

BURNING QUESTIONS



Science Week fires the imagination of children all around Limerick - See page 31

Limerick hurlers Kyle Hayes and Lorcan Lyons promoting the #sites4science initiative as part of Science Week

PICTURE: SEAN CURTIN

The Leader

www.limerickleader.ie
Wednesday, November 14, 2018

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KICK ON Na Piarsaigh aim to retain Munster title **P6 & Sport**

RETAIL GIANT

Mayor Collins says city centre or nowhere for new Marks & Spencer store **P4**



RENTAL CRISIS

Call for action as rents exceed Celtic Tiger levels and reach record high **P14**



Probe into alleged verbal bullying at St Camillus P9



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Setting the agenda in Limerick



▲ GOOD WEEK
Vicky Phelan
 Tireless CervicalCheck campaigner and her family will turn on Limerick's Christmas lights on Sunday



▼ BAD WEEK
Conor Murray
 Limerick rugby star ruled out of All-Blacks clash and rest of Autumn games due to ongoing injury



☀ QUOTE OF THE WEEK
 "His love of music was infectious. Limerick has been made all the better for having Mícheál here."
Mayor Cllr James Collins pays tribute to Mícheál Ó Súilleabháin

INSIDE THIS WEEK



GUSSIE LAID TO REST
 Large crowd at city funeral
 Page 8



HOMEBASE STAYS OPEN
 Group rows back on closure
 Page 4



LIAM'S VISIT TO NANO
 Big welcome for MacCarthy Cup
 PAGE 18



SUPERBUG CONTACT
 HSE to contact patients
 Page 8

Will it be the suburbs or city centre for M&S?



Marks and Spencer in the Douglas Shopping Centre in Cork which, along with the retailer's Patrick Street location, are two M&S shops which local fans of the chain will be very familiar with. There is news this week about a possible city opening



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

THERE is great anticipation and excitement in Limerick with the news that Marks & Spencer is close to signing a deal for a new store in the city. Stories about M&S coming to Limerick go back as far as 1979 when auctioneer Pat Kearney, still going strong, showed them locations in the city including the site of the current Dunnes Stores on

Henry Street, which was then Spaight's. This time it looks as if the deal is all but sealed, with confirmation from the company that it is close to agreeing a new location in Limerick to stock both food and clothing. M&S has shops all over the country and in smaller places than Limerick like Athlone, Newbridge, Navan and

Drogheda. So why did it take so long to come here? It is a bit of a mystery. Rumours abound about the location. It would be great if a site in the city centre was found. But would the store prefer a location in, say, Castletroy with the luxury of plenty of parking space on offer? Many think so. Time will tell and we should find out very soon.

WEBTOPTEN

1. Marks & Spencer 'about to agree' new store location for Limerick
2. Woman was groped by 'total stranger' during charity event at Limerick pub
3. Limerick and Na Piarasigh hurling games set for live TV coverage
4. Jobs saved as Homebase set to continue trading in Limerick
5. Bid to wind up Limerick FC is struck out at High Court
6. Latest Limerick recipients of JP McManus scholarships get 'life changing' awards
7. SLIDESHOW: Rugby stars come out to play for Shane Geoghegan's 10th anniversary
8. Woman who witnessed Limerick shooting told she would 'get it' if she testified
9. 'He brightened our path with music': President Higgins attends funeral of Mícheál Ó Súilleabháin
10. Limerick motorist facing prison sentence for driving without insurance for sixth time



President Michael D Higgins attends the funeral of Mícheál Ó Súilleabháin

WEATHER FOR THE WEEK



WEDNESDAY
 A little morning rain clearing away, mild with a high of 15°C



THURSDAY
 Fog early in the day, clearing away with sun and 14°C high



FRIDAY
 Generally overcast today with temperature climbing to 15°C



SATURDAY
 Cloudy early, but the sun breaks through and a 15°C high



SUNDAY
 Sunny and bright for most of the day, temperature peak of 13°C



MONDAY
 Mostly sunny again slightly cool with a peak of 12°C

MyLimerick

Hilary Thompson

Model agent

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

Going first thing in the morning to Women's Fitness Gym in Raheen for a class then going for a walk in Mungret Park with my sister Rosemary McGovern and our dogs, Jessie and Sweeny. Then possibly going to Collins Pub for a nice healthy lunch or meeting up with friends in town for a coffee and doing some retail therapy! Unfortunately this doesn't happen too often. But when it does I really enjoy the downtime.

What's your first Limerick memory?

My first Limerick memory will always be Clancy Strand where I was born and my love of the river Shannon and the Ennis Road area.

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

I love getting out into anywhere with nature and going for a walk with my dog.

What about a favourite local walk or view?

I love the walk by the river down by St Michael's Rowing Club and over the three bridges, which takes in the beautiful boardwalk. What a view! And when I pass Shannon Rowing Club I think of the times I spent there when I was young with my father John Thompson and my uncle Frank Thompson when they played snooker!

It really is such a beautiful building and always reminds me of some great times I spent there with my father.

What do you think gives Limerick its unique identity?

Limerick is the place I was

born, grew up and for me, Limerick's unique identity is its people. Everyone knows it as the home of rugby with the magnificent Thomond Park, but after this year they will also know it as the home of hurling. With the beautiful Shannon river we have some of the most successful rowing clubs in the country. Limerick's uniqueness goes far beyond sport. A stroll up around the People's Park which is surrounded by those beautiful Georgian buildings is a great way to appreciate Limerick's past.

Do you have a favourite local restaurant?

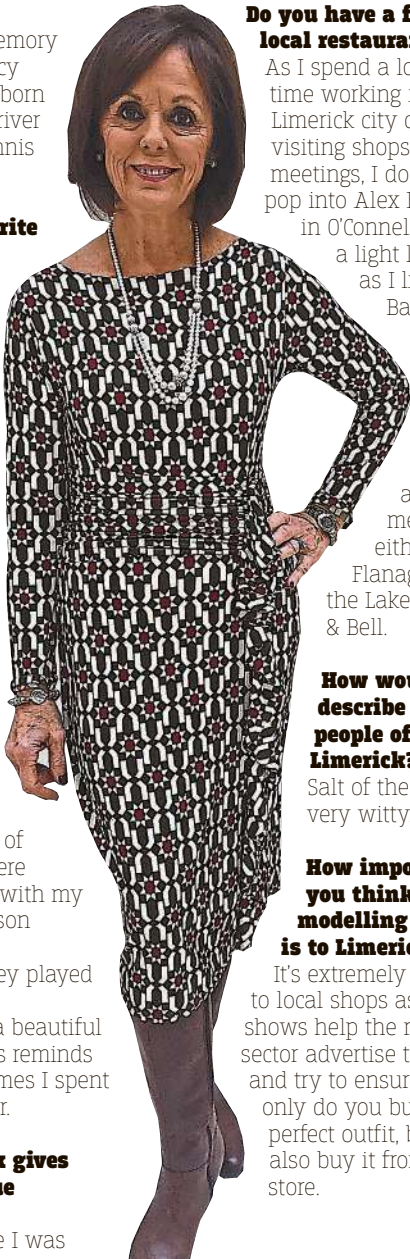
As I spend a lot of my time working in Limerick city centre, visiting shops and meetings, I do like to pop into Alex Findlater in O'Connell Street for a light lunch. But as I live in Ballina/Killaloe I also like to treat myself now and again to a meal in either Flanagan's on the Lake or Wood & Bell.

How would you describe the people of Limerick?

Salt of the earth and very witty.

How important do you think the modelling industry is to Limerick?

It's extremely important to local shops as fashion shows help the retail sector advertise their stock and try to ensure that not only do you buy that perfect outfit, but you also buy it from a local store.



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FRONT PAGES OF THE PAST

14 YEARS AGO
APRIL 17, 2004

The headline in the city edition was, 'Fans: the agony and the ecstasy' as 2,500 rugby supporters queued outside Thomond Park for over 17 hours to get tickets for the European Cup semi-final against London Wasps. The story revealed that at

least 1,000 Munster fans were left disappointed as they did not get tickets for the big match. The main photo was of young Christopher Meade, proudly holding two tickets.

Elsewhere Limerick Animal Welfare was reported to be in crisis with a spend of €10,000 a month on vet and kennel fees to look after strays.



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Jobs saved as Homebase set to continue trading in city

NICK RABBITS

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UP to 30 jobs have been saved at DIY chain Homebase in Limerick, after an agreement was reached with its landlord.

There were fears for the future of Homebase's branch at the Parkway Retail Park, Dublin Road, after it was earmarked for closure as part of a restructuring plan at the firm.

The Limerick store and two

stores in Dublin were set to close early in 2019.

But The Leader has learnt that the local store is to remain open.

This comes after Homebase bosses entered negotiations with its landlords on measures outlined in the Company Voluntary Agreement which was initiated in August.

Off the back of these, Homebase and the landlord of the Limerick store have come to an agreement where the store is now able to



Welcome: Cllr Vivienne Crowley

remain open

The news has been welcomed by Fianna Fail councillor Vivienne Crowley, who is the chairperson of the economic committee.

She said: "Obviously, it's

fantastic news for Limerick and it's a great time to get a bit of job security just before Christmas, knowing you will not have to have a job hunt in the next two weeks. It's a challenging time of the year for a lot of people, so knowing they have a job and it's secure must be a massive relief for everyone."

She acknowledged staff in Dublin might still be facing redundancy, and expressed her hope that their situation will be helped.

Homebase Limerick previously faced the threat of closure in 2013 when the parent company was placed in examinership.

The news will also come as a boost to management at the Parkway Retail Park, which was facing the loss of another key tenant.

Already the park has seen one of its larger outlets close in the last year, with another large unit empty for an extended period of time.



Initial plans for the Horizon Mall site at the Dublin Road would have brought in Marks and Spencer - while the retailer was also interested in locating at the Crescent Shopping Centre previously PICTURES: MICHAEL COWHEY

Mayor says 'it's the city centre or nowhere for M&S'

Retail: Collins believes it unlikely multi-national retailer will open in suburbs

NICK RABBITS

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MAYOR of Limerick, Cllr James Collins says "it is clear" the only place Marks and Spencer could possibly open is in the city centre.

The British retailer is reportedly in talks to open a new store in Limerick, with its country manager for Ireland Ken Scully saying it will feature food and clothing.

What is unclear is where it would be located with the chain seeing previous proposals to open at the Dublin Road Horizon Mall site and the Crescent Shopping Centre come to naught.

Now, Mayor Collins said the only place the store could possibly open is in the urban area, due to planning guidelines which protect city centre trade.

"It's clear this would only be permissible in the city centre as per the retail planning and development guidelines," he said.

He has welcomed news the retailer could be on its way to Limerick, adding: "There has been no formal application at this stage, but we look forward to engaging with either a developer or Marks and Spencer at the first available opportunity."

Planning documents previously submitted by the developers behind the Castletroy Town Centre expansion plan had namechecked Marks and Spencer in its planning application. This development is located at the site formerly known as the Castletroy Shopping Centre.

This proposal was rejected locally, however, and it is now before An Bord Pleanala for decision.

Meanwhile, early stage plans for the Limerick Twenty Thirty plan, unveiled back in 2013, showed a city square around Arthur's Quay, with Marks and Spencer at its heart.

Chairman of the economic committee, Cllr Vivienne Crowley believes it is only "practical" Marks

and Spencer should locate in the city centre.

"You can see from its other stores that they have a city centre location in Dublin, they have a city centre location in Cork, so it would make sense for them to have a city centre location in Limerick. There are a lot of areas they could set up business in. I would hope they could work with the council and see if they could be fitted into the plans for the city centre. It's a key amenity and it would definitely be a draw to shop in the city centre which is obviously what we are aiming for," Cllr Crowley added.

The re-emergence of talks that Marks and Spencer could come to Limerick city centre mark the latest episode in a saga which dates back to 1979 when city auctioneer Pat Kearney showed representatives of the firm the former Spaight's building, now Dunnes Stores.

An Bord Pleanala are set to decide on the Castletroy Town Centre expansion plan by February 21 next.



"It's clear this would only be permissible in the city centre"

MAYOR JAMES COLLINS



Marks and Spencer was founded in 1884 in the British city of Leeds by Thomas Spencer and Michael Marks.

A major British multi-national retailer, it is headquartered in the City of Westminster, London.

The firm operates 18 shops in Ireland, while there is one franchise-owned Marks and Spencer, selling food only at Dublin's Heuston Station.

Limerick and Waterford are the only cities which do not as of yet have a Marks and Spencer.

Across in Britain, it has 979 stores, including 615 that only sell food products.

Speaking to the Sunday Independent newspaper, Mr Scully said Marks and Spencer is also seeking a new store in Waterford - adding several more openings are also being planned.

A spokesperson for Marks and Spencer in Ireland did not comment when contacted by The Leader.

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Irish Water is to begin replacing old lead pipes

Old pipes replaced around city area

JESS CASEY

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IRISH Water is to begin replacing old water pipes around Limerick city in a bid to tackle leakage.

New water mains will shortly be installed by Irish Water contractors. Old back yard service pipes and lead pipes will also be removed in a number of areas around Limerick city in the coming months.

Irish Water has identified a number of areas in the city where the pipe network is in particularly poor condition and customers living in these areas will be contacted directly by Shareridge Ltd to assess their current water connection arrangement.

Many of the pipes connecting the public water mains to individual properties in the city are currently made of cast iron or, in some cases, lead. These pipes are old and in poor condition, and often have high levels of leakage.

The presence of lead in drinking water is also recognised as a health concern.

“By replacing this old pipework with modern, plastic pipes, we will significantly reduce the instances of bursts and water outages and will ensure a reliable supply of water to residents and local businesses in the area,” said Alan Morrissey, of the Irish Water leakage reduction programme.

Work to replace lead service connections will take place in the following locations: South Circular Road, Laurel Hill Avenue, Dublin Road, Pennywell Road, Summerville Avenue, Bridgets Street, Clare Street, Courtbrack Avenue, New Street and St Patrick’s Road.

More info can be found on www.water.ie or by calling Callsave 1850 278 278

Garda probe after cars torched on the southside

Crime: Workers ‘terrified’ after spate of anti-social behaviour

NICK RABBITTS

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GARDAI have launched a probe after a number of vehicles were set alight on the city’s southside over the weekend.

Officers at Roxboro Road have established an investigation into the incidents, which were described as “terrifying” by staff members of Brothers of Charity in Bawnmore.

A large group of people were involved in two separate incidents at Bawnmore Road and Keyes Park

on Saturday evening.

The first incident occurred shortly after 8pm, and saw a large group congregate around three vehicles on fire at the Bawnmore Road.

Two hours later, a crowd again surrounded three more vehicles which had been set on fire at Keyes Park.

Limerick Fianna Fail TD Niall Collins said he had been told of severe anti-social behaviour from a staff member at Bawnmore.

“I was told there were boy racers racing up and down the street,

crashing and burning cars,” he told The Leader.

“A worker told me it was really scary and terrifying for them. They are very upset and fear for their lives coming to and going from work. They are coming off 12 hour night shifts,” he added.

Mr Collins urged the council and the gardai to “get to grips” with the “intolerable” situation.

No arrests have been made in relation to either incident and Gardai in Roxboro Road are appealing for witnesses to contact them on 061- 214340.



Roxboro Road gardai are investigating PICTURE: ADRIAN BUTLER



Christ The King Boys school, Caherdavin, cheering on Na Piarsaigh prior to the county final against Doon which the city side won. Daniel O’Riordan, Jacob Harris, Dylan Ryan and Aaron Linnane will be hoping for more of the same in the Munster final against Ballygunner

Below: Conor Boylan on a solo run during Na Piarsaigh’s defeat of Tipperary champs Clonoulty-Rossmore PICTURES: ADRIAN BUTLER AND SPORTSFILE

Trip to Tipp for fans as Sky Blues defend title

HUNDREDS of Na Piarsaigh fans will descend on Thurles this weekend in the hope their club can win a record fifth Munster title.

The Caherdavin club face Ballygunner in the provincial decider, throw-in 2pm Sunday, and there is huge confidence the side can win the O’Neill Cup back-to-back for the first time. But the Waterford side will be looking for revenge after Na Piarsaigh defeated them in Semple Stadium this time last year.

Mags Brown, the voluntary community centre manager in Caherdavin, has urged fans of other county clubs to make the trip to Tipp to cheer on a Limerick club to Munster glory.

“At the semi-final, we had a lot of neutrals backing Na Piarsaigh, and that was really nice to see,” said Mags, whose son Gordon will likely line out for the Blues this Sunday.

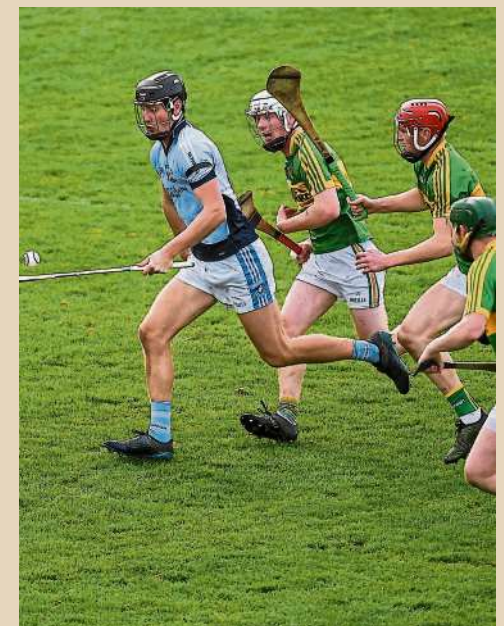
Of course, Na Piarsaigh’s six players who were on the Limerick panel in the All-Ireland final have had to forego a trip to Boston for the Fenway Cup.

But Mags said it is the rest of the Limerick panel who should be jealous: “It’s a pity they are missing out on this trip for all the hard work they did on the Limerick team. But I think the others would rather be in a Munster final, than be in Boston,” she added.

Since their last assault on Munster glory, Na Piarsaigh have a new manager Paul Beary, and captain, All-Ireland winner William O’Donoghue.

Northside councillor Frankie Daly, who will travel to Thurles on Sunday with son Josh, 7, described the centre-back as “a Roy Keane-type character” in the dressing room.

“He leads by example. He is like a marshal in an army, pulling the strings from the midfield area,” he said.





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Patients to be told if they came in contact with CPE bug

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THE UL Hospitals Group is to begin to contact more than 2,100 previous patients who may have come in contact with a superbug while in hospital.

This week, the group began writing to 2,160 patients to advise that they shared a ward or clinical area before their discharge with a patient who subsequently had a positive result for CPE.

This means that these patients may be a CPE contact, with a one in 20 chance of becoming a carrier.

Receiving a letter does not mean patients have CPE, according to UL Hospitals Group chief operations officer Noreen Spillane.

"We are aware that receiving this letter from the hospital may cause anxiety for some of our discharged patients.

"We would like to reassure patients that the risk of them having CPE is very low and that the

risk of them becoming ill if they do have CPE is also very low.

"Comprehensive information and helpline details are being provided for patients who have any questions."

Until now, patients who left hospital before they were identified as CPE contacts were only informed on their return to hospital, should they have been re-admitted.

Patients were not informed if they did not return to the hospital.

"These letters are being issued as a result of changes in the national guidance around CPE and we are not proposing to do anything differently in practical terms when it comes to screening CPE contacts," Ms Spillane said.

A dedicated helpline is being provided to all CPE Contacts should they have any questions.

"We do ask that patients who receive the letter bring their contact card with them when they next present to hospital so that

appropriate contact precautions can be taken by our staff.

"We do not recommend that contacts get tested before they are re-admitted to an acute hospital but, as is stated in the letter, this can be facilitated if the patient requests testing."

Both the GPs and the consultants of each patient contact will also receive letters to ensure they are also informed about this contact. More info can be found on www.hse.ie



The coffin bearing the remains of Aengus 'Gussie' Shanahan leaves the Holy Rosary Church after his funeral Mass on Saturday. The Ashbrook man was laid to rest beside his late mother Nancy PICTURE: LIAM BURKE/PRESS 22

Family thank all for 'quest to find Gussie'

'We'll miss you': Funeral is held after 18 year search

JESS CASEY

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THE family of Aengus 'Gussie' Shanahan have expressed a hope that people will remember that he was "not just the boy in the missing poster".

