first meeting between the two sides in European competition.

While Munster suffered a frustrating defeat to Leinster in the Guinness PRO14 on Saturday, Exeter made it six wins from six in the Premiership when easing past Bath at The Rec on Friday night.

Munster winger Keith Earls agrees the atmosphere in and around the squad

changes in the week of a big European Cup tie.

"Yeah, it's huge. You know, Munster is Europe. That's what we enjoy and they are the games that we remember from when we were younger and heading over to an English Premiership team is huge and exciting.

"Exeter have been flying it. They're competing with the best, they're up there with Saracens. They're always in the mix in finals and semi-finals, they won it (Premiership) two years ago. They're a physical side, they have a great kicking game.

"They've got great individuals. The way they work together, their work rate is phenomenal. There is really no massive egos or superstars there. They're all well balanced and great

individuals.

"It's exciting because you know you have to be at your best. The pressure is huge and that's what we enjoy, playing under pressure.

"We can't afford any mistakes, we just have to look after ourselves and that's all we can do. If we try our best and we lose, then we can still look ourselves in the mirror.

"It's a tough place to go in recent times and we'll work hard this week, go over and give it a shot."

With scrum-half Alby Mathewson an injury concern for Munster this weekend, Johann van Graan could well opt to start Duncan Williams at scrum-half this weekend.

Twenty one-year-old Shannon scrum-half and Munster Academy member

Jack Stafford could well be on the replacements bench for Saturday's game should All-Black Mathewson not recover from his knee injury in time.

Earls recalled his European Cup debut against French side Montauban,

"I remember mine (debut), I think I was just turning 21, it was Montauban in Thomond Park. It's a surreal moment.

"You're growing up watching Munster in Thomond Park and it's what you dream of and getting to do it is a surreal feeling. But you can't blow it out of proportion.

"I'd tell him (Jack Stafford) it's just another rugby game and he's a real competitor, he's a real fiery fella. I've no doubt if he does get a go at the

weekend, he'll breeze through it."

Earls enjoyed one of his best seasons yet last term and his form through the early weeks of the new season suggest he is starting off where he left off.

He said: "I feel it's alright (my form). I'm getting there again. It will improve, my lungs and legs will improve as the games come on, I'm only two games in.

"Usually, it takes three or four but I'm happy with the way it's going at the moment and hopefully, it keeps rising."

Saturday's Pool 2 opener will be refereed by French official Jerome Garces, of France, Munster host Gloucester in their second pool game at Thomond Park on Saturday week, 1pm.

Hurling

Limerick opt out of their flood-lit hurling final

JEROME O'CONNELL
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LIMERICK GAA officials have shelved plans to play the Limerick SHC final under lights.

The 2018 county final was to be a flood-lit fixture on Saturday evening October 27 but has now been moved to a customary Sunday afternoon fixture; October 28.

Live television coverage is an option for TG4 but not confirmed to-date.

The final pairing could be confirmed this Sunday when the Gaelic Grounds hosts a semi final double-header – Patrickswell v Doon at 2pm and Na Piarasaigh v Kilmallock at 3.45. A total of 17 members of Limerick's All Ireland winning panel will be involved across the four teams.

Just like the quarter final, neither of Sunday's semi finals will be live on TV.

Last year, eir Sport televised the Limerick SHC quarter finals and semi finals live, while TG4 had live coverage of the county final.

Indeed, earlier this year three Limerick SHC round one games were televised live – two on eir Sport – Patrickswell v Adare and Kilmallock v Ballybrown and one on TG4 – Na Piarasaigh v Doon.

Ahead of Sunday's semi final, champions Na Piarasaigh are 8/13 favourites to win back-to-back Limerick titles for the first time. Kilmallock are 11/4 second favourites with Doon at 6/1 and Patrickswell at 15/2.



Richie English Doon and Phelim O'Reilly Kilmallock will be in action on Sunday

Limerick to face Harps or Droogs in crucial relegation play-off contest

Soccer

THREE regular season fixtures remain in Limerick FC's SSE Airtricity League Premier Division season before the club's focus switches to their crucial relegation play-off.

Tommy Barrett's Limerick FC side suffered a frustrating 1-0 defeat to Derry City at the Markets Field on Friday night before a disappointing attendance.

A combination of that result and Bray Wanderers' defeat at Sligo on Saturday means Limerick are assured of a ninth-placed finish in the Premier Division and as a result, a relegation play-off against First Division opposition.