Gussie's brother Roibeard told his funeral Mass at the Holy Rosary Church on the Ennis Road on Saturday that the family had gathered to "erase the negativity, sorrow, and sadness" that surrounded him for the last 18 years.

"Rather we are here to fill it with love, positivity, and celebration for the life of Aengus Gussie Shanahan," he told the packed church, near to where Gussie had grown up in Ashbrook.

"Gussie was the baby of our family, who was adored by all of us. He was good natured, friendly, loyal and hardworking," Roibeard said.

"We would like to thank everyone who has reached out to help in our quest to find Aengus over the last 18 years. It will never be forgotten.

"We are in no doubt as to who allowed us to be here today; the one and only Nancy Shanahan. We know in our hearts that she stormed heaven and got her final wish to have her darling Gussie returned to her.

"One thing that we want to come from today is for people to remember is that Aengus was not just the boy in the missing poster."

"He had 20 years of much more which we were delighted as a family to share with him. We'll miss you brother, now rest easy and enjoy the waltz with Mam."

The Mass was the final stage in the family's 18-year search to find their beloved son and brother, and an opportunity to celebrate Gussie's life as he was laid to rest with his late mother Nancy.

Mr Shanahan went missing in February 2000 at the age of 20. In October, DNA analysis confirmed that partial remains, discovered in the River Shannon near Bunratty in 2001, were those of the missing Limerick man.

Among the church's congregation were other families who are still searching for loved ones, according to Fr Aquinas Duffy, Gussie's cousin, who led the funeral Mass.

"I'd often pray for this moment over the last 18 years and there were many false dawns that raised hopes, that were crashed again. But the fact that we are here shows that the impossible is truly possible and that we should never ever give up hope."

A tribute including photographs and videos showing some of his family's most "treasured memories" of Mr Shanahan, was also played to Ed Sheeran's Photograph.

Alcohol and drugs a factor in local deaths

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ALCOHOL or drugs were a factor in three sudden deaths which came before Limerick Coroners Court on Tuesday.

In each case, a verdict of misadventure was recorded by the coroner John McNamara.

One of the inquests related to the death of a woman who sustained serious head injuries when she fell down the stairs at her home in Annacotty last year.

The woman's husband, who found his wife slumped on the stairs told the court the 50-year-old was an alcoholic and had consumed a bottle of gin before going to bed.

Dr Terézia László said post mortem showed the woman was suffering from cirrhosis of the liver and that she had a very high concentration of alcohol in her system.

Cause of death, she added, was due to traumatic head injury.

Separately, a verdict of misadventure was recorded following the inquest into the death of a 44-year-old health worker whose body was recovered from the Park Canal a number of days after he had been reported missing.

A colleague of the man told gardai that he had attended a work night out at a number of pubs and clubs in the city centre on December 11, 2017 but that he had failed to come home.

Gardai were alerted and searches were carried out

across the city over the following days. Gardai also tracked his movements on the night on CCTV.

The man's body was recovered from the canal, near Pa Healy Bridge, Corbally, on December 16, 2017.

Confirming the man had died as a result of drowning, Dr László said toxicology tests showed there was a "moderate" level of alcohol in his system and that this would have interacted with prescribed medication which he was taking.

This, she said, could have caused confusion and dizziness and difficulties with concentration.

The third inquest, which was heard on Tuesday,

related to the death of a young man who died at his home in Moyross in May.

A post-mortem examination found

there were toxic levels of methadone in the man's system which had contributed to his death.

When asked by the coroner, the man's mother said he was not on a methadone programme and that she did not believe he was a heroin user.

Dr László said the 26-year-old was also suffering from a heart problem which meant he would have been in a "comotosed" state when he died.

The inquest heard the man choked as he was unable to react when he vomited while asleep.



Probe into alleged verbal bullying at Saint Camillus

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A HOSPITAL worker, who claims to have been a target of “verbal bullying” by colleagues, has instigated an independent investigation, a Labour Court has heard.

The Labour Court was told at a hearing on September 19 that due to alleged bullying and harassment at St Camillus Hospital on Shelbourne Road, he was “unable to work for over 11 months”.

The complainant, who started working at hospital in September 2015, submits that he was a target of “verbal bullying by two of his colleagues” from April 2017, after which he was “forced to take extended sick leave”.

The worker initiated a complaint under the HSE’s dignity at work policy on August 4, 2017. The claimant initially agreed to a mediation process but then decided he was “unable to meet the alleged bullies face-to-face”.

The worker then opted for a formal investigation into his complaints, and this process is “ongoing”.

The HSE said he “acted unreasonably by

not fully utilising” the dignity at work policy prior to submitting a complaint to the Labour Court. The worker said the length of time it has taken for this policy to be implemented is “unacceptable”.

The HSE said it has managed this process “as expeditiously as possible”.

After the worker was certified fit to work, he accepted a position in Kilrush. However, he has submitted that this relocation “has caused further hardship and financial difficulties due to the significant distance” from his home.

The court heard he is seeking compensation and redeployment to a position closer to home.

The HSE indicated to the court that it would accept an application for redeployment “and seek to accommodate him in accordance with its normal HR procedures”.

The court recommended both parties await the outcome of the investigation into complaints, that there was “no merit” for a compensation claim at this point, and that the HSE “use its best endeavours to facilitate” the worker’s redeployment request.



An independent investigation into alleged bullying at St Camillus hospital is underway

RTE Europe editor to speak at Castletroy Park Brexit breakfast

The Castletroy Park Hotel will host a Brexit Masterclass Breakfast with RTE’s Europe Editor, Tony Connelly on Friday, November 30 at 7am. The theme of the event will focus on the impact of Brexit on the business community in Limerick.

“Over next eight weeks Brexit will enter its defining moment,” Connelly said. “At stake are the withdrawal agreement, the outlines of future trade relationship, the Irish border, and Theresa May’s future as prime minister and leader of the Conservative Party.”

“I’m looking forward to explaining how negotiations have evolved, what are the key obstacles to a deal, how the Irish government has played its hand and to explore the implications for local businesses.”

The broadcaster and historian, John

Bowman, will moderate the event.

“It is because there are so many unknowns about Brexit that this event is important,” he said.

“Two things we do know: that Brexit’s impact on Ireland and the Irish-British relationship will be profound; and that in Tony Connelly, from his vantage point in Brussels, we have one of the best-informed commentators and analysts on the subject.”

Owner of The Castletroy park Hotel, Pat McDonagh, said, “Brexit already is and will continue to be a challenge for us all here in Limerick.”

This event will provide the best informed and most pragmatic advice as I believe that Tony Connelly is the best informed and the most pragmatic commentator on Brexit,” he added.

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SHOCK AND 'ENORMOUS SADNESS' GREET DEATH OF MÍCHEÁL Ó SÚILLEABHÁIN

Aileen O'Connor

May he rest in peace a genius



Fiona Duggan

Rip.. A great composer, and a well renowned musician to the highest of his iconic life, he will be missed, I enjoyed his music

Mary Daly Tubridy

Rest in peace such a talented man gone but won't be forgotten sympathy to all his family and many friends.

Noirin Murphy

Pure gentleman Micheal. Brilliant composer

MAGICAL EVENING AWAITS FOR AINE AT NATIONAL CHILDREN OF COURAGE AWARDS

Mairead Condon

Congrats Aine, delighted for you and her proud mam Tricia!!



Grace O'Connor O'Brien

Aine I'm thrilled for you, you so deserve it, you beautiful, brave, gorgeous girl!

Aileen O'Connor

Congratulations Aine. Delighted for you. You deserve it

MARKS & SPENCER 'ABOUT TO AGREE' NEW STORE LOCATION FOR LIMERICK

Cassandra Quinn

Heard this before and nothing had happened so I believe it when I see it



Claire Fitzgibbon

Hope it be in the city love marks and Spencer

Aoife Carey

I have heard this too many times before. I will believe it when I see the store open for business.

Jean Shanahan

Hopefully it will happen this time. It's ridiculous it took so long.

UNIVERSITY OF LIMERICK STUDENTS 'UNDETERRED' IN DIRECT PROVISION CAMPAIGN

MaryAnne Daly

Fair play to the students



Tomas Kirken

I'd like the UL Students to offer direct provision residents opportunities to socialize, study and if possible, take residential short breaks and live in with them either on campus and apartments

David Ryan

They're bullying the company. Someone has to provide services if they don't someone else will. Not there fault people are in direct provision. Go to the centre's and protest or your local representative.

LAP want regulator to hold oral hearing

Environment: Anti-pollution lobby in submission

NICK RABBITTS

nick@limerickleader.ie

THE group set up in opposition to Irish Cement's €10m plans for Mungret has called a further oral hearing to discuss the health risks associated with the proposal.

It comes after the Environmental Protection Agency (EPA) sought more information on the blueprint, which will see the Mungret-based company switch away from fossil fuels in favour of solid recovered waste and used tyres.

There has been huge opposition to the proposals, with Limerick Against Pollution (LAP) one of almost 4,000 objectors the regulator who will ultimately decide on the granting of the licence. Chiefly they cite environmental concerns.

For its part Irish Cement has always maintained that the change in process will not lead to an increase in toxic emissions into the atmosphere, due to the fact the burning of the waste will take place at such high a temperature.

The firm also says the scheme will protect the existing jobs in the



€10m plan: Irish Cement

factory.

But in a letter to our sister newspaper, the Limerick Leader, Limerick Against Pollution want the EPA to convene an oral hearing, similar to the one An Bord Pleanála held at the South Court Hotel last year, "whereby the health and environmental implications in this licence application can be discussed in an open and informed space."

At that event, the HSE faced criticism for not providing

testimony.

"Hopefully this time the HSE will consider this matter of sufficient gravity to grace the hearing with their presence. And hopefully, Limerick City and County Council will have worked out what they mean exactly by 'sustainable' in the context of their 2030 development ambitions. Only then can the citizenry of this city decide whether the public interest is being protected by these public bodies," states the letter, signed by Dr Angus Mitchell, Claire Keating, Derek O'Dwyer, Maria Corbett and Tim Hourigan.

The group also rejected a claim from Irish Cement communications boss Brian Gilmore that its new plan will "help recover valuable resources that might otherwise end up in landfill". This, they said is "rationalising language which belongs to a redundant age of corporate doublespeak. An age oblivious to the consequences of decision making that ignored the social and environmental costs." Irish Cement were contacted for comment but there was no reply at time of going to press.



Claire scales Everest as she hits big 4-0

Claire Keating from Mungret marked her 40th birthday by scaling more than 5,600 metres up Mount Everest. The local activist is pictured here with her fellow climbers at Base Camp, and inset, with husband Rory

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Man sustained broken nose in early-morning assault

GARDAI have issued an appeal for information after a man sustained a broken nose during an early-morning assault.

The victim, who is aged in his mid-60s, was walking at Clare Street at around 7.30am on November 7 when he was approached by two males who started shouting at him.

"They then demanded his money, assaulted him and took his wallet," said a garda spokesperson.

The man was taken to hospital following the incident where it was established that he had sustained a broken nose.



Appeal:
Sergeant Ber
Leetch

"I don't have to tell you that this gentleman is very shocked," said Sergeant Ber Leetch who is appealing to witnesses to come forward.

"Clare Street is very busy at that time in the morning with drivers and pedestrians so if anybody saw this assault or knows anything about it could they please contact Henry Street station on (061) 212400," she said.

Bogus tradesmen offered elderly woman a discount

AN elderly woman was duped out of a large amount of money by two bogus tradesmen who called to her door.

According to gardai, the men – who were wearing hi-viz jackets – told the woman the Velux window was leaking before offering her a 20% discount if she paid up front.

While the woman handed over the cash, the men have not returned to carry out the repair work as promised.

"We know it was a scam and this lady is out of pocket for a large amount of money. This is very unfortunate for this lady, it's not just the loss of her cash but the also the loss of some confidence too," said a garda spokesperson.

Warning as fake notes are detected across the city

GARDAI are warning businesses of an increase in the number of counterfeit notes which have been detected across Limerick in recent days

Four separate complaints have been received over the past week following the discovery of fake €50 and €20 notes by several retailers.

"In fairness, the staff were very observant as in each case the notes were detected and no loss took place but it's very important that these dud notes are reported to gardai as it gives me the chance to inform



**Fake notes
have been
spotted in
circulation**

other business people and caution them to be more aware," said divisional crime prevention officer, Sgt Ber Leetch.

According to gardai, the counterfeit notes detected over the past week were tendered at a variety of different premises including shops, petrol stations and takeaways.

Purse stolen at city bus stop

GARDAI are urging people not to leave their property unattended – even for short periods.

It follows an incident during which a purse was stolen from a bag which had been left on the ground near the bus stop at Arthurs Quay. "A male approached her bag from behind her and took her purse, this happened at 4pm when it was still bright," said a garda spokesperson.

Woman was groped by stranger in pub

Upset: Victim's mood changed after incident at bar

DAVID HURLEY

david.hurley@limerickleader.ie

A MAN who groped a total stranger during a charity event at a pub has been placed on probation for a year.

Michael Tully, aged 37, of Chapel Hill, Birdhill pleaded guilty to sexually assaulting the woman at Morrisons Bar, Ballysimon at around midnight on September 17, 2017.

Limerick District Court was the woman was with a group of friends on the night and that the assault happened as she was at the bar ordering drinks.

Garda Alan Behan said the defendant "reached in and grabbed her by the vaginal area" while also attempting to bite her ear.

While nobody witnessed the

incident, several people told gardai the woman's mood had changed when she returned from the bar.

Garda Behan said the woman made a formal complaint later in the day and that the offence could clearly be seen on CCTV footage.

Barrister Kenny Kerins said his client, who has no previous convictions, was "quite intoxicated" on the night and that he is genuinely remorseful.

He said Mr Tully wrote a letter of apology to the victim following the incident and that he had also offered her compensation as a "token of remorse".

It was accepted the defendant was "not on the garda radar" prior to the incident and that he has not come to their attention since.

"He accepts it is a criminal act, he is absolutely horrified by his behavior," he said adding there was no excuse for his client's behaviour.

Mr Kerins said his client has not gone to a pub since the incident and seeking leniency he said a criminal conviction could have "ramifications for the rest of his life".

Having considered the contents of a victim impact statement which was not read out in public, Judge Marian O'Leary said she hoped the defendant had "learned his lesson".

She placed him on probation for 12 months on condition that he not commit any offence during that time. Mr Tully was also ordered not to have any contact with the woman who, at the request of the judge, has not been identified.



Limerick FC owner Pat O'Sullivan: Bid to wind up club at High Court was struck out this Monday

Bid to wind up Limerick FC struck out

An application by the Revenue Commissioners to wind up Limerick FC has been struck out, writes Aodhan O Faolain.

Revenue's collector general had petitioned the High Court to have Munster Football Club Ltd, which trades under the name Limerick FC, wound up and a liquidator appointed arising out of an alleged failure to pay a demand for unpaid taxes including PAYE and PRSI. The amount sought was not disclosed.

The demand was made on the company, with a registered address at Kirby O'Sullivan Sports, Social and Business Park, Kilmallock Road, Bruff in mid-September. The matter was briefly mentioned before Ms Justice Miriam O'Regan at the High Court on Monday when Dermot Cahill Bl for the Collector General told the court the matter had been resolved and could be struck out.

There were no representations made to the court on behalf of the club.

Limerick sergeants make inspector grade

NINE Limerick-based garda sergeants have been named on the latest list of garda promotions, writes David Hurley.

The nine, most of whom are based at garda stations in the city, will take up inspector roles in the coming months have been

successful in the internal competition.

Although details of their new deployments have yet to be confirmed, it is likely most will be stationed at garda stations outside of the Limerick division.

The promotion of the nine

sergeants follows confirmation, last month, that nineteen Limerick-based gardai had been promoted to sergeant rank.

Around half of the recently promoted sergeants have already taken up their new roles in Limerick and around the country.

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Motorist lost tooth after being punched by youth

Fight: Driver struck during late-night confrontation on street

DAVID HURLEY

david.hurley@limerickleader.ie

A man has been convicted of assaulting a motorist who confronted him after debris was kicked at his car.

During a lengthy hearing, John Hayes, aged 24, of Thornfield, Monaleen, denied assaulting Tony Curtin (62) at Clare Street on December 3, 2016.

Mr Curtin, who had collected his teenage daughter from work at around 10.30pm, told Limerick District Court he pulled in near the Great Gas service station after he observed the defendant deliberately kicking something which struck the side of his car.

He said he got out of the vehicle and followed the defendant who reacted angrily and verbally abused him. Mr Curtin told Inspector Helen Costelloe that Mr Hayes used explicit language towards him when he suggested that gardai should be contacted.

The altercation then turned physical resulting in Mr Curtin losing a tooth after he was struck in the face. A member of the public intervened and gardai were alerted. Being cross-examined by solicitor Pamela Downes, Mr Curtin denied he was the aggressor on the night.

"He was disrespectful towards me as if I was some form of sub species," he



Judge Marian O'Leary ruled the State had proven its case

said, identifying Mr Hayes as the culprit.

In his evidence, the defendant said Mr Curtin was shouting abuse at him from his car and that he struck him in self-defence.

"I felt I had to defend myself, I was hit first, he had his fists up," he said.

During the hearing, Judge Marian O'Leary heard evidence from a number of civilian and garda witnesses. A medical report was also submitted as part of the prosecution case.

After ruling the State had proven its case, Judge O'Leary convicted Mr Hayes and adjourned the matter to next week for sentence.

City rent soars to record highs

NICK RABBITTS

nick@limerickleader.ie

RENTS have soared to record highs in Limerick – outstripping prices at the peak of the Celtic Tiger.

New data released this week by property website www.daft.ie showed rents were up by an average of 20.3% in Limerick, with the mean cost to tenants now standing at €1,551 per month.

It's the tenth consecutive quarter rents have risen, and the new figures – which show rents rose an average of 11% nationally – have drawn calls for government action as the number of houses on offer in the private rental market remains static.

Limerick and Waterford are the only cities in the country which are not part of the Rent Pressure Zone, a move which restricts annual rent rises to just 4%.

Labour's housing spokesperson Jan O'Sullivan said national rent controls now need to be brought in.

"Two years on from the legislation that introduced Rent Pressure Zones it is clear that they are not working. Areas covered by the zones are seeing rent increases well above the 4% maximum required and for cities like Limerick and Waterford which are not included, rents have risen by 20% in the past year. What we need instead is a nationwide control on rents that links them to the cost of living as Labour proposed in a bill that was voted down by government two years ago."

Ms O'Sullivan said with the situation now so "desperate", a freeze on increases must happen, to impose some stability in the rental market.

Sinn Fein TD Maurice Quinlivan asked: "How on earth are people looking to rent in Limerick City supposed to afford such an increase in rent in one year? Latest statistics from the CSO show average weekly earnings only increasing by 2.2% from quarter two 2018 to the same time this year which clearly means that wages are not keeping up with massive rent hikes. The minister's failure to get to grips with the crisis in the rental sector continues to heap pressure on struggling renters and effectively locks low income earners out of the rental market."



Speedo Pizza Kebab was ordered to close on October 16 following a HSE inspection

Prayer mats were 'stored' on shelves at city takeaway

A TAKEAWAY was ordered to close after concerns were expressed that an extension to the premises was "not structurally sound", writes David Hurley.

An HSE inspection also noted that "prayer mats" were being stored on shelving units at the rear of the premises. A closure order was served on the proprietor of Speedo Pizza Kebab, Lord Edward Street, on October 16 following the inspection. The order has since been lifted.

According to documents

released by the Food Safety Authority of Ireland, a number of issues of concern were identified during the inspection.

"The extension in its current state is not structurally sound, nor is it pest-proofed," stated the inspector who added they had observed gaps between two walls and numerous cracked tiles.

An "absence of maintenance" was noted along with unhygienic cleaning equipment, dirt, debris and cobwebs.

Other breaches of EC

regulations included the storing of a potato chipping unit on a chair and the "haphazard" storing of cleaning equipment.

Issues were also identified in relation to the storage of food including the lack of expiration dates on decanted foodstuffs such as sauces, cut meats, dough, defrosted foods and dry foods. It was noted that Doner meat was being stored at room temperature and that the heating unit was switched off.

Waste management was also

identified as being problematic and it was noted by the inspector that there was an "accumulation of miscellaneous waste items at the rear of the building".

On the date of inspection waste items observed included "30 old sauce buckets, two car wheels, two upright fridges and a wash sink". The inspector also noted that three people, including a "visitor" were in the food preparation area during the inspection and that none had Personal Protective Equipment.

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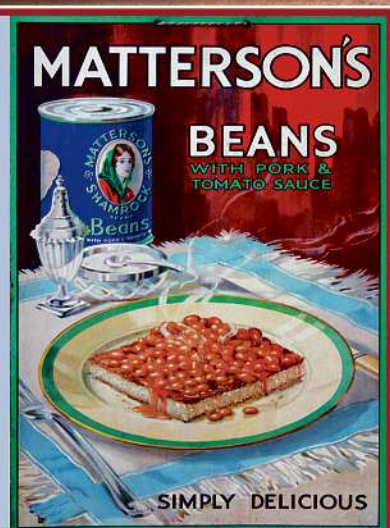
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LEADER BRIEFS

J&J bursaries for four UL students

Four Limerick students were presented with bursaries by Johnson and Johnson (J&J) as part of its WiSTEM2D Award Programme at a ceremony in University of Limerick this week.

The acronym WiSTEM2D refers to Women in Science, Technology, Engineering, Mathematics, Manufacturing and Design.

The four winning students are: Aisling Greaney, Biomedical Engineering, from Limerick City. Cliodhna O'Shea, Financial Maths, from Corbally. Iva Gregovic, Design and Manufacturing Engineering, from Raheen and Jiale Ryan, Financial Maths, from Corbally. Two runners-up were also presented with awards: 1. Jane Quigley, Technology Management, from Rhebogue and Ruth Butler, Mechanical Engineering, from Monaleen.

See pictures page 30

Vince Moran book launch

A NEW novel by former Limerick Leader journalist Vince Moran will be launched this Friday in the White House bar at 6pm.

Gabriel's Lark is a dramatic and, more often than not, humorous novel about travel, independence, the struggle to find employment, and the dedication to family life. Its narrative weaves its way from the Ireland of the 1970s and '80s, across continental Europe where adventures and high jinks lay waiting for Gabriel Costello, a young father and husband with an itch for adventure and a responsibility to provide for his family.

Gabriel's descent into chaos amid a snapshot of Europe will have you gripping to turn the page. From drunken misadventures in France to brushes with the law in Germany, there is no shortage of excitement in Vince's debut novel. It is on sale in local book jobs. All are welcome to launch.

Poignant day as city remembers

Armistice: Century since end of World War One marked

NICK RABBITS
nick@limerickleader.ie

THERE were emotional scenes in Pery Square over the weekend as Limerick remembered those who made the ultimate sacrifice.

On the 100th anniversary of the signing of the Armistice, which saw an end to World War One, around 100 people gathered at the memorial for the city's annual Remembrance Sunday commemoration.

Poppy wreaths were laid at the Cenotaph in memory of the 1,300 Limerick men who died in the war.

Mayor James Collins represented Limerick City and County Council at the ceremony, while Jan O'Sullivan joined Senator Kieran O'Donnell and Cllrs Kieran O'Hanlon and Cathal Crowe there. The mayor paid a tribute to Coonagh's Patrick Davis, who died on the eve of the Armistice.

"It was a conflict which cost millions of lives. Approximately 30,000 Irish people lost their lives in World War One, and at least 1,300 people from Limerick and its surrounds perished in the conflict. We remember today people like Patrick and Michael Davis from Coonagh. Patrick died the night before the Armistice was signed when his ship was sunk by a German submarine," he said.

The commemoration was organised by the Limerick branch of the Royal British Legion and was



Mayor James Collins pauses for a moment after laying a wreath of poppies at

attended by veterans of the armies of Ireland, Britain and the USA.

When the clock struck 11am, a minute-long silence was observed by the crowd. A lone bugler played the Last Post, while there was music from the St Mary's Pipe Band.

Following the commemoration, Mass was held in St Joseph's Church followed by a get-together of veterans in the officer's mess at Sarsfield

Barracks, Lord Edward Street.

"The generation of World War One has now passed, but the British legion is still relevant in Limerick and nationwide. It's through the Legion we remember those who made the ultimate sacrifice for the freedoms that we all enjoy today.

"We continue to remember, and we continue to commemorate," Mayor Collins concluded.

UMHL to support all affected from bereavement and loss

THIS SUNDAY, the University Maternity Hospital (UMHL) will host its annual remembrance service to support and comfort bereft families.

Organised by the bereavement support department and midwifery staff at UMHL, the event is welcome for all families and members of staff who experienced deaths during pregnancy.

Marie Hunt, a bereavement counselling midwife from UMHL, said: "The death of a baby is recognised as one of the most difficult bereavements in life and something which has a lifelong impact on parents and families."

The support doesn't extend to just families, members of staff involved in the difficult process are also welcome.

Ms Hunt continued: "Staff at University Maternity Hospital Limerick witness the deep grief and



Rita O'Brien, Noreen Mann, Marie Hunt, Eileen Broderick, Dr Asma Noshierwan, and Margo Dunworth announcing the remembrance service

sadness felt by parents who have been told their baby has died.

"The remembrance service provides a space for staff, the parents and extended families to reflect on the love and care they have shown to families who are bereaved and to

acknowledge and express their own grief and sadness for the little lives that were lost," she added.

The service will take place at the Church of the Holy Rosary, Ennis Road, on Sunday, November 18, at 3pm, all are welcome.

Doctor had never practiced medicine

THE President of the High Court has expressed concerns in relation to what he described as "defective" procedures for recruiting doctors to work in hospitals.

Mr Justice Peter Kelly made his comments as he granted an application to suspend a junior doctor who had been working at University Maternity Hospital Limerick.

The High Court heard other doctors raised serious concerns about him lacking basic medical competency and being a danger to patients within days of him starting employment.

According to the Sunday Times, the doctor had claimed he had worked as a Senior House Officer in Scotland even though he was only an "observer".

The doctor, who cannot be named for legal reasons, was hired in July even though he had never practiced medicine and had never been taught how to examine a pregnant woman.

The suspension order was sought by the Medical Council to protect the public. It applies pending a fitness to practice inquiry into complaints by two obstetricians about his work.

Collins and Black speak on Palestine

Independent Senator Frances Black and Deputy Niall Collins are coming to the South Court Hotel, on November 19 to speak about their experiences in the Palestinian West Bank, recent developments in the region and the Occupied Territories Bill 2018.

The Occupied Territories Bill 2018 was tabled by Senator Black and seeks to ban trade in goods produced in illegal Israeli settlements in the occupied Palestinian West Bank.

It passed an historic first vote in July, with the support of Fianna Fáil and all other opposition parties. It returns to Seanad Éireann for the next round of voting on November 28.

The event begins in the South Court at 8pm

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ANTHONY GEOGHEGAN

anthony.geoghegan@limerickleader.ie

SONGS, match reports, a Limerick poem, and much more were bestowed upon the All-Ireland winning hurlers when they visited a city school this week.

Captain Declan Hannon, and fellow defenders Diarmaid Byrnes and Sean Finn received a royal reception at Coláiste Nano Nagle.

After a friendly chat with members of staff and sisters of the Presentation Order, the trio alongside Noel Hartigan strolled into the gymnasium with the Liam MacCarthy trophy in hand, where they were met with rapturous applause.

Hannon paid his respects to his fellow late captain Leonard Enright, who passed away the weekend before, with a solemn prayer. Bruff native Finn urged the young women to take up a passion to establish bonds that last for a lifetime.

"I encourage you to take up a sport or a hobby; you make close friends for life.

"I've definitely made friends with the lads on the team after winning the All-Ireland, and they would say the same," the All-Star added.

Principal Sinead Moloney echoed the corner-back's message to her students:

"We're delighted and privileged today, and in this school, each and every day we encourage you to be your best inside and also outside



Limerick senior hurlers were greeted by Coláiste Nano Nagle students when they arrived at the school with the Liam MacCarthy Cup PICTURES DAVE GAYNOR

the classroom for extracurricular activities as we move forward," Ms Moloney said.

While celebrating excellence in sport, the all-girls school also celebrated the academic excellence of three former pupils who will receive the Noreen McManus bursary.

"We're fortunate that Noreen McManus is a former student of the school, and a friend of this school,

and thanks to her generosity we are able to recognise academic excellence in our school," Ms Moloney added.

Claire Mullaney currently studying Midwifery at UL, Hayleigh Kiely who is studying primary school teaching in Mary I, and Amanda Dawson studying in the Shannon College of Hotel Management were announced as the recipients.

After a wonderful performance from the Sexton Street school's orchestra, the hurlers handed a boutique of flowers and a specially-commissioned hurley to principal Ms Moloney.

The hurley, crafted by DJ Daly who also manufactured young hurler of the year Kyle Hayes' hurley contains the names of all players from the panel, management, staff and sponsors.

Despite visiting over a hundred school thus far, Noel Hartigan from the GAA County Board is still enthusiastic for future visits.

"There is 140 schools in Limerick, and we have around 30 still to go.

"The schools have been super, and it's a shame, not every school can get all the players, but they've been super happy in all our visits," Mr Hartigan concluded.



All-Ireland winners Diarmaid Byrnes, Declan Hannon and Sean Finn with principal Sinead Moloney



The hurlers with twins Sr Elizabeth and Sr Anne Marie Ryan



Sean Finn signs a shirt for home economics teacher Meta Fitzsimons



Caretaker Ivan Hyde with Declan Hannon and Sean Finn, and Liam, of course

Brave Noah thrilled to wear the green for Liam visit

WHILE the All-Ireland winning panel showed great courage against the mighty Tribesmen back in August, their bravery is more than matched by 20-month old Noah Quish, from Monaleen.

Noah was diagnosed with an Atrial Septal Defect (ASD) and was also diagnosed with laryngomalacia, both causing severe breathing issues.

The young hurling fan also

suffers from a rare case of scoliosis which means his spine has developed in a sideways curved shape.

At only five months old, Noah underwent open-heart surgery and has been recovering ever since.

However, from viewing Noah's sheer delight when the Liam MacCarthy cup arrived at his home, you wouldn't be able to tell

the obstacles the young man has faced already in his life.

His mother, Una O'Donnell was delighted to see him with the trophy and says his spirits remain high.

"It was lovely for him to get to see it, and get all dressed up like he did watching the match back then.

"He has a long road ahead of him with appointments and

surgeries, but he's doing good now," Ms O'Donnell added.

Noah will also feature in the 2019 Heart Children Ireland calendar, in what will be his second appearance in a row in the annual calendar.

The sixth annual calendar is available to purchase at heartchildren.ie for €10; all proceeds go towards the Heart Children Ireland foundation.



Noah Quish with the MacCarthy Cup

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THURSDAY
NOVEMBER 15TH 2018
Thomond Park, Limerick From 10.00am to 3.00pm



Pictured at the conferring were, B.A. (Hons) in Fine Art Print Contemporary Practice graduate Anne Marie Flannery, with her dad, Donal Flannery

The art of education

CONFERRING CEREMONY AT LIMERICK SCHOOL OF ART AND DESIGN

Pictures: ALAN PLACE



Pictured at the conferring were, B.A. (Hons) in Fine Art Print Contemporary Practice graduates, Anne Marie Flannery, Nabla Furey and Olivia Murphy



B.A. (Hons) in Design (Fashion Design) graduates, Caoimhe Dowling and Anna O'Doherty



Limerick School of Art and Design (LSAD) 2018 Conferring Ceremony. Pictured at the conferring were, B.A. (Hons) in Fine Art Painting graduates, Siobhan Hehir and Anne Marie O'Connor

Candid Comment

By SPARTACUS

● There must be gold in the fridges at Marks and Spencer, judging by the effusive reaction to the somewhat tepid news this week of the retailer's intention to finally open a store in Limerick.

The UK chain has been talking about coming to Limerick for 40 years - see editor's note on page 2 - so people are justifiably slightly circumspect about this latest announcement.

Marks and Sparks confirmed expansion plans for the Irish market which include launching a number of new premises here at the weekend. Efforts by Spartacus' colleagues to confirm a location for Limerick were met with little joy in the aftermath of this public utterance by M&S country manager Ken Scully, but Mayor of Limerick Cllr James Collins has said the opening "would only be permissible in the city centre as per the retail planning and development guidelines".

This must be to the further annoyance of the team behind the proposed expansion of the Castletroy Town Centre, who were refused on the grounds that it would hurt the city centre, yet had namechecked Marks & Spencer in its planning application.

Spartacus awaits further news on this with interest and in the hope of tasty meals deals in the not too distant future.

● Retailers in Limerick are preparing for the busiest time of the year. Christmas shopping has already begun in earnest with queues outside some toy shops. But Spartacus met one very irate shop owner over the weekend who is not happy with a new trend by some shoppers.

"What really is annoying is people coming in, looking for a brand of shoe, and fitting it on," the retailer fumed. "Just when you think they are going to buy, they say goodbye and there is no sale, and they are out the door."

According to the businessman, what

these would-be shoppers are doing is trying on and then ordering online at a discounted price.

"Online shopping is having a big impact, a big negative impact and it really gets my goat when you have these people in with no intention of buying anything coming into my store. You can spot them a mile off," said the retailer.

These are, presumably, some of the same people that complain about the retail offering in the city. If you don't buy, you can't cry, as Spartacus always says!

● AS Ireland prepare to face New Zealand in a big rugby test in Dublin on Saturday, a piece in last weekend's memories section in the Limerick Leader weekend edition got Spartacus' juices flowing in remembrance of Munster's famous win over the All-Blacks, which received somewhat lukewarm coverage from the national broadcaster in 1978.

"Limerick rugby fans are irate at the failure of RTE to provide live coverage on either radio or television of Tuesday's historic rugby match at Thomond Park," the story from 40 years ago read.

The station put on approximately ten minutes of film on Wednesday night at 6.30pm, but as there had been little announcement of this, most of those interested never saw it, according to the report. And those who saw it were disgusted with the quality, the Leader reported. "They were like midgets out there," said one disgruntled follower. You could hardly pick out a single player." Their views were shared by officials of the Munster Branch.

"We felt that the game merited full coverage on radio and television. We believed this beforehand and of course the result only confirms this," Mr Steve McDonogh, Hon. Secretary of the North Munster Sub Committee said. What a scrum!



Pictured at the conferring were, B.A. (Hons) in Design Animation & Motion Design graduates, James McDonnell, Sarah Maloney and Conal McIvor



Pictured at the conferring were, B.A. (Hons) in Fine Art Sculpture and Combined Media graduates, Ciara Rock and Melissa Burke

Combined Media graduate, Aoife Lee and B.A. (Hons) in Fine Art Painting graduate, Una Cahill

Students to tell 'Other Stories' in Narrative 4 exchange

Education: Students to work together on building empathy

JESS CASEY

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PUPILS from Birmingham will this week travel to Limerick to work with students on discovering how retelling each other's stories can increase understanding between communities.

Pupils from three diverse Birmingham schools, Earls High School, Joseph Chamberlain College and Holyhead School, will work with Gaelcholáiste Luimnigh students on a three-day 'Telling the Other Story Without Borders' project.

The students will be accompanied by Dr Ruth Gilligan, a bestselling novelist and University of Birmingham academic, who organised the event with global not-for-profit Narrative 4, which is based in Limerick and New York.

"We live in a time where understanding and empathy are more important than ever, especially amongst young people," Dr Gilligan said.

"Amidst all the talk of Brexit and the Border, there's a real question

mark over how England and Ireland actually understand each other today."

During their time in Limerick, pupils will work with renowned British and Irish authors, visit museums and hone their creative writing skills.

The key activity of the three-day workshop will focus on a 'story exchange' where pupils will share personal stories from one another's lives with a partner.

Students will then have to 'step into someone else's shoes' by telling these stories back to the group in the first person.

The 'story exchange' model was developed by Narrative 4, and is used as a way to bring together young people from diverse backgrounds and cultures.

"Narrative 4 and I have organised this project to provide a vibrant, safe and creative environment where telling each other's stories will hopefully provide the foundations for better understanding, build relationships and change attitudes towards people from 'other'

cultures, not to mention improved writing skills," Dr Gilligan said.



Students will travel to Limerick this week to take part in the 'Telling the Other Story' workshop, hosted by Dr Ruth Gilligan and Narrative 4

English and History teacher at the Gaelcholáiste Luimnigh Paula O'Sullivan said: "Narrative 4 empowers my students to engage and understand real people, while feeling listened to and understood themselves."

"Building empathy is instrumental in the development of our young people, they are the

leaders, teachers, doctors and legislators of tomorrow."

A free event is also set to take place at the Belltable this Saturday November 17 at 8pm. 'Telling the Other Story': Narratives without Borders will focus on stepping into the shoes of the 'other'. Joining Dr Gilligan will be Donal Ryan, David Savill and Paula McGrath, and musician Kathleen Turner. Tickets reserved at the Box Office.

SFI centre appoints marketing manager

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LERO, the SFI Irish Software Research Centre headquartered at the University of Limerick has appointed a new marketing and communications manager.

Nicola Corless, a graduate of Dublin City University, has been appointed to help promote the centre, which works with multinational and indigenous companies and researchers from nine third level institutions.

"Lero is a world-renowned research centre which is at the cutting edge of exciting software development from driverless cars and automation to artificial intelligence and cybersecurity," Ms Corless said.

"I'm looking forward to helping to promote it nationally and globally."

Ms Corless, a former communications officer for UL, previously worked as a journalist and in marketing for Irish and multinational companies.

In 2017, she won a gold medal for communications at the International Business Awards in Barcelona.

"Since (Lero) was founded in 2005, it has become one of the best known and most highly regarded software research centres in the world." Lero is home to 289 researchers.

Sigi's kindness inspires school

JESS CASEY

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CAHERDAVIN pupils, who have been busy filling shoe boxes with gifts as part of a Christmas appeal, were delighted to welcome local hero Sigi Murrhly to their school.

Ms Murrhly, a German native who sends hundreds of Christmas shoeboxes abroad each year with the 'Team Hope' charity, spoke to Mary Queen of Ireland students about her own childhood experiences in war-time Germany.

Students at the school put together an impressive 154 shoeboxes to be shipped



Sigi Murrhly speaking to Mary Queen of Ireland students about their Christmas shoeboxes. Pupils and parents put together 154 boxes this year, pictured on the right

abroad this Christmas.

"Sigi really knows what hardship is so she decided to reach out and help other

children in similar situations," Ciara Dorman from the school said.

"She is a truly amazing

lady with an extremely kind heart. The girls were in awe of her generosity. She is an example to us all."

"The Christmas shoeboxes have opened up conversations in our classes about helping others, donating to charity and caring for children in the world who are less fortunate than ourselves."

"One hundred and fifty four shoeboxes were filled and donated to the 'Team Hope' charity," Ms Dorman added. "This number far surpassed the number they expected and they are truly grateful to the families who supported this very worthy cause."

Santa swaps the sleigh for a bicycle

A JOLLY night of goodwill and good health will be had next month for Limerick's first Santa Cycle.

Organised by the Laurel cycling group, the people of Limerick will see a festive sight as a platoon of Santa Clauses will cycle in Limerick city and up as far as Castletroy.

The cyclists will start in the Hurlers' Bar in Castletroy and will cycle through town on O'Connell Street, down Henry Street and back out the Dublin Road to their starting point.

All funds raised from the

'Tour de North Pole' will go towards the chosen charity Straight Ahead.

Straight Ahead is a voluntary organisation working with children diagnosed with scoliosis, which is a debilitating disease distorting the curvature of the spine.

Anyone over 16 years of age can take part; registration fee costs €30 which include a Santa suit and lights for your bike.

The Santa cycle takes place on Sunday, December 2, at Hurlers' Bar in Castletroy, to register visit eventbrite.ie.