The 'Blues' opponents for the play-off game will be either Finn Harps or Drogheda Utd, who squeezed past Shelbourne on penalties in their play-off second leg at Tolka Park on Monday night.

In the meantime, Limerick FC are preparing for a trip to Turners Cross to face Premier Division runners-up Cork City this Friday, 7.45pm.

Limerick FC manager Tommy Barrett is confident club chairman Pat O'Sullivan is doing his utmost to ensure the club is not wound up at the end of the month.

Reports in recent days suggest Limerick FC is facing a winding up order. It has been reported that Revenue's petition will be heard on October 22 in the High Court.

Barrett said: Is it worrying? I dunno, it is a



High feet: Barry Maguire, Limerick tackles Eoin Toal, Derry
PICTURE: KEITH WISEMAN

difficult one to call. I'm sure (Limerick FC Chairman) Pat (O'Sullivan) is trying his best to sort it.

"He has been looking for investment all year and if anyone can sort it out, I think he will.

"The last thing he will want to do is leave the club go to any bad terms. He is trying his best to keep the wolves from the door and I'm sure he will sort it out.

"Obviously it would be terrible if the club is wound up. There is nothing we can do about that. All we can do is look at results on the pitch and try and stay in the

league.

"We will continue to try and do that. That is for the powers to be to decide."

Limerick FC will hope that a larger crowd turns out to cheer them on for the second leg of their relegation play-off on November 2. The attendance for Derry on Friday night at the Markets Field was one of the poorest this season.

Barrett said: "It makes a big difference to have the support. When this place (Markets Field) is rocking it's really good. It helps."

For more see www.limerickleader.ie



Costello: 'Munster's task at Exeter as difficult as facing Leinster away'

Former Munster coach Ian Costello, who is now defence coach at Wasps

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FORMER Munster assistant coach Ian Costello believes the province's task in the Heineken Champions Cup at Exeter on Saturday is every bit as tough as their PRO14 assignment away to Leinster last weekend.

Costello, defence coach at Premiership giants Wasps, has been hugely impressed with table toppers Exeter who have won each of their six league fixtures this season.

While Munster travel to Exeter this Saturday, Costello and his Wasps charges will be at the RDS on Friday night for a glamour Heineken Champions Cup pool opener with holders Leinster.

Costello said: "Putting it in context, I would say that going to Exeter is as difficult as playing Leinster away. They are incredibly strong at home.

"When you watch Exeter over a period of time, it's like

the sum of their parts are far greater than the individual. They don't have a huge amount of stars like other clubs do, but collectively they are so strong they have a really good culture there, they work hard for each other.

"They have a very clear identity on how they play the game. I think, up front, they have a very strong pack, no matter which pack they pick, if they get anywhere near your goal-line they are the most effective team in Europe by a long shot, their pick-and-go game and their line-out drive, if you give Exeter access, their conversion rate is higher than any other team in Europe by quite a distance.

"That will be one of the key challenges for Munster. What they don't get as much credit for is how good their ball retention is, how much pressure they put you under by the width and pace of their attack.

"When you play against

Exeter you end up having extraordinary long defensive sets. A lot of it is because their breakdown is so good, so it will be an interesting contest because Munster obviously take huge pride in their defensive breakdown and their attacking breakdown.

"It will be a fascinating contest, but I think if Munster go away and beat Exeter that will be a fantastic platform for them to launch the rest of their European campaign.

"They will have to be very close to their best, I think, to win. I have no doubt they are capable of it, but it is one of those pool draws that sharpens your focus and you know that not much less than your best will be good enough."

Costello joined the Wasps backroom team this summer after spending two years as head coach of Championship side, Nottingham Rugby.

Wasps lost to another of Munster's Champions Cup pool opponents, Gloucester, at the weekend.

Hurling final spots up for grabs

GAA

IT'S semi finals time for Limerick club hurling with six key games across the top three tiers of the championship this weekend.

The Gaelic Grounds hosts a Credit Union Limerick SHC semi final double-header on Sunday and Kilmallock hosts a LIT Limerick Premier IHC semi final double-header on Saturday.

Also in a busy weekend fixture list are the two Nick Grene Sportsground Maintenance Limerick IHC semi finals.

The highlight of the weekend could be the repeat of last year's senior final when Na Piarasigh play Kilmallock on Sunday at 3.45pm. Between them, they have won seven of the last eight county senior titles and a total of 10 members of the

All Ireland SHC winning panel will be on duty.