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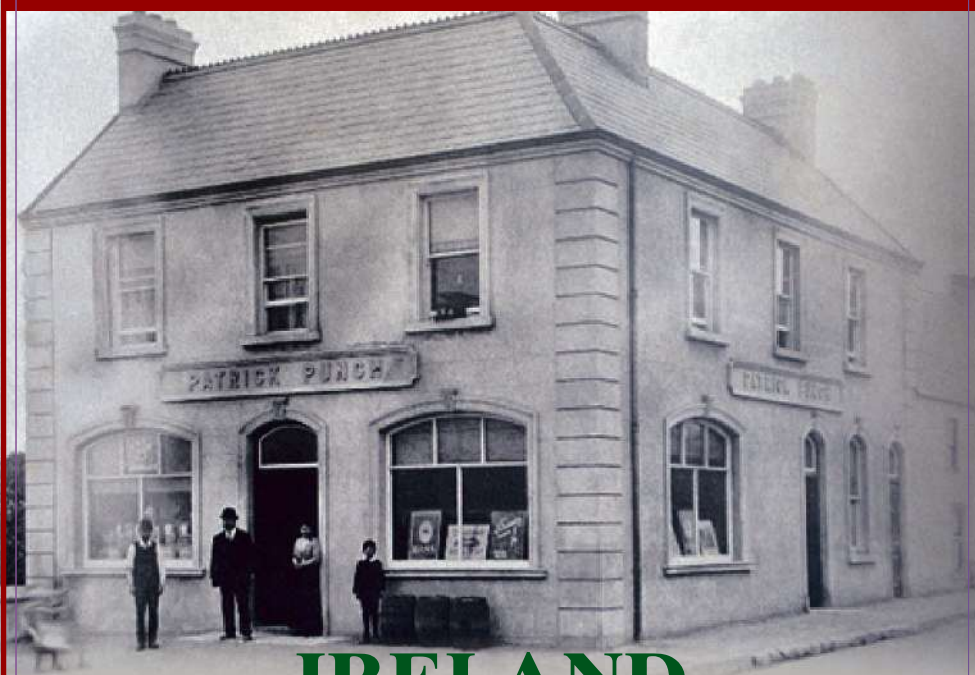


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BREXIT BROACHED AT BOBBY'S

Cllr Marian Hurley, Senator Maria Byrne, Michael Noonan TD, Deirdre Clune MEP, Cllr Elenora Hogan at a public meeting on Brexit which was held in Bobby Byrne's on O'Connell Avenue PICTURE: KIERAN RYAN-BENSON



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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



Watson a snow white male cat. Watson is a stunning cat but requires a special home as an indoor cat as he is deaf. Watson would like to live as an only cat in the home. Watson is approximately two years old. He would be suited to an adult only home. If you can offer this handsome boy a home please phone 087 2295669 for more information.

The second stray is a friendly, gorgeous female cat name Mina.

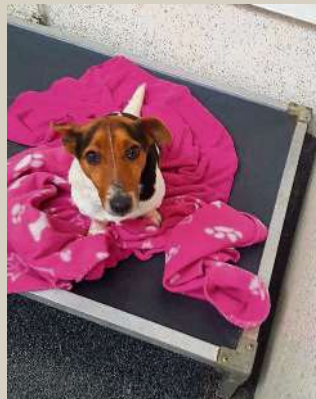
Mina is one year old and can live as an indoor / outdoor cat. Mina would suit all types of homes.



The third stray is a stunning little boy named Greg. one and a half years old, he would suit all types of home. Greg is super friendly, good on the lead and house trained. If you can offer Greg a home please phone 087 6371044 or visit him at the sanctuary in Kilfinane. We are open seven days a week from 12 noon until 3pm. A fully enclosed garden is required to adopt.

Friendly and loving Toby

The fourth stray is a lovely little pet named Toby. Friendly and loving, Toby would be a perfect companion or family pet. Toby is approximately one and a half years old and is waiting at the sanctuary for his forever home. If you can offer Toby a home please phone 087 6371044 or visit him at the sanctuary in Kilfinane.



Kudo the Explorer from Rhebogue won the explorer category in the nationwide Petmania Pet personalities competition

Kudo looks for his next adventure

A SIBERIAN husky's adventurous personality won the judges' votes in Petmania's Pet Personality competition in Dublin.

Kudo, whose owners are from Rhebogue, was rescued eight months ago from a shelter, now enjoys a life filled with new adventures earning him the 'Explorer' award.

Kudo enjoys kayaking, camping,

hiking, and swimming in any body of water he can find, no matter how muddy it is.

Expert dog behaviourist Suzi Walsh applauds the Real Dogs campaign, saying: "I think Petmania's Real Dogs competition is a great way of understanding your dog more and appreciate that each dog has their own individual personality."

UL students tackle greyhound stigma

Dog Days: Society's work on campus acclaimed by IRGT

ANTHONY GEOGHEGAN
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VOLUNTEERS from the University of Limerick were hailed by the Irish Retired Greyhound Trust (IRGT), this week.

The work of members of the UL Greyhound Racing Society received high praise by IRGT as part of their 'Our People, Their Stories' awareness programme.

The society was founded in March 2017 by students Joe Sheahan and Julianne O'Keefe.

The co-founders and members organise regular walks around the Castletroy campus for retired greyhounds to keep them active in life away from the dog track.

Askeaton man Joe, the co-founder of the society, attributed his his passion for greyhound racing to his family's strong background in horse racing.

"I set the society up because I felt it was important to bring like-minded people together over their love and passion for greyhounds."

"99% of dog-owners love their greyhounds, and with all the misconceptions out there, we're very keen to fight them and get the truth across," added Joe.

IRGT has rehomed over 5,000 racing greyhounds since 2008, with 853 rehomed between January and October of this year.

The Irish Greyhound Board contributed



Members of the UL Greyhound Racing Society on the Living Bridge

“With all the misconceptions out there, we're very keen to fight them”
JOE SHEAHAN

over €100,000 to the Irish Retired Greyhound Trust in 2017, sourced from greyhound owners, through a 2% deduction of all winning prize money.

A further 58 greyhounds will be rehomed as pets in Ireland, the UK, Sweden, Italy, the Czech Republic and Belgium at the end of the year.

The student-based group owns Trap Queen, who has three wins to her name in Limerick Greyhound Stadium.

"We have a dog in active training in the society, and our on-campus walks with the retired greyhounds are important, it's great to see that work being highlighted," Joe concluded.



Pictured at the new Theatre are Ursula Morby, David Browne, Majella Corkery, Tony Moloney, Suzanne Dunne, Jim Canny and Lisa Walsh PICTURE: LIAM BURKE

Hybrid theatre opens at hospital

MORE than 80 surgical procedures have been carried out at a new hybrid operating theatre at UHL since it opened in May.

The high-tech theatre allows for shorter, minimally invasive procedures with better outcomes for vascular patients across the region.

It opened in May having received a €1.5 million donation from the

Mid-Western Hospitals Development Trust with the support of the JP McManus Benevolent Fund.

The vascular unit at UHL has long been recognised as one of the leading regional units in Ireland. There are now four Consultant Vascular surgeons in post at UHL: Prof Paul Burke, Eamon Kavanagh, Tony Moloney and Yasser

Abdeldaim.

“This now takes UHL vascular surgery to the cutting edge. Combining hybrid imaging with advances in endovascular technologies will allow us to offer the full breath of minimally invasive vascular interventions to our patient,” said Mr Moloney at the official opening on Tuesday.

Pilots saw ‘bright lights’ moving at ‘Mach speed’

Shannon: Air Traffic Control queried over ‘unusual air activity’

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THE Irish Aviation Authority has confirmed it is investigating “unusual air activity” reported by a number of pilots to Shannon Air Traffic Control.

The exchange between a number of pilots took place early last Friday morning, beginning with the pilot of a British Airways flight, who queried if there were military exercises taking place after seeing a “bright light” that “disappeared at a very high speed”.

The IAA said in a statement: “Following reports from a small number of aircraft on Friday, November 9, of unusual air activity, the IAA has filed a report. This



Shannon Air Traffic Control: Unusual air activity reported

report will be investigated under the normal confidential occurrence investigation process.”

In the exchange Shannon Air Traffic Control (ATC) confirmed that there was nothing “showing on either primary or secondary” to the pilot of

a flight which had the call sign Speedbird 94 and was travelling over Kerry at the time, following her query.

She replied: “Ok, it was moving so fast.”

Shannon ATC queried: “Alongside you?”

She replied: “Came up on our left hand side and then

rapidly veered to the north. We saw a bright light and then it just disappeared at a very high speed. We were just wondering.

“We didn’t think it was a likely collision course, just wondering what it could be.”

Another pilot replied: “Meteor or another object making some kind of re-entry. There appears to be multiple objects following the same trajectory. Very bright from where we were.”

A second air traffic controller asked: “Ok that’s copied. Was there a direction it was going or anything?”

A third pilot, call sign Virgin 76, replied: “Also saw that in our 11 o’clock position. Two bright lights.”

The second pilot replied: “Glad it wasn’t just me”, to which Virgin 76 said: “No, eh, very interesting that one.”

He continued: “I saw two bright lights at 11 o’clock – seemed to bank over to the right and then climb away at speed.”

Other ATC: “Ok we are passing that on, thank you.”

Shannon ATC: “Speedbird 94? Ok just so you know, other aircraft in the air have also reported the same thing, so we are going to have a look and see.”

Other pilot: “The speed was astronomical – it was like Mach 2 or something.”

Shannon ATC: “Roger, ok, thank you.”

The whole exchange lasted less than three minutes.

Man adrift for seven hours clambered up cliffs to safety

ANTHONY GEOGHEGAN

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A WINDSURFER was rescued on Sunday evening after being lost at sea on the southwest coast for over seven hours.

Lorenzo Cubeddu from Inch East, County Kerry drifted away from the coast of Ballybunion beach at 3:30pm, and was later found near Kilkee, before he was rushed to University Hospital Limerick.

A search-and-rescue operation took place with the Coast Guard, Kilrush RNLI, naval vessels, and Shannon-based helicopter Rescue 115 were deployed to the southwestern coast.



A Rescue 115 was deployed for the search

One of the rescue helicopters even passed overhead Mr Cubeddu off the coast of County Clare; unfortunately, the rescue team were unable to see him.

On his wind surfboard, Mr Cubeddu drifted nearly 30 nautical miles north, eventually finding the cliffs off Kilkee.

In the dark, the windsurfer leapt from his surfboard onto the jagged rocks and managed to claw and scrape his way to the top of the cliff.

The fifty-nine-year-old spotted a mobile home, from which the elderly occupant alerted the emergency services. The windsurfer was in a distressed state.

Mr Cubeddu was transported to UHL where he was being treated for dehydration.

According to reports, Lorenzo’s wife Amanda said that although it was the most difficult seven hours of her life, she never gave up hope.

When the gardai told Ms Cubeddu that her husband was recovering at UHL, she headed straight to Limerick where the couple were reunited.



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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Help-to-buy scheme set to continue to end of 2019

The controversial help-to-buy scheme looks set to run until the end of 2019, despite claims from some political parties and economists that it should be abolished.

It was introduced to help fast-track the home buying process for first-time buyers, and it has proved to be very popular.

If you are thinking of buying a property in the next 12 months, and should the scheme run for another year, should you take advantage of it?

Before you can make up your mind, you need to know what it's all about and whether it even applies to you or not, so I'm going to outline below the key areas you need to be aware of.

What is the help to buy initiative?

It allows eligible first-time buyers to get up to 5% of the purchase price of a new house or apartment back in the form of a tax rebate. This can then be used towards the deposit on the purchase.

The total tax rebate is limited to the total income tax and DIRT paid over the previous four tax years and is capped at €20,000. If you have paid less than €20,000 income tax/DIRT in the past four years, the maximum rebate possible will be the total amount of tax you paid.

What type of property qualifies?

To qualify for HTB, the property that you build or buy must be:

Your home
Newly built with the construction subject to Value Added Tax (VAT) in Ireland.

The property must never have been used, or have been suitable to use, as a

residential home.

Who qualifies for the incentive?

You need to be a first-time buyer, buying or building a new property that is priced up to €500,000.

How big does my mortgage have to be?

Your mortgage must be a minimum of 70% of the total cost of the new house or 70% of the value of a new self-build. The house must be occupied by the buyer for at least five years after the house becomes habitable.

What's it worth?

The amount that you can claim is the lesser of: €20,000; 5% of the purchase price of a new home. For self-builds this is 5% of the completion value of the property; the amount of Income Tax and Deposit Interest Retention Tax (DIRT) you have paid in the four years before your purchase or self-build.

The maximum payment is €20,000 per property. This cap applies regardless of how many people enter into a contract to buy a house.

You are a first-time buyer, but your partner isn't, what then?

The incentive is only available to people who've never bought a property before. If either you or your partner have previously purchased a home by yourself or with someone else, you won't qualify.

You can still claim the rebate if you're a first-time buyer and you take out a mortgage in your own name, but you will have to exclude your partner's income details, and the amount you will be mortgage approved for will be based purely on your income.

What if both of us are first-time buyers? Who applies then?

“The incentive is only available to people who've never bought a property before

DID YOU KNOW?

The colour of your door could add as much as €5,000 to the value of your property - online real estate database Zillow, discovered that houses with black or charcoal-grey front doors sell, on average for that much more than houses with other coloured front doors.

Both of you, if you wish.

More than one buyer can apply as long as all parties are first-time buyers. The maximum tax rebate of €20,000 applies per property, so the rebate can be claimed against more than one buyer's income tax and DIRT payments over the previous four years.

Can you use it for buy-to-let properties?

No - buy-to-let homes or other investment properties are excluded from the scheme. The property must be the first-time buyer's main residence.

What about 2nd hand properties?

The Help to Buy incentive was designed to stimulate the construction of more new homes so it's only available on new builds. There's no tax rebate for second hand properties.

How is my salary linked to the amount I am entitled to?

The tax rebate is based on your income tax and DIRT payments over the previous four years.

If you purchase a property costing €275,000, the maximum you can receive is 5% i.e. €13,750.

If you paid tax in the previous four years and it amounted to €18,000, you can only claim €13,750.

If you paid tax in the previous four years and it amounted to €7,000 then you are only entitled to €7,000.

You can quickly find out how much tax you have paid by locating your P60 for the previous four years and adding up the amount of tax you paid in each of the previous 4 years.

Even if you haven't found a house, you can still apply to the Revenue using the MyAccount facility on ROS. Visit [revenue.ie](https://www.revenue.ie) to see the process.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I'm thinking about selling my business. A daughter of mine has expressed interest, but she's not 100% sure. What kind of sale is the most advantageous to me?

A: When you sell a business, tax in the form of capital gains (33%) is paid on the profits made on all or part of your qualifying assets.

However, if you were to sell your business to your daughter, any gain received on your part is exempt from capital gains under a tax relief known as retirement relief. Two important qualifying conditions are (a) the sale must be made by you and not a company if you have one, and (b) you must have been a working director of the firm for a minimum of 10 years prior to the sale.

So if your daughter takes over, you can reduce any capital gains due to you by 100% provided you are aged between 55 and 66. If you are older than 66, tax relief is capped at €3m. If your daughter sold the business six years after receiving it, there would be a clawback on the retirement relief previously received.

If you sell to someone else, you can receive full capital gains relief if the sale does not exceed €750,000 and you are between 55 and 66. If you are 67, the retirement relief limit is reduced to €500,000.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Shop until you drop in the City at Trinity City Hotel - Sister hotel to Limerick Strand. Overnight stay in the heart of Dublin City, full Irish breakfast, 2pm late checkout, complimentary luggage storage, 10% discount card to Kilkenny shop- from €85 per person sharing. T&C's Apply. Book Now 01 648 1000



Join the team at Brian Geary Toyota Raheen for your chance to pre-order from the exciting range of next generation Hybrids running until November 30. Great 191 offers available, trade in booster worth up to €3,000, upgrade in Hybrid for less, three years servicing T&C's apply.



191 HYBRID NOW EVENT
GREAT 191 OFFERS | NOVEMBER 8TH-30TH

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Game, set and match for firm

Software: Trackplan to provide cloud program to Australian Open

NICK RABBITTS
 nick@limerickleader.ie

A LIMERICK businessman is celebrating after securing a high-profile contract with the biggest sporting event on the Southern Hemisphere.

Mark Cochrane, who founded Trackplan, has won a deal to provide his maintenance, asset and contract manufacture software to the Australian Open tennis championship.

Taking place in January each year, the grand slam event attracts almost one million people, and is the main tennis championship for the Asia/Pacific Region.

Based at the Hartnett Acceleration Centre in the Limerick Institute of Technology, Mark has developed a cloud-based software for facilities and property managers to better manage their maintenance, assets and contractors. While Mark is providing software to around 30 Irish and British firms, the Australian Open is the biggest

event he will have ever supplied to.

He said: "One morning, I saw this email come in. It was from the Australian Open. I pounced on it straight away and rang them up.

"They were interested, and they said they would get someone to try the product out. I thought that would be end of that. But the next thing is, I was being asked to complete a due diligence document, I did that, and signed up for the annual contract for the Open to use our software."

Mark, who employs four staff, said: "It's a cloud based software providing intensive jobs management."

Feeding into a central team, it allows jobs to be assigned out to teams deployed on large-scale events, or in small to medium sized firms.

"It's a very important software. Before they were doing it [assigning maintenance jobs] via phone calls and texts, and logging jobs onto spreadsheets. This makes it a lot easier for them to organise jobs and see what is



Mark Cochrane of Trackplan photographed with Paloma Silva, Kevin O'Farrell and Emmet Delaney

PICTURE: MICHAEL COWHEY

going on," Mark told Leader Business.

Trackplan also provides software to the Baltic Art Gallery in Newcastle-upon-Tyne, Kingfisher Gyms in Galway, the Limerick Institute of Technology, Foyle Foods, which has six plants across Ulster, and an American food firm.

"We are also close to getting oil

refinery in Nigeria," he said. "It's a mid-tier product. Our sweet spot is small to medium sized organisations. Some companies would be too small to get benefit from it. So they need to be big enough to get benefit."

Excitingly, he is in early talks with one of the supply firms to the Longford Center Parcs development.

Chamber awards set to recognise the best firms

SEVEN companies from across the region will be honoured this Friday evening at what is the biggest night in Limerick's local business calendar.

More than 400 business leaders will be at the Limerick Strand Hotel for the annual Limerick Chamber business awards, which double up as its president Dr Mary Shire's annual dinner.

In order to recognise as broad a range of companies as possible, the Limerick Chamber awards judges have split 21 companies into seven categories.

While seven companies will win separate prizes, one of these will also be named Limerick's Company of the Year, winning the top Chamber award for 2018.

Categories include best large business, best retail, best corporate social responsibility and best community business.

And Chamber president Dr Shire will also afford a special lifetime achievement award, to be revealed on the night.

Limerick Chamber chief executive Dee Ryan said: "Excitement is really building here in the Chamber as we count down the final hours to revealing



Last year's company of the year were Roadbridge. Pictured is Donal Creaton, Holmes O'Malley Sexton, Conor Gilligan, Roadbridge and former Chamber president Ken Johnson

PICTURE: SHAUNA KENNEDY

the 2018 winners of our Regional Business Awards."

The Leader is the media partner of the Chamber business awards, while its keynote sponsor is LIT.

AIB, meanwhile, sponsors the presidential dinner element of the event, and is also the business representative group's small business partner.

Dr Liam Brown of LIT said: "LIT is delighted to partner with

Limerick Chamber in recognising the success and achievements of businesses in our region.

"As sponsors of these awards for the eighth year running, we are delighted to be involved in Limerick Chamber Regional Business Awards as it is an opportunity to honour companies who are thriving and succeeding in the current economic climate."

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John Battles, *Principal*

Assistant Solicitors

Cathal Moloney

Tracy O'Brien

Bernadette Conway



John Battles & Company Solicitors are delighted to announce the recent appointments of Tracey O'Brien, Family Law Solicitor and Bernadette Conway, Conveyancing & Probate Solicitor. Tracey and Bernadette join John Battles, Solicitor and Cathal Mooney, Solicitor to provide our clients with the most comprehensive range of legal services including Family Law, Personal Injury Litigation, Employment & Immigration Law, Residential and Commercial Conveyancing, Wills and Probate. Centrally located at 3 New Wellington Terrace on O'Connell Avenue, for any legal requirements call **061 404764** or email **info@johnbattles.ie**.

For further information our website is **www.johnbattles.ie**.

Top sociologist appointed at Mary Immaculate College

JESS CASEY

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MARY Immaculate College has appointed leading sociologist and Limerick woman Dr Niamh Hourigan as the college's incoming Vice-President of Academic Affairs.

Dr Hourigan, who has published widely on a range of themes, has worked for four Irish universities during the course of her twenty year career in higher

education.

"I am delighted to be taking up the role of vice-president of Academic Affairs at MIC," Dr Hourigan said.

"The College is at a very exciting juncture in its development as its undergraduate and postgraduate programmes go from strength to strength, the excellence of its research is widely recognised and its campus continues to transform in such an impressive fashion," she added.

"I look forward to supporting both staff and students in MIC in contributing to the College's mission to make a unique impact on higher education and teacher education."

Dr Hourigan recently completed a three-year term as head of the department of sociology at University College Cork, where she is currently senior lecturer in sociology.

She will take up her new position with MIC in March 2019.

Her publications include the monographs 'Rulebreakers' and 'Escaping the Global Village: Media, Language and Protest.'

Dr Hourigan is the former chair of the Editorial Committee of Cork University Press and a former editor of the Irish Journal of Sociology.

She has also served as External Examiner at the Limerick Institute of Technology and an adjudicator for the NUI postgraduate scholarship scheme.



Dr Niamh Hourigan



Michael Kelly, outstanding achievement, society; Professor Brigid Laffan, outstanding achievement, academia and Niall Browne, outstanding achievement, business PICTURE: KEITH WISEMAN

UL alumni recognised for 'outstanding' achievements

Awards: University of Limerick hosts annual gala dinner to honour its graduates

JESS CASEY

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THE University of Limerick Alumni Association has bestowed its highest honour on three "outstanding" graduates at the 13th Annual UL Alumni Awards Gala Dinner.

The annual event, which celebrates the achievements of UL graduates, honoured Dawn Meats chief executive Niall Browne, European policy expert Prof. Brigid

Laffan and social entrepreneur Michael Kelly.

"This event is very much a celebration of the achievements and contributions of three amazing people," UL president Dr Des Fitzgerald said.

"As UL alumni, Niall, Brigid and Michael have made us hugely proud. With each achievement in their careers, they have elevated the reputation of UL by association," he added.

"I can't think of better people for

our current and future students to look to when they seek inspiration from those trailblazers who have gone before them."

Niall Browne, who was honoured for his business contribution, was appointed chief executive of Dawn Meats at the age of 34.

He currently oversees 23 production facilities in Ireland and the UK, 10 sales offices in Europe and Asia, with more than 7,000 staff and revenues over €2bn.

Professor Brigid Laffan,

honoured for her contribution to academia, is the director of the Robert Schuman Centre for Advanced Studies at the European University Institute.

Michael Kelly, honoured for his contribution to society, is the founder of Grow It Yourself, a not for profit organisation which equips people to grow their own food.

The Waterford headquartered company has now supported 500,000 growers across Ireland.

Since 2006, 43 UL alumni have

been honoured by the association including rugby legend Tony Ward, composer Patrick Cassidy, former Riverdance star Jean Butler and acclaimed Irish artist Alice Maher.

The 2018 UL Alumni Awards celebration took place at the Castletroy Park Hotel, with UL alumna and multimedia reporter Juliette Gash as event MC.

More than 200 guests from University of Limerick, business and the wider community attended the black-tie dinner.

Tommy Fleming: Give a Little Bit for Bothar

Charity: Singer records hit song in Rwanda

DONAL O'REGAN

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IRISH singer Tommy Fleming has made beautiful 'moo-usic' to help Bóthar's Christmas appeal.

Launched this Monday, Tommy's recording of Give A Little Bit – the 1977 hit by Supertramp – was laid down in Rwanda with local teenagers in support of the Limerick-based aid agency. The appeal is focused on widows of the horrific Rwandan genocide of 1994 and, particularly, on the supporting the government's one cow per family programme aimed at reducing extreme rural poverty by providing every family with a cow.

Bóthar has lifted thousands of families from poverty there with the gift of in-calf Irish dairy heifers and other food and income-producing animals since it began operations in Rwanda 21 years ago. It was this work that attracted the Sligo native's attention.

"I come from a farming background as my parents were small dairy farmers so it's in my DNA. When I looked more into what Bóthar do, I thought my parents would just have loved this idea so I was only too delighted to travel out, see the projects and record the song.

"We spent a week there in the summer when it was actually warmer back home. We got out into the heart of Rwanda to meet families, whose daily lives are about survival. We met with genocide widows and saw first-hand how the gift of Irish cows to them has transformed their lives.



"One woman had five of her nine children and her husband killed in the genocide. You would wonder how someone could go on after that and when we arrived the smiles and tears just flowed. It was as if we were representing a country that had given her family the winning lotto ticket. You just stood there humbled by it all. We've never experienced anything remotely like this," said Tommy.

The cow she got from Bóthar gave her some bit of hope, said the multi-award winner.

"She was able to raise what was left of her family and, subsequently, her grandchildren from this single cow as every year since she got that cow, Bóthar was back to put the cow back in calf. The gift kept going on and on and is still giving to her today," said Tommy, who described working with the children on the song as one of his career highlights.

"I've had many, many great moments in the music industry but recording with these kids was one of the very best. They have an incredible sense of positivity despite having so little. We met them first on a Sunday, rehearsed with them on a Tuesday and on the Wednesday performed with them in front of a small crowd but an influential one as it included a number of government officials," said Tommy.

It is available to download from Spotify, iTunes via www.bothar.ie A four-part series of short videos documenting the trip will also be broadcast on Bóthar's social media platforms.



Sterling work for charity

Fionagh Ryan of Ryans Jewellers & President of the Association of Fine Jewellers, pictured with Miriam Hand of Breast Cancer Research at their launch recently of the association's latest fundraiser for the charity - a dainty Sterling Silver Pendant in a specially designed gift box - an ideal stocking filler, now in stock at Ryans in 44 Roches St. Limerick. The Association of Fine Jewellers has raised over €40,000 for Breast Cancer Research over the last five years

Regeneron donates van to local charity

JESS CASEY

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RAHEEN-based pharmaceutical firm Regeneron has donated a Volkswagen Caddy to a Limerick charity, which will now be used for the delivery of vital medical supplies across the region.

The donation of the previously company-owned van will now allow Blood Bike Mid-West to transport samples and medical equipment to and from hospitals, hospices and patients across the Mid-West.

"The donation of this van from Regeneron will allow us to continue to operate at full capacity this winter when adverse weather conditions will make transportation by motorcycle unsafe," Blood Bike Mid-West chairman Brendan Caffrey said.

The donation of the Volkswagen Caddy to the charity followed a request from Regeneron employees Elaine O'Connell and David Considine, who



With the van are Richard O'Connell of the charity, employees Elaine O'Connell, Tricia Flahive and Triona Shiels, and Anthony Manning and Brendan Caffrey

volunteer for the charity.

"We would like to thank everyone at Regeneron who made this happen, especially David Considine and Elaine O'Connell," Mr Caffrey said.

"On behalf of everyone here in Blood Bike Mid-West, thank you." David Considine said: "I found the perfect fit in

Local firm in line for innovation award

Limerick firm AddiHive, has made it through to the final of the Innovation Awards 2018, the winner of which will be announced later this month.

The company, which is based in Croom, has been nominated in the Manufacturing and Design category.

The overall winner of The Irish Times Innovation of the Year Award 2018 will be selected from among the five category award



Patrick Byrnes, AddiHive

winners.

Research and development manager Patrick Byrnes says additive manufacturing or 3D printing in metals is disrupting the aerospace and medical device industries at an accelerating pace.

"Our vision is to accelerate the uptake of additive manufacturing and disruptive technologies from SMEs right through to multinationals," Byrnes said.

AddiHive is up against two Dublin-based firms, Marco Beverage Systems and Innopharma.

Blood Bike Mid-West as I love volunteering, and this particular volunteer group also allows me to sustain my passion for motorcycles."

"I feel a great level of satisfaction when I finish my shift, knowing that I am giving back to my community and helping others."



Pictured at the event in the University of Limerick were Johnson and Johnson WiSTEM2d bursary recipients, Aisling Greaney, Biomedical Engineering, Limerick City, Alannah Aherne, Bioscience, Ennis Co. Clare, Clíodhna O'Shea, Financial Maths, Corbally, Limerick, Ellen Liu, Aeronautical Engineering, Castletroy, Limerick, Fiona Neylon, Industrial Biochemistry, Ennis, Co. Clare, Iva Gregovic, Design and Manufacturing Engineering, Raheen, Limerick, Jiale Ryan, Financial Maths, Corbally, Limerick, Maya Brennan, Product Design & Technology, Castletroy, Limerick, Niamh Munday, Product Design & Technology, from Enniskeane, Co. Cork, Siobhán Regan, Chemical & Biochemical Engineering, Moycullen, Co. Galway with Tracey O'Connell, UL, Anna Rafferty, Johnson & Johnson, Prof. Its Richardson, UL and Dr. Teresa Curtin

Out & About

JOHNSON AND JOHNSON'S WISTEM2D BURSARIES

Pictures: ALAN PLACE



Ten winning students on Johnson and Johnson's WiSTEM2D programme in partnership with the University of Limerick were presented with bursaries during a ceremony in UL. Three runners up were also presented with an award.

Pictured at the event in the University of Limerick were Johnson and Johnson WiSTEM2d bursary recipients, Iva Gregovic, Design and Manufacturing Engineering, Raheen Limerick, Siobhan Regan, Chemical & Biochemical Engineering, Moycullen Co. Galway and Aisling Greaney, Biomedical Engineering, Limerick City. PICTURE: ALAN PLACE



Johnson and Johnson WiSTEM2d runner-up recipient, Jane Quigley, Technology Management, from Rhebogue, Limerick



Johnson and Johnson WiSTEM2d bursary recipient, Iva Gregovic, Design and Manufacturing Engineering, from Raheen, Limerick



Johnson and Johnson WiSTEM2d bursary recipient, Aisling Greaney, Biomedical Engineering, from Limerick City



Johnson and Johnson WiSTEM2d bursary recipients, Fiona Neylon, Industrial Biochemistry, Ennis and Alannah Aherne, Bioscience, also from Ennis



Johnson and Johnson WiSTEM2d bursary recipient, Siobhan Regan, Chemical & Biochemical Engineering, Moycullen Co. Galway and runner-up, Emer O'Brien, Mechanical Engineering, Clarinbridge Co. Galway



Johnson and Johnson WiSTEM2d bursary recipient, Clíodhna O'Shea, Financial Maths, from Corbally, Limerick

Students take part in demos for SFI Science Week 2018

STEM: Thousands of students take part in Limerick Festival of Science

JESS CASEY

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THIS SFI SCIENCE Week sees demonstrations and experiments take place at key locations across Limerick, with thousands of students set to take part in the Limerick Festival of Science.

'#Sites4Science' saw students experiment with green chemistry at the University of Limerick, with the Science Foundation Ireland (SFI) Pharmaceutical Research Centre staging demos promoting energy efficiency and waste prevention.

This week UL-based Confirm, the Science Foundation Ireland Research Centre for Smart Manufacturing, also hosted a robotics and Smart Manufacturing workshop for students.

The students began the morning learning about robots and sensors and had the chance to race one of the Rubik's Cube Solving robots we had on hand.

The UL Physical Education and Sport Science hosted workshops with 105 teenagers from five different school taking part in a series of workshops around the theme of 'the science behind successful athletes.'

This Thursday, November 15, sees the return of FameLab, the renowned international sci-comms competition, who are on the hunt for the "best new voices in science communication."

Armed only with their wits and a few props, emerging voices from the world of STEM will deliver three-minute talks on weird and wonderful science concepts. The event takes place at from 6.30pm at Chez le Fab.

To find out more, visit www.scienceweek.ie.



Pictured taking part in an exercise to measure force was Adam O'Connor, St. Patricks Comprehensive Shannon



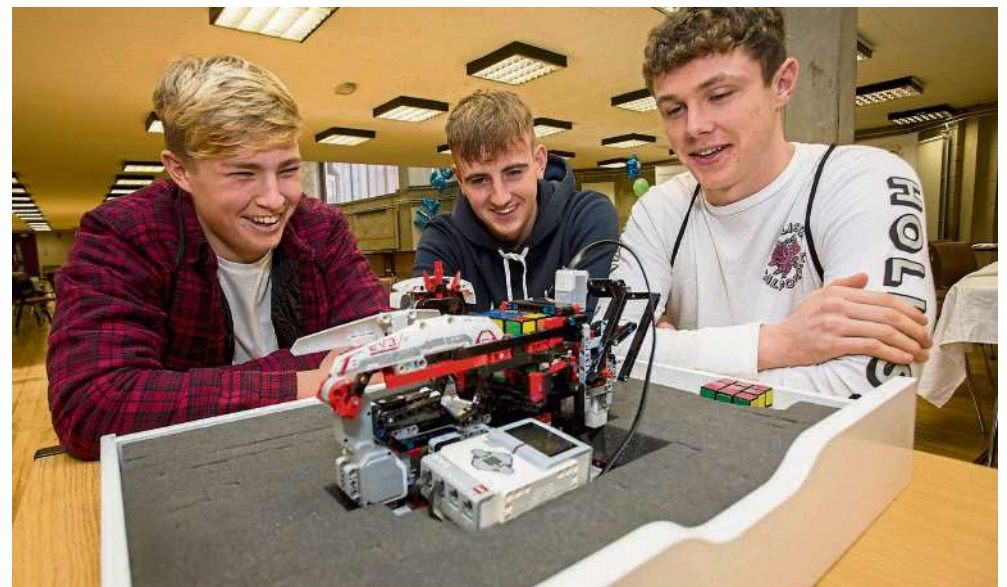
Glenstal Abbey students, Peter Fahy and Harry Swan with Sean O'Brien, Education, Public Engagement & Training Manager, Confirm Centre Smart Manufacturing



Leah McNamara, Laurel Hill Secondary School, doing the reaction time test



Aoife Dillon, Laurel Hill Secondary School measures her reaction times



Glenstal Abbey students Cormac Frawley, Cian O'Farrell and Ruairi Woodcock



KEEP IT LOCAL!

Limerick businesses in the spotlight



Stay ahead of the game with Brian Geary Toyota

THOUSANDS of Irish drivers are making the switch to self-charging Hybrid cars. Since July 2018, more than 55% of Toyota buyers have opted for Hybrid. From 2019, eight out of ten Toyota buyers will be driving Hybrid.

Join the team at Brian Geary Toyota, Raheen, for their Hybrid Now Event from November 8 - 30, to find out why.

It's time to discover why Hybrid is the only choice for you to stay ahead of the game.

It has been well documented how governments across Europe made the mistake of promoting diesel for its low CO2 advantage over petrol and how they are now reversing this, due to the NOx and particulate emissions of diesel. As



The 2019 Toyota Rav4 hybrid

diesel sales fall in Ireland and across Europe, drivers are looking to Hybrid as the ideal replacement.

Toyota really are ahead of the game as they have been selling Hybrids since 1999 and next year will have 10 Hybrid models

available. No other brand comes close. Indeed, as other brands launch their first-generation Hybrid or 48volt mild-Hybrids, Toyota are launching their fourth-generation Full-Hybrids with improved performance, styling, specification and economy.

So, what are some of the reasons that you should choose Toyota Hybrid as your next investment?

Hybrids are cleaner with 90% less NOx and also less CO2 than diesel equivalents.

Better Fuel economy. e.g. 2019 Corolla Hatchback delivers 82.9mpg (3.4l/100km).

Low Road Tax. e.g. 2019 Corolla Hatchback Road Tax is €170.

Better resale value. As diesel resale values fall in Ireland and the

UK, used Hybrid resale values have increased dramatically. In two to three years' time, which would you prefer to be trading in?

As the industry moves away from diesel in passenger cars, we have seen a VRT increase on diesel and will see diesel fuel price increases.

In the UK and other European countries, diesel is more expensive than petrol.

You fuel our self-charging Hybrids the same as any petrol car and you don't need to plug them in as they charge themselves.

There is also improved styling and specification, inside and out.

Check out the current C-HR and our game-changing next generation Corollas, RAV4 and Camry.

They are also a dream to drive which is the best reason of all for some motorists. The reason you will love your new Hybrid is because you will love to drive it. You have to test drive to discover why...

Right now, all new passenger cars will come with three free services and with Toyota Financial Services, finance offers start with APRs from 2.9%. The advice is before you purchase your next new car – give a call to Brian Geary Toyota, Raheen and educate yourself why you should really consider Toyota Hybrid and stay ahead of the game.

Brian Geary Toyota, serving our customers in Limerick for almost 40 years. See www.briangeary.ie or call 061-225225

Spotlight on wedding industry at Brides of Limerick

LIMERICK'S talented wedding suppliers and venues were celebrated at the fourth annual Brides of Limerick Wedding Industry awards 2018 at the Inn at Dromoland county Clare last Sunday November 11.

The ceremony, hosted by Brides of Limerick magazine, saw over 60 wedding suppliers receive awards as voted on by the public and selected as a result of glowing testimonials sent in by brides and grooms to the publication.

Speaking on the night, publisher April Drew credited each of the nominees for their dedication to their respective categories and thanked them for their support of the magazine, which celebrates five years in

business this year.

"We are delighted to be able to celebrate the fantastic wedding industry here in Limerick that believed in us and our local wedding magazine that is a success because of your support. It's important to acknowledge the hard work and talent in this industry and we are so happy to be able to give credit where it is due", Ms Drew said.

Some awards on the night included Wedding Venue of the Year which was won by Castletroy Park Hotel, Overall Wedding Supplier of the Year won by Lilac Rose Bridal and Outstanding Contribution to the Industry Award was received by Dan Lawless of Lawless Flowers on Roches Street.



Staff from Castletroy Park Hotel who picked up the Overall Wedding Venue award of the year at the Brides of Limerick Awards

Naughty, nice or still not sure? Party season kicks off at the Clayton Hotel

SANTA is making his list at Clayton Hotel Limerick before the party season kicks off on November 30.

The Big Man said, "I need to get down to Limerick to do a quick check but I have been told everyone is being well behaved so I

think everyone will get something this year. I might even make an appearance at some of the party nights and sing a tune!

Clayton Hotel Limerick has very limited spaces left on its party nights and is still taking

bookings for lunch and dinner in the Waterfront Restaurant with some belting tunes in the bar after! #rockroundthechristmastree.

Watch out peeps – Santa is watching!



Book your Christmas party on www.claytonhotellimerick.com as night as quickly filling up

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Sheila and Deirdre O'Malley with staff outside O'Malley's Pharmacy, Dooradoyle, which is 50 years in business this year



Fifty not out! Diarmuid, Sheila, Peg, Tim and Deirdre O'Malley at O'Malley's Pharmacy, Dooradoyle celebrating 50 years of serving the community

Out & About

O'MALLEY'S PHARMACY DOORADOYLE CELEBRATES 50 YEARS IN BUSINESS

Pictures: DAVE GAYNOR



Deirdre and Sheila O'Malley with Brian Greene



Staff members Ewa Jablonska, Norma Maher and Nancy O'Sullivan at the Dooradoyle premises



Josephine Howard, Margaret Scanlon and Lorilee Grimes at O'Malley's Pharmacy, Dooradoyle



Sheila O'Shea, Dooradoyle, and staff member, Mary Hayes



Sarah Hayes, Bruff and Deirdre Daly, Ennis



Joe Acosta, Raheen, and Jojo Zapanta, Gouldavoher



Seosamh ÓCúinneagáin and Jean Cunningham, Raheen



Sheila, Peg, Diarmuid, Tim and Deirdre O'Malley at O'Malley's Pharmacy which has been in business for 50 years this year



Marie McConn, Hogan's Pharmacy, Laura Garrett, Life Pharmacy, and Sheila and Peg O'Malley



Margaret Allen, Clarina, and Imelda Butler, Dooradoyle

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



Top class students at Gaelscoil An Ráithín

This week: The Leader visited Gaelscoil An Raithin, who told us all about life in their brand new school in Mungret and about all their classroom activities

JESS CASEY

jess.casey@limerickleader.ie

IRISH dancing, speech and drama, STEM and poetry; students at Gaelscoil An Raithin really are a talented bunch!

When the Leader visits the class at their new school campus in Mungret, múinteoirí Niamh Uí Dhomhnallán and Cristín Ní Choinceannuin are getting their class ready for a trip.

"It's Science Week so later

today we'll go to LIT," Fionn tells the Leader.

"We are entering in the Vex IQ robotics challenge," his classmate Aidan explains.

"Every year Dell partners with Vex IQ to host the robotics championship for schools across the country."

Everyone takes part, adds Charlie. "We have the build team, the pr team, we have the engineering team as well as the design team."

The class also loves music,

Connor S tells the Leader.