Na Piarasigh beat Kilmallock in last year's final and the Caherdavin side were also winners when the teams met in the group phase.

The curtain-raiser, 2pm, pits Doon against Patrickswell - another seven All Ireland winners on show in this tie. Doon, bidding to reach a first final in 18 years defeated Patrickswell in the

group phase earlier this year.

The Limerick SHC final is set for Sunday October 28 with the winners in Munster club action on November 4.

Also on Saturday, Mungret play Bruff and Kildimo-Pallaskenry play Garryspillane in the Premier IHC semi finals in Kilmallock - the quartet battling to ultimately win promotion to the senior ranks to replace relegated Cappamore.



Schmozzle: A 'coming together' during last weekend's meeting of Patrickswell and South Liberties

FAI SOCCER CAMP AT CORBALLY UNITED



Soccer coach Ian Clancy with an U-9 group at the FAI Summer Soccer Camp at Corbally United PICTURES:DAVE GAYNOR



Soccer coach, Gavin Healy with an U-8 group



Coach Michael Garvey with an U-11 group



A girl's U-8 group



Soccer coach, Luke Kelly with an U-7 group



A boy's U-8 group



An U-7 group at the FAI Summer Soccer Camp at Corbally United



Soccer coach, Terence O'Mara with a goalkeeping group



Soccer coach, Dean Corbett with an U-11 group



Soccer coach, Rebecca McGuinness with an U-14 group



Soccer coach, Robert O' Mara with an U-11 group

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

Rule changes not required, if second tier is looked at

The GAA have this week announced plans to trial new rules for Gaelic football.

The new rules, five in total, are planned to help the game become more open and in turn more attractive to spectators and TV audiences alike.

There are five rule changes proposed.

Proposal (1) Handpass - To introduce a restriction of three consecutive passes of the ball with the fist or open hand by players of the team in possession.

Proposal (2) Sideline Kick: That the ball shall be played in a forward direction from the kick.

Proposal (3) The Mark - To extend the application of the Mark to the clean catching of the ball on or inside the 20m line from a kick delivered on or beyond the 45m line without it touching the ground.

Proposal (4) Sin-Bin - The Penalty on the day for a Black Card Infraction or two Yellow Card Infractions - an ordering off for ten minutes in a Sin Bin.

Proposal (5) Kick-Out /Zoning For a kick-out, two players only from each team shall be positioned between the two 45m lines. The goalkeeper and a maximum of six players from each team shall be

behind the respective 45m lines, until the ball is kicked.

Any sporting body that looks inwardly and is admitting that it needs to change deserves to be applauded.

However, I believe the GAA have missed a trick here. The reason for all these rule changes is to open up the game and make the game have more of a 'flow' to make it more high scoring.

The real issue, is that Gaelic Football has become more defensive and more 'negative' due to the mismatches that take place on a regular basis. The only way to make football better is to allow teams play against sides of equal standing and quality in the game.

Every single county in the country has tiered club championships. It is designed for sides to make their way through the ranks and if they are good enough, the will move up.

The National Football league is the same. Teams in Division four know that they can't win Division One and they seem happy about it.

Why not tier the All Ireland senior football championship then. Why has this change not been made? Is it purely for tradition or is there something else to it. As we know from Galway



The draw for the 2019 Munster Senior football championship takes place this Thursday night, but should the GAA be looking to change the championship structures instead of changing the rules of the game?

playing hurling in Leinster, Kerry hurling in Leinster and the back door system, tradition matters less than we all think it does to the top brass.

It just seems to make so much sense.

If the GAA were to allow Division 1 and 2 teams enter the All Ireland series, it would make the bottom two tiers of the league more competitive than they already are. Promotion into Division 2 would see you have a chance to play for Sam Maguire.

Should you not make it into Division 2, then you could still pick up some silverware by winning the All Ireland 'B' championship or the All Ireland Shield, if the term 'B' annoys you.

The fact of the matter is this. If

football sides of equal quality play each other, more often, we are likely to get better games of football.

Should that system work, a county like Limerick would have a chance to win an All Ireland shield, while also having the target of reaching, someday, the All Ireland series proper. It would be a figurative carrot in front of the donkey approach, but one which I am sure many county boards, including our own in Limerick, would like to enter into.

So, instead of looking at changing the laws on the pitch, maybe look at changing the structures as a whole. What is the worst that could happen? People would become disillusioned with the game? Wake up GAA HQ, they already have.