"We practice every Wednesday in the hall and we play a lot of traditional music. We are practicing because we are going to play in the retirement home in the Crescent."

Classmate Emma added, "When the school was officially opened, every class, choir and music group performed very well."

Connor C chimes in "We're also planning to have a school play by the end

of the year. We've done plenty of school plays over the years and I think this will be the biggest one yet because the new hall is very large and we have a stage."

"We're also entering a competition called Gael Linn," Kate said.

"It's an Irish competition where different schools from across the country come together to do Irish dramas and it's a wonderful team building experience."

"We have lots of students

studying speech and drama," her classmate Eoghan explains. "We take part in lots of competitions and lots of students have medals."

Aishling tells the Leader about how she won a gold medal for a special poem she wrote. "I composed a poem for the competition about my grandad and the All Ireland Final. I received 99 points for it." And what did he think about his poem? "My grandad thought it was great!"

The class has also been

focusing on charity, Lisa tells us. "Our school is going to gather food and send it to the Redemptorists for their Christmas hampers."

"We've also done work for Milford Hospice," Kate adds. "We're very happy because when we are going in to secondary school we will be bilingual, fluent in both English and Irish," says Daniel. "As the old seanfhocail goes 'beatha teanga í a labhairt,'" adds his classmate Ali.



On the left are the boys and girls of sixth class at Gaelscoil an Ráithín in their new school halla, and above are Irish dancers Niamh, Rose, Rachel and Jillian PICTURES: MICHAEL COWHEY

SCHOOLS REPORTS



THIRD LEVEL

UL students receive STEM and design bursaries

FOUR Limerick students have been presented with bursaries from a global healthcare company.

Johnson and Johnson, as part of its Women in STEM and Design Award Programme, awarded students at a ceremony at University of Limerick (UL) this week.

Aisling Greaney, from Limerick City, Clidhna

O'Shea, from Corbally, Iva Gregovic from Raheen and Jiale Ryan, from Corbally, received bursaries from the company.

Two runner ups, Jane Quigley, from Rhebogue, and Ruth Butler, from Monaleen, also received awards. Thirteen students were selected for the programme following a rigorous application process and one-to-one interviews.

ENVIRONMENT



Limerick schools awarded Water Flags

SEVEN Limerick schools have been awarded the Water Flag which involves almost 2,580 students and more than 240 teachers.

School children across Ireland saved over 389 million litres of water last year, the equivalent of over 450 million cups of coffee, due to their participation in the Green-Schools programme.

The water theme encourages primary and secondary school children to develop their awareness around water conservation and how to effectively manage this important resource in our schools and homes.

To date more than 2,300 schools have been awarded the water flag since the beginning of the Green-Schools programme.

GENDER BALANCE

Gender action plan launched for colleges

A 'GENDER Action Plan' has been launched by the Department of Education to promote women in higher education.

In 2017, just 24% of professors in Irish universities were women, even though 51% of lecturer positions are held by women.

According to the Minister of State for Higher

Education Mary Mitchell O'Connor, if current trends continue, it will take more than 20 years to achieve 40% gender balance for college professors.

"I am insisting on institutions setting ambitious targets for one, three and five years. I want 40% of professors within our institutions to be female by 2024."

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

CONNOR M, AGE 11

"Our school was founded in 2003. We used to be based in the Garryowen Rugby Club and we moved into our new school last September. It's a big change!"



BARRY, AGE 11

"We have lovely facilities and an interactive whiteboard. We also have a new library. We also have a new hall, which is great because when it's raining we do our PE in there."



PADDY, AGE 12

"We play lots of sports in the school. We have one coach who is a teacher and another who is a parent. We play Gaelic, football, soccer, hurling and tag rugby."



GRÁINNE, AGE 11

"One activity that I like is the Green Team. With the Green Team, one person from every class makes sure everyone knows how important recycling is. We're trying to get the Green Flag."



LILY, AGE 11

"We have an incredible choir and we are practicing now to go to the hospital and the Crescent in a few months for Christmas caroling."



ROSE, AGE 11

"A lot of the students in the school practice dancing together. We started when we were in juniors so a lot of people have moved up. We have five world medal holders in the class."





Sixth class children with Limerick players Pat Ryan, Amy Ryan and Jenni O'Malley

Out & About

LIMERICK PLAYERS BRING ALL-IRELAND CUPS TO ST PAUL'S NATIONAL SCHOOL

Pictures: WANDA DWANE



First class supporters delighted to have met Pat Ryan and held the Liam MacCarthy cup



Some of Mr. Kirby's 5th Class pupils were delighted to get to hold the Ladies Football cup



St. Pauls pupils from Ms. Cullinane's 1st Class



Teachers Ms. Shine and Ms. Naughton



Amy, Jenni and Pat Ryan participated in a questions and answers session at the school



Pat and Amy Ryan, Jenni O'Malley and principal of St. Paul's John Tuohy with the Liam MacCarthy and West County Hotel



Pat Ryan with a young Mungret St. Pauls GAA player



Fifth class students with Limerick players Amy, Pat Ryan and Jenni when they visited with the cups lately



Two of Ms. McGrath's senior infants pupils



St. Pauls SNAs Sandra and Eileen



St. Paul's teachers Deirdre, Siobhan, Aine and Carmel get their hands on the Liam MacCarthy Cup



Amy, who is an SNA at St. Pauls and Jenni with the West County Hotel Cup which they received for winning the Ladies All Ireland Football team with two St Paul's pupils



Pupils from Mr. Hutton's first class get the chance to lift the West County Hotel Cup



Jenni and Amy with St. Paul's players from Ms. O'Dea's class



Some of Ms McNamara's First Class students with the Liam MacCarthy cup



Courtney Brown, Jade Needham, Mayor James Collins and Daniel Collins, Jack Moloney and Chloe Solley at the Limerick Panto Society launch of Alice in Wonderland which begins on the December 28 and continues to January 6 at the Limetree Theatre



Sarah Nix, Aisling Keyes and Treasa O'Rourke

Out & About

LIMERICK PANTO SOCIETY LAUNCHES ALICE IN WONDERLAND

Pictures: BRENDAN GLEESON



Fionn Kennedy, Tim Cusack and Tara Madden



Some of the Talented Teenagers taking part in the Alice in Wonderland



Grainne McCarthy and Catriona Flynn



Shaena Cohen, Mayor James Collins and Sam Kennedy at the panto launch



Aoife Gleeson having fun with the Mayor James Collins



LEFT: Mayor James Collins, Emma O'Dirscoll, Tim Cusack, Danielle McCarthy and Kate Sheehan, St Gabriels, at the Launch of the Limerick Panto Society presents Alice in Wonderland which begins on the December 28 to January 6 at the Limetree Theatre

ABOVE: The Cast from Alice in Wonderland all set for the Show which begins December 28th to 6th January at the Limetree Theatre

RIGHT: Mayor James Collins, Emma O'Dirscoll and Tim Cusack



Tony Cusack, Grainne McCarthy, Sandra Flynn, Mayor James and Daniel Collins, Dymphna O'Kelly, Carol and Deirdre Cusack with Damien Shaw



Danielle McCarthy and Sophie Ryan



Sharon Kiely, Sean Lynch and Gill Fenton



John Davitt, Crescent Shopping Centre, sponsor, Emma O'Dirscoll, Tim Cusack, Fergal Deegan, Limerick leader and Joe Cleary, Mr Binman, sponsor



Danielle McCarthy, Aoife Gleeson and Sophie Ryan

ENTERTAINMENT

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



An evening of spoken word with Stephen James Smith

Dublin poet and playwright Stephen James Smith is part of a double bill of spoken word at the Belltable this Thursday night.

Joining Smith, who made a memorable contribution to the recent Late Late Show broadcast from London with an impassioned performance of his poem *This Community*, is Sorcha Fox (show 8pm, tickets €17/15).

Fox will perform her spoken word piece *Remember*, accompanied by three musicians, before Smith takes to the stage, accompanied by musician, Enda Reilly. It is part of Smith's *Fear Not* promotional tour for his debut poetry collection. See www.limetreetheatre.ie.

HIGHLIGHTS

WEDNESDAY, NOV 14

Nelly

Big Top, 7pm. Sold out

KARlnival

Dolan's Warehouse, 7.30pm. €11

TAN

Belltable Café, 8pm. €17

Blithe Spirit

Lime Tree, 8pm, to Sat. €21/18

Benedict Morris

Dolan's Upstairs, 8pm. €11

Tiny Giants

Smyth's, 10pm

THURSDAY, NOV 15

Stephen James Smith

Belltable, 8pm. €17/15

ICO Spotlight

UCH, 8pm. €25/22

Ronan Guilfoyle

Dolan's Upstairs, 8.45pm. €10

All The Luck In The World

Kasbah Social Club, 9pm. €10

Mark Geary

The Commercial, 9pm. €8

Daragh Carey

The Glen Tavern, 10pm

Escapade

Smyth's, 10pm

FRIDAY, NOV 16

Deacon Blue

Big Top, 7pm. €33

Owen Colgan

Dolan's Warehouse, 7.30pm. €15

The Shandon Quartet

Belltable, 8pm. €17/15

Legends of American Country

UCH, 8pm. €25

Zealot Cult

Kasbah Social Club, 9pm. €7

Quentin

The Glen Tavern, 10pm

Divine Intervention

Smyth's, 10pm

SATURDAY, NOV 17

Married to Broadway

UCH, 7.30pm. €40

Narratives without Borders

Belltable, 8pm. Free

Stephanie Rainey

Dolan's Upstairs, 8pm. €15

The Hitchers

Kasbah Social Club, 9pm. €10

Mr Scruff

Dolan's Warehouse, 9pm. €20

Hot Fuss

Smyth's, 10pm

Pat Holland

The Glen Tavern, 10.30pm

SUNDAY, NOV 18

Dubioza Kolektiv

Dolan's Warehouse, 8pm. €28e

Stand up and Sing!

UCH, 8pm. €25/20

Jeff O'Neil

The Glen Tavern, 10pm

Far Haven

Smyth's, 10pm

MONDAY, NOV 19

Colombus

Belltable, 8pm. €8

TUESDAY, NOV 20

Is She Dead Yet?

Lime Tree Theatre, 8pm. €7

The Acoustic Club

Charlie Malone's Bar, 9pm

BELLTABLE
69 O'Connell Street



**STEPHEN JAMES SMITH
& SORCHA FOX**

A Night of Spoken Word



Thu, 15th Nov | 8pm

Tickets: €17/€15

Box Office 061 953400

www.limetreetheatre.ie

Whenyoung are Dingle-bound

HOTLY tipped Limerick band Whenyoung are among the artists lined up to take part in live TV recordings for *Other Voices* in Dingle.

The trio – Andrew Flood, Aoife Power and Niall Burns – join a prestigious line-up that also includes Courtney Marie Andrews, David Keenan, Gruff Rhys, Jade Bird, Loah Mahalia and Nakhane.

The recording, featuring the breakthrough Limerick indie pop band, who played a superb hometown show at Dolan's recently, takes place at St James' Church between November 30 and December 2 in front of a live audience, with the series to be broadcast on RTÉ in early 2019.

Organisers have also announced 26 new additions to the Hennessy Music Trail at *Other Voices* including Touts, JYellowL, r.kitt, Dowry, A. Smyth, Nialler9, Brand New Friend, Galants,



Whenyoung: Andrew Flood, Aoife Power and Niall Burns

Fears, Thumper, Girlfriend and many more. It brings the tally to 40 artists across 14 venues, with I Have A Tribe and others in the IMRO Other Room this year. Registration for *Other Voices* is now open at www.eventbrite.ie.

THINGS WHAT ARE ON IN LIMERICK

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



Blithe Spirit is at the Lime Tree Theatre all this week



Deacon Blue are Live at The Big Top on Friday PICTURE: PAUL COX



The Shandon Quartet are in the Belltable on Friday

RETRO takes centre-stage this weekend, as Deacon Blue and The Hitchers play gigs in the city. You can also catch the marvellously-witty Blithe Spirit by College Players at the Lime Tree for five nights and watch the Christmas lights being turned on this Sunday!

Thursday (Nov 15)

Baroque duo **Tonos** play a lunchtime concert at the **Irish World Academy** in UL this Thursday. They specialise in little-known repertoire for voice and early guitar, mainly music from the 16th and 17th centuries. It's little-known mainly because opera comes with a bigger budget and rock and roll has delicious bass. As they like to theme their concerts, you can expect 45 minutes of winter music. It starts at 1.15pm and it's free.

College Players take over the **Lime Tree Theatre** from Tuesday to Saturday this week with their production of Noël Coward's *Blithe Spirit*. Novelist Charles Condomine invites a medium to his house to conduct a séance, despite being aware that people who claim to be in communication with the dead are all frauds. Surprisingly, the attempt works and he finds himself haunted by his dead wife, who is rather eager to make life difficult for his current (living) wife. Hilarity follows. College Players are at their peak when doing comedic farce and Coward's script gives them plenty to play with. It's a fun show and you're pretty much guaranteed a good time.

Starts at 8pm each night until Saturday and tickets are €21 / €18 concession.

Chez le Fab hosts the Limerick heats of **FameLab 2018** this Thursday. FameLab is an international competition where voices from the world of science and tech deliver three-minute talks on weird and wonderful science concepts. As it's a local heat, you can expect the quality to be mixed but you might come out knowing more than you knew on the way in. It starts at 6.30pm and it's a free event.

Friday (Nov 16)

Cork's **Shandon Quartet** will be at the **Belltable** this Friday, with a programme that includes Haydn's Emperor string quartet and Robert Schumann's third attempt at writing music for wedding-day orchestras. The second movement of the Haydn piece also happens to be the German national anthem, so make sure you're not sitting behind someone from Berlin on Friday. They might decide to restrict your view by standing up to respect the Fatherland. It starts at 8pm and tickets are €17 / €15 concession.

Deacon Blue are **Live At The Big Top** in the Milk Market this Friday night, taking people on a nostalgic tour of their peppy late-80s songs. They'll also play some of their newer material, as they've recorded three new albums since 2012, but the vast majority of the crowd will be there to sing *Real Gone Kid* with a Limerick twang. Gates at 7pm and there are still a few tickets on Ticketmaster for €37.

Saturday (Nov 17)

The **Naughty Wizard** might sound like a late-night adult pastiche of Harry Potter but it's actually a charming puppet show at the **Belltable** this Saturday aimed at young folk. Written and performed by Conor Lambert, it's a tale of a young boy whose efforts to become the greatest wizard in the world aren't particularly appreciated by the animals he's using in his magical experiments. It's the perfect afternoon show for children aged between 4 and 9. Starts at 2.30pm, tickets are €8.

Authors Ruth Gilligan and Donal Ryan will be joined by musician Kathleen Turner at the **Belltable** this Saturday night for **Telling The Other Story**, an evening of word and song. Organised by Narrative 4, British and Irish authors will try to step into the shoes of 'the other' and consider whether stories can build bridges while they talk about their work. As the whole ethos of Narrative 4 is that stories can do just that, the answer will be yes but the joy will be in the journey. Starts at 8pm and it's a free event.

The Hitchers haven't gigged in a few years but they're back to the **Kasbah Social Club** for a show this Saturday. The Limerick rockers were incredibly popular around these parts in the late 90s and, despite officially splitting up in 2001, have had more short reunions than the graduating classes of 1965. Multiple reunions aside, they do a great show and Niall Quinn's barbed lyrics deserve a frequent airing.

are a tenner.

Stephanie Rainey is **Upstairs in Dolan's** on Saturday night. The Cork singer-songwriter has been on the cusp of a big break for almost half a decade with her quietly-introspective sound but after a packed Grand Social gig earlier this year and a record contract with Warner UK for her forthcoming album, 2019 is likely to be her year. You can catch her in Limerick this weekend while tickets are still cheap at €15. Doors at 8pm.



Stephanie Rainey

Sunday (Nov 18)

Christmas arrives to Limerick this Sunday, whether we want it or not. The city's Christmas lights will be turned on a little after 4.30pm by cervical cancer campaigner Vicky Phelan and cast members from *Frozen*. As Ms Phelan rightly continues to highlight the issues with Ireland's cervical smear testing programme, it's probably not a good idea to sing *Let It Go* at her, though *Do You Want To Build A Snowman* is perfectly fine. O'Connell Street will be closed to traffic for the

switch-on and will also host three hours of Christmas Dash races for charity from midday to 3pm.

The **Munster Rugby Supporters Club Choir** has become a fixture before matches at Thomond Park over the past decade and they're performing an entire concert at the **University Concert Hall** this Sunday to celebrate their tenth anniversary. They'll be joined by soprano Cara O'Sullivan and the University Of Limerick Orchestra. I'm sure they'll be happy for everyone to sing along to *Stand Up And Fight*. 8pm, tickets are €25 / €20 concession.

All weekend

The **Paradigm II** exhibition is at Friars' Gate until November 30. Agora is at Ormston House till December 8. 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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Forever in Blue Jeans · *Hello Again*
Beautiful Noise · *I am, I Said* · *America*
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Thursday 22 November 8pm

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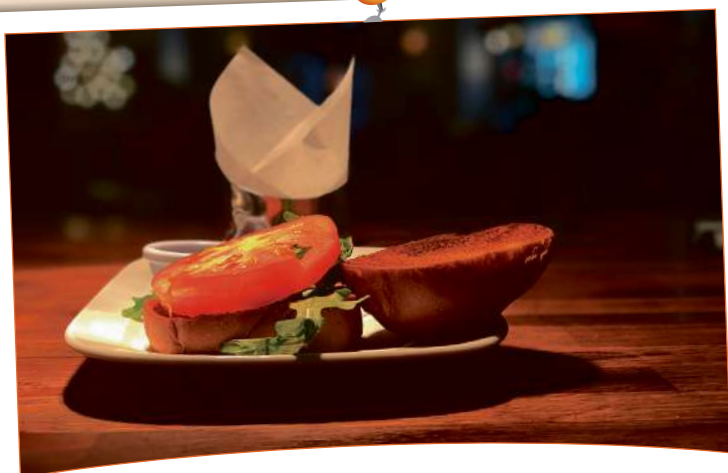
THIS WEEK WE VISIT THE 3 BAR
PICTURES:
DAVE GAYNOR



Claire Grace and Noel Flanagan at the newly revamped The 3 Bar, Lower Glentworth, Street

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Nicky Woulfe spinning the discs



Pat Vaughan and Ed Cussen enjoying at night out at The 3 Bar, Lower Glentworth Street



Christina Creed and Niall Heelan



Keith White and Monica Walchala



Dave Parker and Stephen Power



Ann Franklin and Eoin Mahon



Derek Mulcahy and Noel Dunphy



Brid and Liam Duhan



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with

DJ Nicky Woulfe

EVERY FRIDAY

From 10pm

Saturday Night

Andy Rhodes

Sunday Night

Celtic Ramblers

6.30 to 9pm

and **Victor**
from 9pm



LEADER LIFE

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



A Day In My Shoes

Donal O'Connell

Proprietor Mike O'Connell Menswear

All in the suit that you wear

What time do you get up?

I usually have a reasonably early start at 7am, but the nature of our business means that it varies and I can be up much earlier from time to time.

What is your normal breakfast?

Breakfast varies from morning to morning. Most mornings, I do my best to be healthy and enjoy Porridge

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

I walk with my two dogs before and after work.

You arrive at office at what time?

I usually start my work day no later than 8.45am, but that varies from day to day.

What are your first duties?

Look at what has to be ordered and the most important think is to sell

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

I'd love to say I drink very little coffee, but the truth is I love coffee and I drink three cups every day.

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

Esquire coffee shop is my go to place

Do you have many meetings during the day?

Every work day is different for me, but I usually have quite a few depending on the time of year and the different clothes that need to be ordered.

What time do you finish up at?

Most days I try to leave the shop at 5.30pm.

Do you watch much television?

No I rarely have the time.

Do you read the newspapers?

When I get a quiet moment, but usually I get it on my phone.

Donal O'Connell of O'Connell's Menswear, Catherine Street

PICTURE: ADRIAN BUTLER

What do you do to relax?

I enjoy going to Ballybunnion and walking on the beach.

Are you able to leave the office behind?

No its very hard to leave the office behind when you are self employed

What is a perfect work day?

When we are busy

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

Very rarely, but punctuality and professionalism is key to any business, lack of this would actually annoy me.