JEROME O'CONNELL

Divisional trials an option for Limerick football

IT'S finals time across the top tiers of Limerick club football in the coming weeks.

The month of November will have U-21 football fixtures but nonetheless I think there is an opportunity to borrow a blueprint from Laois football manager John Sugrue who is to hold divisional trial matches to help assemble his 2019 inter-county panel.

Billy Lee is confirmed to return as manager for 2019 and has no doubt made initial enquires with some players.

Admittedly, divisional trials could work a treat or be met with a less than lukewarm reception from players.

But I think it's worth a try - after all what Limerick needs is players that are firstly interested.

I documented the stark figures earlier this year and compiled a list of 82 players who were involved to some degree with a Limerick senior football panel over the last four years.

Of course some have retired or emigrated but plenty other remain of the age and ability to play 'county'.

The John Sugrue Laois model is straight forward...

Beginning the week after the county final, the Trial Tournament will be played on a round robin basis, with three games on successive weekends, top two divisional teams qualify for the cup final and bottom two divisional teams qualify for shield final.



Limerick's Billy Lee

COLM KINSELLA

Limerick FC face critical stage in club's history as play-off looms

FIFTEEN minutes before kick-off of Limerick FC's SSE Airtricity League Premier Division fixture with Derry City on Friday night and the Markets Field was eerily quiet.

The main stand at the venue did fill up somewhat before the 7.45pm start time, but the attendance looked to be the smallest turnout for a league game in Garryowen this season.

It was a night when the hard core, dyed-in-the-wool Limerick FC fan turned out.

Reports earlier in the day suggested Limerick had been issued with a winding-up order by Revenue. Revenue's petition will be heard on October 22 in the High Court.

Just what that scheduled court date means for the club's scheduled SSE Airtricity



A sparsely populated Markets Field on Friday night for the Derry tie

League Premier Division relegation play-off with either Finn Harps or Drogheda Utd later this month remains to be seen.

It must be extremely difficult for players and coaches at the club to keep fully focused on on-field matters given the club's off-field

issues.

At least Limerick have secured their place in that play-off with three games still to go in the regular season, beginning with Friday's trip to Cork City.

Limerick's away leg in the relegation play-off is set for Monday, October 29, with the home leg on Friday, November 2.

The 'Blues' last home relegation play-off against Finn Harps in 2015 drew a huge crowd to the Markets Field. Let's hope for a similar sized turn-out next month.

COLM KINSELLA

Munster with fighting chance to top Champions Cup pool

THE rugby season cranks up a gear this weekend with the start of the Heineken Champions Cup.

Munster are currently fifth favourites in the betting list to land a third European Cup next May.

Johann van Graan's side are available at 12/1 to be crowned

champions, with Leinster topping the market at 15/8.

High-flying Saracens are second favourites at 3/1, while Munster's Pool 2 rivals Exeter are available at 15/2.

Munster kick-off with a daunting trip to Sandy Park to face Exeter Chiefs this Saturday, 3.15pm.

Unsurprisingly, given their form in the Premiership through the opening weeks of the season, Exeter top the betting on which club will top Pool 2 priced at 4/7.

Munster are next best at 2/1, from 5/2, while Castres have been chalked up at 12/1, with Gloucester also on offer at 12/1.

On paper, at least, Munster's

trip to high-flying Exeter this weekend is the most difficult of their pool assignments.

Should Munster take even a losing bonus point from the game, the side will be well in the running to top the group.

The run of pool fixtures in kind to Munster, so the 2/1 on offer on topping the pool looks good value.



Munster Head Coach Johann van Graan

IS THAT ON THE BOX?