INSIDE THIS WEEK



COOL AND CONFIDENT

Celia models the latest collection
PAGE 54



THE PERFECT COMBINATION

Jessica hits the Ellie Kelly launch
PAGE 57



MAGIC MIRROR ON THE WALL

Richard previews Snow White panto
PAGES 58-59



HOLIDAYS ARE COMING!

Meghann gears up for Christmas
PAGE 60

Marathon mindset for life



MENTAL HEALTH MATTERS
DR EDDIE MURPHY
 Clinical Psychologist

OVER 20,000 runners completed in the recent Dublin City Marathon. Running the marathon distance of 26 miles 385 yards (42kms) is a great achievement taking dedication and commitment. When you run a marathon, people often ask did you do it under four hours? However the real achievement, is getting to the starting line and to the finishing line. I know as I have five marathons and each one was different.

Yet for many people getting out of bed and going to work, school or to the shop is their marathon. The individual with depression, cancer, or disability can face a marathon on a daily basis. Many times they don't get the opportunity to train or prepare. Often their families are both their greatest supporters and for many they too are dragged into this race for psychological survival.

As I was reflecting on this week's article I was wondering what lessons from a marathon mindset that we could apply to life. Let's start with what we mean by mindset?

GROWTH V FIXED MINDSET

A mindset can be seen a person's philosophy of life or the way their world view. Psychologist Carol Dweck states that there are two categories; growth mindset versus fixed mindset that can group individuals based on their behaviour, specifically their reaction to failure. Those with a "fixed mindset" believe that abilities are mostly innate and interpret failure as the lack of necessary basic abilities, while those with a "growth mindset" believe that they can acquire any given ability provided they invest effort or study. Dweck argues that the growth mindset "will allow a person to live a less stressful and more successful life". Do you believe that your talents, intelligence and abilities are laid done? Or do you believe that your talents and abilities can be developed through effort, teaching and persistence? Individuals with growth mindsets are more likely to continue working hard despite setbacks. Which brings me back to the marathon!

TOP PSYCHOLOGICAL SKILLS FOR THE MARATHON OF LIFE

BELIEF: Belief is critical in life. Believing in yourself is the first and most important step. Beliefs set the distance or the limits, in life you don't want lowered expectations, you want to reach



The individual with depression, cancer, or disability can face a marathon on a daily basis

your maximum potential. Like every marathon adversity and setbacks are common, an optimistic mindset will assist in overcoming setbacks.

MOTIVATION: There are three types of motivation – passive, external and internal. Passive is where you just sit and wait for inspiration to hit you. Wait till you feel like doing it. External is motivating yourself with the thought of reward on completion of the task. However the most powerful is internal motivation. This is your inner power that drives your success in whatever capacity.

GOAL SETTING: Goals fire your POWER; Purpose, Optimism, Work, Empowerment and Reward, they will assist you to get to the end. In the next three years what do you hope to achieve? What are your short, medium and long term goals in life?

POSITIVE SELF TALK: When running you have a lot of stuff running through your head, heart and gut. If you are filling your head with negative thoughts this will transfer to your running and your life. I use mantras like "Go For It! And Never Give Up! I also think answering this question with positive actions will bring you into a life of purpose, meaning and engagement; "What would you do if you were not afraid?"

ONE STEP AT A TIME: The marathon distance can be overwhelming. Life can be like that where we feel that all the responsibilities that we have is like a crushing weight, such that we can be swamped by stress. Just like the marathon we need to tackle our stress like taking on the marathon one step/mile at a time. Just like you can never achieve a marathon in one effort or manage all our stress we can manage it bit by bit.

PREPARATION: You won't finish a marathon without training, rest, or nutrition. Benjamin Franklin truism is; "By failing to prepare, you are preparing to fail" makes total



Many people must tackle marathon-like challenges throughout their life

sense. In life when it comes to getting beyond survival to thriving we need to work hard in advance.

EMOTIONAL REGULATION: We all need to be able to keep our emotions in check. Whether on the race track, the operating theater or in the board room, a calm head is the most desirable mental state. A marathon can be an emotional roller-coaster. Getting too ahead of yourself or down on yourself can lead to problems.

At mile 20 I thought it was going smoothly. It seemed too easy. I was going to beak a sub 4 hour marathon without killing myself. Or so I thought, until I looked behind me. It was there I saw the red balloon of the 4 hour runner marker, if I finished behind him it would mean I finished after four hours. He was breathing down my neck and by mile 21 overtook me. I was crushed. I tried to remain unemotional but it was a sickening feeling to know I was so close and yet didn't seem to have the legs to see it through and claim a sub four hour marathon. But I persisted and kept jogging.

As mile 25 came into view, I was only 20 feet behind him. A second wind was circulating in my lungs and there was renewed vigour in my legs. I was going to leave it all on the line. I began my acceleration and clawed back the distance eventually overtaking him by mile 26 and saw it home. A sub four hour marathon could now be added to my personal accomplishment list.

This was purely down to keeping my emotional balance in the face of defeat.

In business this is also important. You cannot lose your cool with customers. Emotional cards cannot be shown in any business negotiation or you risk losing advantage. You must maintain a healthy emotional distance from the business. Just because everyone is investing in the latest tech, it doesn't mean you need to. Don't let emotion spoil your judgement. Take a mental step back.

MANAGE YOUR NERVES: Being nervous and anxious uses up valuable energy. Save your energy for your run and instead trust in your training, work on developing your belief and confidence, and bring back your positive mindset by focusing on what is in your control. Don't waste energy on focusing on things that are outside of your control. Take each long run as a milestone, a chance to build belief and confidence, to learn lessons and to practice training your head to stay in the right place as well as your legs.

DISCIPLINE: I am naturally blessed, with a lot of energy, but it can be difficult to control and direct it. Everything is just a habit however and the key is creating habits that can benefit your life. Before you ask, Television isn't one of them. I spend at least an hour night using Photoshop or watching videos on it to learn the software. I

try to read at least 30 minutes a day to increase my vocabulary and broaden my mind. All this requires discipline. You cannot run or grow a business without discipline.

What helped me run a marathon without any proper training? Well it was always a discipline of mine to try and maintain a healthy diet and do weight lifting at the gym 4 times a week. On my lunch I often just eat plain yoghurt and blueberries – not nice on the palate but good for the body.

During the marathon, I had to abstain from taking on too much liquid or energy drinks. This would only add excess weight to my body. Each bottle I took a slug or two out of and I threw away more than half of it. This kept my body light even if it yearned for some more precious sugar or hydration. I also had to be disciplined with my running speed. It was necessary to jog at an almost constant and monotonous speed so I would have enough legs to go the distance.

TAKE AWAY: To get to the finish line you need to take lots of different paths and know that everything that you need to cross the line is already in you.

* Dr Eddie Murphy is a clinical psychologist, author and mental health expert. ONLINE CBT - STOP DEPRESSION - STOP ANXIETY - available at <https://stratushealth-care.ie/mental-wellbeing/>

Readers**Pictures**

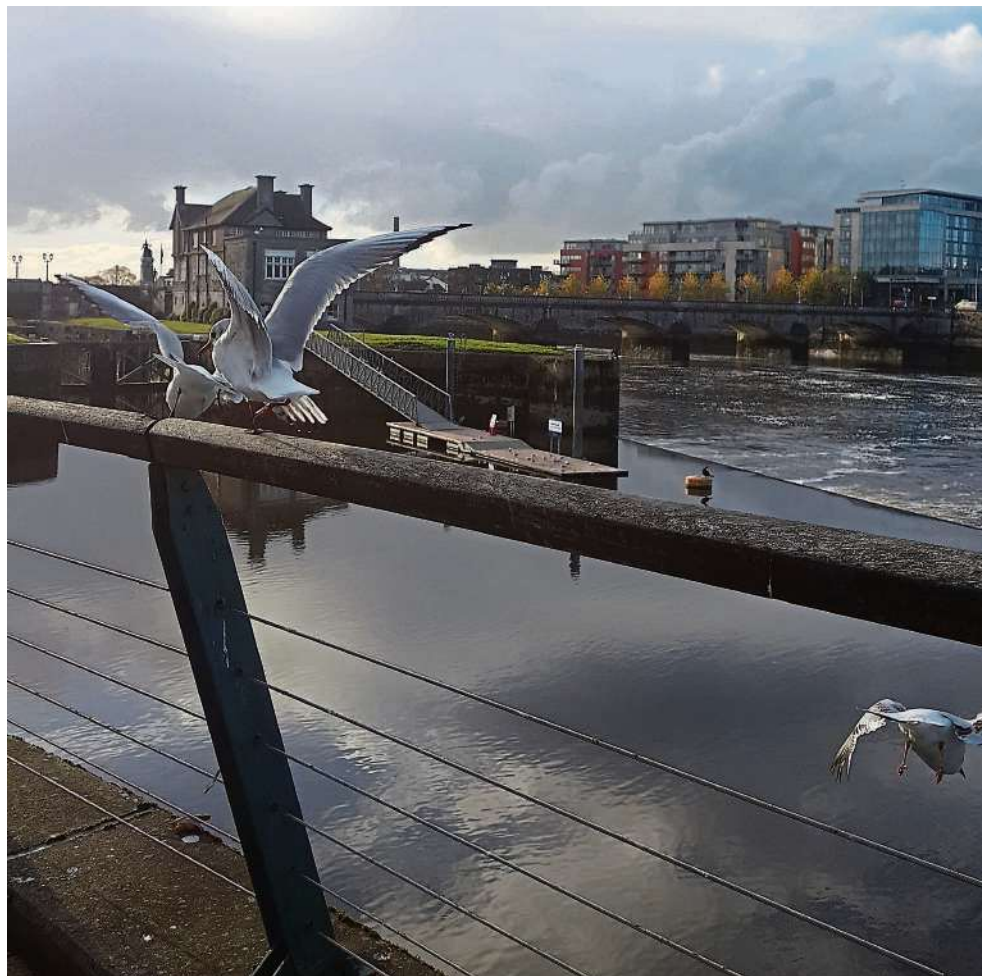
WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO NEWS@LIMERICKLEADER.IE WITH READERS' PICTURES IN THE SUBJECT LINE



Olive O'Connor snapped this happy snail after a shower



Colbert Crane: John Doyle, Merval Park, Clareview took this black and white image of the crane which has been an imposing feature over Colbert Station for many years now



"Free as a bird... It's the next best thing to be": Cris Barufi, Arthur's Quay took this picture of gulls on the search for a morning treat



Noel Kelly sent in this atmospheric photo from Mount St Lawrence Cemetery



November colours taken in Westbury by photographer Grace O'Brien

POSITIVE PARENTING



Top Tips

For nursery rhymes

Slow and steady

Remember to go slowly

Use props

Use toys as props to help you when you sing rhymes e.g. toy bus for 'The Wheels on the Bus', teddy bear for 'Round and Round the Garden'

Get creative

Use funny voices with your child during rhymes (loud voice, alien/robot voice, mouse/quiet voice).

Songs for a time and place

Use songs to transition children between activities e.g. 'Twinkle, twinkle, little star' at bedtime or 'this is the way we wash our hands' at the sink.

Encourage learning

With older children, make a mistake on purpose e.g. 'Hickory Dickory chair'

Fill in the blanks

Leave gaps in rhymes for your child to join in with and action or word e.g. "we all fall _____ down!"

A Rhyme a day is fun to say! Try our 'Rhyme A Day Challenge' during World Nursery Rhyme Week:

Monday November 19:

Five Currant Buns

Tuesday November 20:

Humpty Dumpty

Wednesday November 21:

A Sailor Went To Sea

Thursday November 22:

I'm A Little Teapot

Friday November 23:

Round and Round The Garden



As children grow, nursery rhymes continue to be a key source of interaction and learning between children and adults

The importance of nursery rhymes for your children

Songs and rhymes are a cornerstone of language development, positive interaction and early learning in childhood.

Some of your earliest memories may be of a family member or friend singing with you to 'Round and Round the Garden' or 'Two Little Dickie Birds'. This is because from before we are born, our ears tune in to the rhythms and sounds of language. The sound of your mother's heartbeat was the first rhythm you knew.

As young children hear and practice rhymes and songs, they tune in to the rhythm of language in sounds, words and phrases. They also hear and practice inflection, pitch and facial expression. Most importantly, this fundamental learning happens in a fun and positive way between children and adults.

In early infancy, nursery rhymes and songs pave the way for language, learning and

communication. When we sing songs and rhymes with young children we are letting them hear repetitive lines and listen to the sounds of language. Babies are learning to look at faces and interpret meaning in facial expression.

They are also learning to listen and begin to anticipate sounds and actions. Babies will often move their arms and legs in enjoyment, look intently at us or make sounds while we sing rhymes and songs. These are their signals to us, letting us know they are happy and keen to get involved. You can help your child to get involved in songs and rhymes by going slowly, using actions and getting face to face at your baby's level.

As children grow, nursery rhymes continue to be a key source of interaction and learning between children and adults. Nursery rhymes have been proven to be hugely important in the

development of language as they expose children to vocabulary they might not usually hear e.g. 'fetching a pail of water'

Often tell a story with a beginning, middle and end. This teaches children that events happen in sequence, and they begin to learn how to understand and follow stories.

They have familiar patterns and they help children to learn easy recall and memorisation.

Toddlers and young children continue to benefit from and enjoy nursery rhymes as they get bigger.

Nursery rhymes use patterns and repetitive structures, so children begin to learn simple maths skills as they recite them. Many rhymes also use numbers, counting, and other maths words that children need to learn, such as size and weight.

Research has shown that awareness of rhyme and the ability to sing songs and rhymes positively

supports children's language development and early literacy and reading skills. The saying 'great rhymers make great readers' holds true considering the range of essential communication and language skills children learn through rhymes and song.

Little Voices, the Oral Language Strand of ABC Start Right, and the Limerick and North Tipperary Speech and Language Therapy Department, HSE are supporting 'World Nursery Rhyme Week' from November 19 to 23. During this week, anyone with or working with children is invited to get involved by singing a specific nursery rhyme each day during the week.

This is known as the 'Rhyme A Day Challenge'. For more information about World Nursery Rhyme Week check out www.loveparenting.ie or find us on Facebook @Little Voices 16.



HEALTHY LIVING

EVA HILL HAMILTON

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Epidemic of autoimmune disorders

I gave a talk on Saturday at The Urban Co-Op about the connection of our diet – gut and immune system. Besides the usual cold-and-flu season, we are facing an epidemic of allergic, asthmatic and autoimmune disorders. I work with many people struggling with rheumatoid arthritis, lupus, multiple sclerosis, psoriasis, celiac or Crohn's disease, ulcerative colitis, Hashimoto's thyroiditis, and the many other

hard-to-classify syndromes in the 21st century.

These are all autoimmune conditions, and at their root they are connected by one central biochemical process.

Autoimmunity occurs when your immune system gets confused and your own tissues get caught in friendly cross-fire. Your body is fighting something - an infection, a toxin, an allergen, an undigested food or the stress response - and somehow it redirects its



Autoimmunity disorders occur when your immune system gets confused and your own tissues get caught in friendly cross-fire

hostile attack on your joints, your brain, your thyroid, your gut, your skin, or sometimes your whole body. This immune confusion results from what is referred to as molecular mimicry: when the invader's protein sequence structure is very similar to the structure of

our own tissue.

Interestingly, autoimmune disorders occur almost exclusively in developed countries. People in poor nations without modern amenities like running water, flush toilets, washing machines, and sterile backyards don't get

these diseases. If you grew up on a farm with lots of animals, you are also less likely to have any of these inflammatory disorders. Playing in the dirt and being exposed to bugs and infections trains your immune system to recognise foreign from own cells.

Stress has a huge impact on your gut flora and hence your immunity, weakening your ability to fight viruses and bacteria and increasing your chances to develop allergies and autoimmunity. It is a common component of the development and initiating flare-ups. It's interesting however that our gut flora seem to have a regulating effect on our stress responses also.

Autoimmune diseases when taken all together are a huge health burden. Unfortunately, many of the conventional treatments available that suppress

symptoms can make you feel worse. Anti-inflammatory drugs, immune suppressants and the new TNF-alpha blockers can lead to multiple serious side effects, including higher risk of cancer. When used selectively these drugs can help people get their lives back, but they are not long-term solutions.

No matter what part of your body is under attack by your immune system, the solution is one and the very same: you need to find the root cause and balance your immune system. Using a functional medicine approach, a new way of thinking about the underlying causes and imbalances in chronic disease, allows you to take charge and investigate; to find toxins, allergens, or infections - all common causes of inflammation, and the root of your symptoms.

LIMERICK LEADER

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

www.limerickleader.ie





FIT4LIFE

LEANNE MOORE

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Keep calm and stay flexible

SO you exercise hard and you eat healthy every week but you tend to skip your warm-ups/cool-downs and stretching? Sound familiar?

Well I'm here to tell you why the stretch is probably the most important part of your session and what you should be doing to make sure you give your hard-working body a little TLC.

Flexibility is what keeps the body moving efficiently.

When we train hard and neglect our warm-ups or cool-downs, we are neglecting our body's flexibility which means that our training sessions - and regular day-to-day tasks - become harder to perform. Flexibility is vital for preventing injuries and having a good range of motion.

It's also involved in helping our posture and balance and even improved circulation. So you see, failing to spend time on your flexibility after a tough session is really doing you no favours in the long run. So how can you improve your pre- and post-workout habits? Here are four things you can start today.

1: WARM UP AND COOL DOWN

Apply five minutes at the start and the end of your session to gently increase and decrease the heart rate. A nice gentle warm-up with a combination of bodyweight movements and dynamic stretches is ideal. After your workout let the heart rate come back down with a gentle five minute walk or cycle.



Stretching can be the most important part of your workout session

2: STRETCH TO ONE SONG

This is my favourite approach to take to stretching. Pick one song

(songs are usually between 3.5 - 4 minutes long) and work your way through some full body stretches

while it plays. Start with the upper body hitting all the major muscles - shoulders, arms, chest and back

before moving onto lower back, hamstrings, quads and calves. Spending this little pocket of time will go a long way towards helping you recover in time for your next workout.

3: FOAM ROLL AT HOME

Buy a foam roller for the house! This will be a game changer. Keep it in the sitting room and whip it out as you are sitting down to watch a bit of telly. Ten to twenty minutes in the evening gently rolling out the muscles will get the circulation going and again be vital to making sure you can move with good flexibility at your next workout. Let's face it - the time you dedicate to the foam roller in the gym or after a fitness class is little to none. You mostly just want to get out of there and get on home. So buy one for your house and use it nightly. Your body won't be long feeling the benefits of it.

4: INCLUDE YOGA OR PILATES IN YOUR WEEKLY ROUTINE.

A simple and very effective step to better flexibility is to include a weekly Yoga or Pilates class into your routine. A solid 30-45 minute slot weekly that not only will help stretch and recover the body - but will also go a long way to strengthening your core and easing any lower back pain. We have weekly classes at Go Gym Limerick open to both members and non members.

GO Pilates - Monday's at 7.45pm
 GO Yoga - Wednesday's at 7.45pm

Healthy Recipe

Banana and Ginger Smoothie

What You Need:

1 Banana, sliced
 3/4 Cup Organic Vanilla Yogurt
 1 Tbsp Honey
 1/2 Tsp Freshly Grated Ginger

What To Do:

Combine the banana, yogurt, honey, and ginger.
 Blend until smooth.

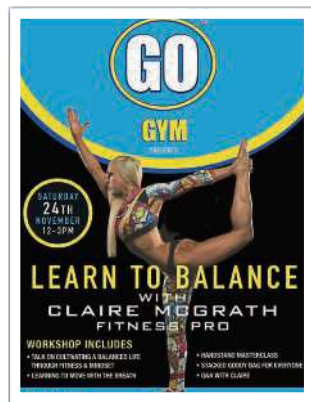


Moore2Life

What I'm loving this week

GO Workshops

We are delighted to be hosting our first ever Workshop at Go Gym Limerick next weekend. Yoga and Fitness Trainer Claire McGrath will be making her way to Limerick on Saturday November 24 for her "Learn To Balance" workshop from 12pm to 3pm. A mix of yoga, chats and even a handstand masterclass, Claire will be guiding attendees through an afternoon of exercise and fun as well as goodie bags galore. To book your spot email Claire now on: clairemcgrathdesign@gmail.com



Weekend Workouts

I've started a new series on my Instagram page to give you all some Weekend Workout ideas! Each Friday I will share a workout for the weekend for you to try. Simply follow me on @Leannemoorefitness or teach the hashtag #Leannesweekend workouts to see part one - posted last Friday! Enjoy!