Wednesday

TENNIS
SHANGHAI MASTERS
SKY SPORTS 7.30AM

RUGBY UNION
SOUTHLAND V AUCKLAND
SKY SPORTS 7.35AM

CRICKET
SRI LANKA V ENGLAND
SKY SPORTS 9.30AM

GOLF
BRITISH MASTERS PRO-AM
SKY SPORTS 3PM

ESPORTS
F1 ESPORTS PRO SERIES
SKY SPORTS 7PM

SOCCER
ITALY V UKRAINE
SKY SPORTS 7.40PM

Thursday

GOLF
CIMB CLASSIC
SKY SPORTS 3.30AM

TENNIS
SHANGHAI MASTERS
SKY SPORTS 7.30AM

RUGBY UNION
TASMAN V HAWKES BAY
SKY SPORTS 7.30AM

GOLF
BRITISH MASTERS
SKY SPORTS 9.30AM

U-21 SOCCER
ISRAEL V IRELAND
EIR SPORT 2.55PM

SOCCER
WALES V SPAIN
SKY SPORTS 7.30PM

Friday

NFL
EAGLES @ GIANTS
SKY SPORTS 12.30AM

GOLF
CIMB CLASSIC
SKY SPORTS 6AM

RUGBY UNION
TARANAKI V WELLINGTON
SKY SPORTS 7.35AM

TENNIS
SHANGHAI MASTERS
SKY SPORTS 9AM

GOLF
BRITISH MASTERS
SKY SPORTS 9AM

RUGBY UNION
LEINSTER V WASPS
BT SPORT 7.45PM

SOCCER
AUSTRIA V N IRELAND
SKY SPORTS 7.45PM

SOCCER
BELGIUM V SWITZERLAND
SKY SPORTS 7.45PM

SOCCER
CROATIA V ENGLAND
SKY SPORTS 7.45PM

SOCCER
ESTONIA V FINLAND
SKY SPORTS 7.45PM

SOCCER
GREECE V HUNGARY
SKY SPORTS 7.45PM

SOCCER
MOLDOVA V SAN MARINO
SKY SPORTS 7.45PM

Saturday

SOCCER
BARNESLEY V LUTON
SKY SPORTS 12NOON

GOLF
BRITISH MASTERS
SKY SPORTS 1PM

RUGBY UNION
BATH V TOULOUSE
CHANNEL 4/BT SPORT

RUGBY UNION
MONTPELIER V EDINBURGH
BT SPORT 3.15PM

RUGBY UNION
EXETER V MUNSTER
BT SPORTS 3.15PM

RUGBY UNION
SCARLETS V RACING 92
BT SPORTS 5.30PM

RUGBY UNION
ULSTER V LEICESTER
BT SPORTS 5.30PM

RUGBY LEAGUE
WIGAN V WARRINGTON
SKY SPORTS 6PM

SOCCER
BULGARIA V CYPRUS
SKY SPORTS 7.45PM

SOCCER
MACEDONIA V LIECH'STEIN
SKY SPORTS 7.45PM

SOCCER
HOLLAND V GERMANY
SKY SPORTS 7.45PM

SOCCER
IRELAND V DENMARK
SKY SPORTS 7.45PM

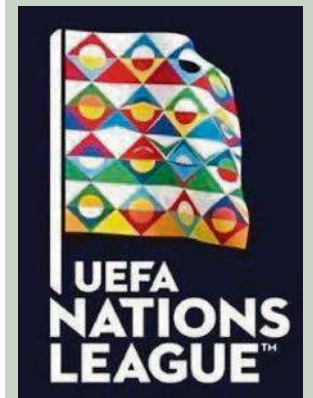
SOCCER
DC UNITED V FC DALLAS
SKY SPORTS 9.55PM

AMERICAN FOOTBALL
COLLEGE GAME DAY
BT ESPN 10PM



Jordi Murphy of Ulster, Jonathan Sexton of Leinster and Peter O'Mahony of Munster at the launch of the Champions Cup which begins this weekend

Sunday



GOLF
CIMB CLASSIC
SKY SPORTS 4AM

GOLF
HANABANK CHAMPIONS
SKY SPORTS 8AM

TENNIS
SHANGHAI MASTERS
SKY SPORTS 9AM

GOLF
BRITISH MASTERS
SKY SPORTS 10AM

RUGBY UNION
GLOUCESTER V CASTRES
BT SPORTS 1PM

RUGBY UNION
LYON V CARDIFF
BT SPORTS 1PM

RUGBY UNION
TOULON V NEWCASTLE
BT SPORTS 3.15PM

RUGBY UNION
GLASGOW V SARACENS
BT SPORT 3.15PM

SOCCER
RUSSIA V TURKEY
SKY SPORTS 5PM

SOCCER
SCOTLAND V PORTUGAL
SKY SPORTS 5PM

NFL
REDZONE
SKY SPORTS MIX 6PM

SOCCER
POLAND V ITALY
SKY SPORTS 7.45PM

SOCCER
LITHUANIA V MONTE'GRO
SKY SPORTS 7.45PM

Justin Rose, who this week hosts the British Masters



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