James Collins, vice principal, Anna Hussey and Padraig Flanagan, principal at the fundraiser



Linda Considine and Margeret Power

CASTLETROY COLLEGE'S WHO WANTS TO BE A THOUSANDAIRE

Pictures: BRENDAN GLEESON



Noreen, Niall and Ciara Neville



Sandra Moloney and Barry McConkey



Sarah, Zara, Faine and Harvey Hogan with Gary O'Shea and Noel Daly



Deirdre Byrnes and Mary O'Mara supported the event



Joan Carmody, Paul Lyons, Geraldine McGrath, Majella Hanrahan, Kieran Flannery, Martin Bourke, Joan Nicholas and Liam Reale, Teachers



Castletroy Students Kate Frost, Siun Lynch, Felicity Zivas, Jane Bynres, Ailish Murphy, Elaine Walsh, John Hegarty, Callum Coonr, Saoirse Lane and Marsha Nakibinge



Peter O'Reilly, Trevor Griffin, Orla Knight, Tricia Jones and Kevin Grant



STYLE & FASHION

CELIA HOLMAN LEE

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Glitz, glam and comfort this winter

If you are looking for something with a combination of glitz, glam and comfort to get you ready for the winter season then have a look at oxendales.ie.

There is a phenomenal variety of fabulous coats, dresses, trousers and of course their boots and shoes. You can brighten up your winter wardrobe with a fantastic array of winter colour. I was delighted to take part in this photo shoot which was shot recently in Johnstown Estate in Wicklow.

The price point with all of these outfits from Oxendales.ie is extremely affordable especially coming into the Christmas season.

As you can see from the shoot you can keep the chill at bay with the gilet and wonderful check coat. The dress is a must-have in your wardrobe this season with plenty of colour like the burnt orange and floral shirt dresses that I am wearing in the photo shoot.

Enjoy being stylish and comfortable this winter from Oxendales.ie



This gorgeous faux fur gilet is the perfect layering piece for the cooler autumn months. Simply wear over a long-sleeved turtleneck or fine knitted jumper, with a pair of jeans and boots. Also available in a black print



Here's a stunning burnt-orange belted dress from oxendales.ie which would be perfect for a luncheon



In a lovely check with a hint of mustard yellow, this gorgeous wool double-breasted coat will have you looking bang on-trend this season. Wear over a t-shirt and your favourite pair of jeans, with a pair of comfy pumps, for the perfect simple yet stylish everyday look. A must-have for your outerwear wardrobe



This gorgeous midnight blue velour parka priced at €132.50 is a great investment piece for your wardrobe. Super luxurious and cosy, the waist can be drawn in to suit your shape. The hood is trimmed in shades of blue grey faux fur. Zip front fastening, pockets and satin lining make for the most luxurious parka



This new season dress can be worn for a variety of occasions. Sophisticate the look with black shoes or booties

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Poppy McNish
Tivnan
Occupation: Student at LSAD
From: Clare Street

My style icon
would be
Emily Shak.
She's a model
on Instagram.

I like her because she is really original and never really follows any trends and has her own style. I love Spice Vintage for fashion - it's all one-offs, and you never see anyone in the same outfit so there's a great variety and I also go to River Island. They do really nice high-end stuff.

CELIA SAYS

Jumper by Patrizia Luca: I love the edginess of this black jumper by Patrizia Luca. It's simple but maintains that fashion edge. It proves a cosy knit doesn't have to be plain and boring. You can still flash a little subtle flesh while staying cosy.

Skirt from

PrettyLittleThing: Here's a cute little mini skirt in black cow print from PrettyLittleThing. I love a little mini at this time of year teamed with funky tights. There is something very edgy and cool about it. For a casual daytime look, I think always team with a pair of flats like Docs or booties with a little block heel so you don't look too overdone.

Tights from Penneys: There are so many tights on the market these days you can work an entire outfit around them. And Penneys do a great variety. A pair of fishnets can really add another dimension to a look especially during the winter when you might need to jazz up an outfit.

Boots by Ugg: Uggs first appeared in Australia in the 60s and were made popular by surfers. Their popularity peaked around 10 years ago when they were literally everywhere you turned. While they're not as popular as they used to be, they are still a fashion favourite.



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

THE
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★★★★★
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MANABOUTTOWN

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Brrr! Your winter skin guide

HERE'S lot to love about winter. Big chunky cable knit jumpers and warm fireplaces, hot chocolate and hot whiskey, ice skating and skiing and all the other cold weather activities that, from a distance, seem oh so festive and delightful: together they form a beautiful, Christmas card idyllic image of what winter should be like. Sadly, the reality is often a lot different. The cold harsh reality of winter that it's cold and it's harsh, especially on your skin.

The skin is your body's protective layer, tasked with keeping out allergens and pollution and keeping things like water in. The lower temperatures and humidity levels of winter can compromise the skin and change the delicate balance of water, fat and protein that form this barrier. This is why you have to deal with issues like dryness, redness, sensitivity and irritation during the winter months. To sum it up, your skin is a coat of armour, and winter weather puts chinks in it so take the time and make the effort to bolster your defences. Here are a few tips to help you fight back in the Cold War on your skin.

WASH

Pretty basic stuff but you should wash your face twice a day for around 60 seconds at a time to help clear the skin of oil, pollutants and any traces of products that you are using. Guys produce a lot of oil (sebum) on account of their testosterone levels. If left to build up, excess oil clogs pores, leading to shiny skin and spots. Be careful when choosing a face wash because using the wrong product is as bad as



Protect your skin this winter with just a few basic precautions

using no product at all, especially in cold weather when oily skin types get oilier and dry skin gets drier. Pay attention to your complexion type and shop accordingly.

SCRUB

A lot of guys seem to hold a feminine association with the word 'exfoliation' but a gentle scrub can help clear the skin of dead cells that clog up pores, cause blackheads

and make your complexion appear dull and uneven. Exfoliating is especially important for guys over the age of 25, as that's when the rate at which the skin naturally sheds dead cells slows down. Opt for a light facial scrub rather than the grooming equivalent of sandpaper as it's possible to over exfoliate and strip the skin of essential oils, leaving it exposed to the elements of winter.

TONE

Not something you do with an ab roller. Toning, in this context, is using an astringent that acts as a kind of mini-chemical peel, helping to de-grease the skin and remove old cells. Look for a toner that includes salicylic acid, which helps to absorb excess oil as it surfaces, keeping your complexion clear. If your skin is very oily, use a toner every day. Otherwise, use it every few days and change things up by using a serum. Serums are made up of smaller molecules than moisturiser, allowing them to penetrate deeper and deliver extra hydration and antioxidant protection.

PROTECT

Most people will only think of buying sunscreen when they're jetting off somewhere. Granted, your skin's got a higher chance of burning on the beach in Portugal in July than during a showery January day in Limerick, but UVA rays – the ones that cause ageing – are global, and are present whenever it's light out. So sunscreen isn't just for sunny days – once it's daytime, you need to wear sunscreen. Not only does exposure to UVA rays cause deep lines, wrinkles and dark spots, but exposure to the sun can further tamper with the skin's protective barrier. Look for an SPF moisturiser (factor 30) that offer the same defences as a traditional sunscreen without the heaviness and stickiness.

HYDRATE

Not all moisturisers are created equal, so look for ingredients that are scientifically proven to work rather than buying a product



Not only does exposure to UVA rays cause deep lines, wrinkles and dark spots, but exposure to the sun can further tamper with the skin's protective barrier

because the bottle looks nice or you saw it on some bloggers Instagram story (ahem). The most effective ingredients at maintaining the skin's natural barrier function occur naturally in the body, so keep an eye out for ceramides, cholesterol and hyaluronic acid. You might also consider a thicker cream than the one you might use in summer, as freezing faces will need extra hydration.

DIET

The cold war on your skin is not only fought in your bathroom, but it's also fought in the kitchen. Eating foods rich in healthy fats and protein can help maintain your skin's natural barrier. A lot of the serotonin produced by the body comes from the gut, and research shows the benefits of maintaining a healthy gut include reducing the effects of acne and rosacea. Take vitamin D and Omega-3 fatty acids daily to help maintain the skin's barrier, and reduce inflammation.

Look of the Week

Jack and Jones Limerick

My look of the week is from one of my favourite local stores, The Jack and Jones store in The Crescent Shopping Centre. I love this look from the Jack and Jones Autumn Winter range. The Puffer Jacket costs just €39.99, my Crew Neck Sweatshirt costs €29.99, my Skinny Jeans cost €59.99, my Sneakers cost €59.99 and the Scarf costs €19.99. The Jack and Jones store in the Crescent is the only Jack and Jones store in Limerick so call into Chris and the team and check out their amazing range. Photo by Paudie Bourke.



Watch This Space

Omega Globemaster

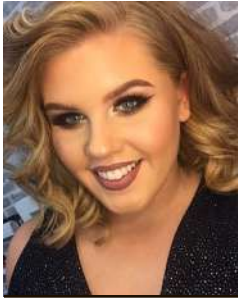
This week's watch of the week from Keane's Jewellers is The Omega Globemaster Co-Axial Master Chronometer.

The Omega Globemaster represents the cutting edge of mechanical watchmaking at Omega --not only is it fitted with a co-axial escapement (Omega remains the only watch manufacturer to have successfully industrialized a non-lever escapement) it is also the first to be certified by the Swiss Federal Office of

Metrology --which means, among other things, an ability to resist magnetic fields so strong you could wear it in an MRI machine. (Not that you should . . . but you could.) After fastening the Omega Globemaster on my wrist, I admit that I was seduced by this contemporary interpretation of precision. Its curved shape and short lugs



make the watch extremely comfortable to wear. Its comfort is further enhanced by an elegant brown leather strap and a subtle and effective deployment buckle. The ergonomic quality of this watch is that it could almost make its owner forget that they are wearing it on their wrist. You'll find this stunning timepiece in Keane's for €8,000.



BEAUTY & MAKE-UP

JESSICA HOCKEDY

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What a perfect combo - bPerfect and Ellie Kelly

LAST Thursday evening I was lucky enough to be invited to the launch of the bPerfect cosmetics Born Ready lip kits, inspired by Irish make-up artist Ellie Kelly.

The event was held in Shaws Department Store in the Crescent Shopping Centre where lots of young inspiring make-up artists and fans of Ellie gathered. Ellie also demonstrated how she would use the kits, on her gorgeous model.

Ellie Kelly is an outstanding make-up artist and influencer with 160,000 followers on Instagram at just 23 years of age. It is amazing to see young ladies accomplish their dreams at such a young age!

BPerfect Cosmetics is a beauty brand that creates innovative beauty products that are on trend, forward thinking and unique. Started in Belfast in 2013, the brand was created by Brendan McDowell. Brendan aspired



The three different shades of the bPerfect cosmetics Born Ready lip kits

to create a range of cosmetics that were easy to use, versatile and created to change your cosmetic routine forever.

These lip kits are absolutely beautiful and a

must-have this season. They leave the lips feeling hydrated, smooth and glossed for any occasion.

At just €29.99 for a lip liner, lipstick and gloss it really is amazing value and would be the perfect stocking filler!

The three different shades are: Boo (nude), Secret (brown) and Cheeky (red).

I was lucky enough to have been gifted the shade Secret which is right up my alley! The formula of the lipstick is creamy but a matte finish. You can either leave your lips matte or else you can take it up 100 notches with the beautiful gold flecked lip gloss - this gloss is what dreams are made of!

bPerfect is stocked in a range of pharmacies across Ireland or else you can find them online.

I would HIGHLY recommend just going in and swatching the colours because there's something for everyone!

Ellie Kelly is an outstanding makeup artist/influencer with 160k followers on Instagram at just 23 years-of-age



Here I am in House Limerick for the after party of the event!



I ♥ LIMERICK

RICHARD LYNCH

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Magic Mirror on the wall, who is the fairest panto of them all?

LAST week, the cast of the panto Snow White was out in force to launch this year's show, which runs at University Concert Hall from December 17. The fairytale cast, in full costume, looked very much at home in the beautiful No. 1 Pery Square boutique hotel.

I am thrilled to be back for my seventh year running and this year sees comedian, actress and TV personality Katherine Lynch make her Limerick panto debut in the starring role of the Wicked Queen. I am so excited to play opposite her as the bitchy Magic Mirror! We are joined by fellow cast members – the legendary Myles Breen, panto favourite Richie Hayes, Katherine's Dancing with the Stars co-star Dayl Cronin, comedian Tom O'Mahony and also returning to the panto stage this year is Hayley-Jo Murphy as Snow White.

Making their UCH Panto debut this year are David

Crowley, best known for his role as Garda Sean Holden in TV3's Red Rock, John Sharpson of RTÉ Junior and Jacqueline Brunton.

One of Ireland's foremost entertainers, Katherine is famous for her TV comedy shows and her chat show Wagon's Den. Most recently Katherine was a firm favourite of the 2017 series of RTÉ's Dancing With the Stars, on which she enjoyed a ten-week stint!

In a faraway magical kingdom, the beautiful but lonely Princess, Snow White is forced by the cruel Queen, to work as a maid in their enormous palace. The Queen very vain, needing a daily dose of praise from her far too opinionated, Magic Mirror.

Suddenly, the day dawns that Mirror dares to suggest the younger, thinner, more fresh faced Snow White is now the "fairest in the land" and no amount of botox, serum or fake tan is going to change it this time!

Intent on banishing her



stepdaughter from the Kingdom forever. Snow White is taken deep into the forest. However, despite the jealous Queen's cruel

intentions, this is just the beginning of our heroine's adventure!

Expect all the magic of this traditional tale with a

contemporary twist! This is Snow White, as you have never seen it before! Looking forward to seeing you there! Running from December

17 to January 6 at University Concert Hall.

Tickets on sale now at www.uch.ie or call 061 331549.

Pictured at the launch were Richard as the Magic Mirror with Hayley-Jo Murphy as Snow White, Myles Breen as Noni, Katherine Lynch as the Wicked Queen, and Dayl Cronin, with Vincent Collins, age 8, from Kilmallock Co. Limerick, and Katie Carroll, age 8, from Castletroy

PICTURE: TRUE MEDIA

Rest in peace: Mícheál Ó Súilleabháin

PROFESSOR Mícheál Ó Súilleabháin passed away last week and he will really be missed. Mícheál was one of Ireland's best-known musicians, composers and academics, born in Clonmel County Tipperary. I had the pleasure of meeting him many times and interviewing him twice. His composition 'Woodbrook' moves me to tears and always reminds me of my mam and dad and is one of my favourite pieces of music ever. He kindly gave me permission to use it in some videos for I Love Limerick. What a gentleman he was.

Emeritus Professor of Music at the University of Limerick and founder/Director at the Irish World Academy of Music and Dance which he created in 1994, Mícheál Ó Súilleabháin also recorded a series of pioneering solo albums which re-positioned his chosen instrument, the piano, at the heart of Irish traditional music – while also revealing the intersections where classical and traditional music could co-exist.

Mícheál left a rich legacy through his



Richard pictured with Mícheál Ó Súilleabháin this past April. PICTURE: DOLF PATIJN/ILOVELIMERICK

own music, as well as the Academy he founded which attracted students from over 50 countries who enrolled on undergraduate and postgraduate courses in music and dance. He was hugely instrumental in the relocation of

the Irish Chamber Orchestra from Dublin to its current home at the University of Limerick.

What a legend. He will never be forgotten. My thoughts are with his loved ones at this time.



The Hitchers play Dolans this Saturday, November 17

Hitchers play Dolans

Limerick's The Hitchers go back quite a way – to the mid-late '90s, in fact, when a couple of albums and some EPs were championed by BBC DJ, John Peel. That championing continues with current BBC DJ and former music writer Steve Lamacq, whose curated album, Steve Lamacq's Lost 90s, features the

band's tune, Strachan amongst other 'lost' songs by the likes of Ride, Elastica, Suede, and Cornershop.

To celebrate, The Hitchers embark on a rare mini-tour of the nation, culminating with a hometown gig this Saturday, November 17 in Dolan's Warehouse. Not to be missed!

THINGS I ♥ THIS WEEK

SOCIAL ENTERPRISE INCUBATOR

“Build your Tribe” BNest Workshop aims to help not-for-profit build their profile

BNest – the first social enterprise incubator in Ireland is inviting people to a community engagement workshop titled ‘Build your Tribe’ at Mr. Tait’s Café on Thursday, November 22.

The workshop is for people involved in a social enterprise, not-for-profit, community projects or for people raising money for a cause close to their hearts who want to build a community around that cause. If this is you, come for this evening workshop to explore and discuss different ways to build and sustain your tribe.

Jennifer Murphy, a marketing expert who’s currently working on a community initiative in Castleconnell said of the workshop: “I will present some community engagement principles and offer various practical techniques for creating and sustaining a network of volunteers, advocates, and institutions around your idea to maximise your social impact.”

Kasia Zabinska of BNest will join Jennifer to outline approaches you can use to communicate and influence others. BNest is an initiative created

specifically to support social entrepreneurs and nurture their start-ups and caters to all types of organisations from charities to businesses with a social conscience.

Kasia said: “The event is free and open to all and these two talks will be followed by an open panel discussion so please join us whether you’re interested in learning more about this concept or already have the experience and want to share your insights with others. The venue we picked for this community engagement workshop is special - Mr. Tait’s Café in Roxboro Rd is a social enterprise, so customers can enjoy delicious food while also supporting members of the local community. This event is one of our open monthly events which have huge success in offering outreach and support to the Limerick community.”

The ‘Build your Tribe’ workshop will take place at Mr. Tait’s Café at Tait House Community Enterprise at Collins Avenue, Roxboro Road on Thursday, November 22 at 6.30pm. For more info email Kasia@bnest.ie or visit www.BNest.ie/events.



Pictured are Kasia Zabinska, BNest, Tracey Lynch, CEO Tait House Community Enterprise, Eamon Ryan, founder BNest, and Pauline Gannon, BNest. PICTURE: RICHARD LYNCH/LOVELIMERICK



Richard pictured at the launch of the Focus Ireland 20th Anniversary Thanksgiving Choral concert which is taking place on Thursday, November 22 at St Mary’s Cathedral were Soprano Sinead O’Brien, Mayor James Collins, Focus Ireland Ambassador Celia Holman Lee and Triona O’Connor, Manager Midwest Services Focus Ireland, with members of MIC Community Choir. PICTURE: CIAN REINHARDT/LOVELIMERICK

Focus Ireland call out for volunteers

FOCUS Ireland has been challenging homelessness and changing lives in Limerick since 1998, and to celebrate its 20th anniversary in the Treaty County, the charity will hold a Thanksgiving Choral Concert on Thursday, November 22.

From 7.30pm at St Mary’s Cathedral on November 22, a number of performers will play

their part in the fight against homelessness, including the hugely popular soprano Sinead O’Brien accompanied by tenor Derek Moloney, Mary Immaculate College Community Choir, Cantette Children’s Choir, Parteen NS Choir, Unity Gospel Choir Limerick and St Marys NS Choir. SPIN South West presenter and local personality Meghann Scully will MC the event and Focus Ireland ambassador Celia Holman

Lee will be the hostess for the evening. Tickets are available for €10 from St Mary’s Cathedral on the night and on Eventbrite.

On the night Focus Ireland needs spot prizes and volunteers. Can you provide a spot prize or act as a volunteer? If so email me at Richard@ilovelimerick.com.

They would be greatly indebted to you!



Sister Helen receiving her much deserved award

HERO OF THE WEEK

Sister Helen Culhane

The Children’s Grief Centre in Limerick won the National Lottery Good Cause of the Year award with €25,000 for the award, and an additional €10,000 for its Youth Category success. Sr Helen Culhane, Limerick Person of the Year 2017, founded the centre in 2009 and it has been providing support services for school-aged children and young people affected by loss through death, separation, and divorce in Mid West Region. Congrats Sister Helen I am thrilled for you! Well deserved! x



Love to all,
Richard x



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully **Email:** meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings
about town



Kicking off Christmas

This Sunday the Christmas Lights in Limerick will be turned on. Campaigner Vicky Phelan is the Mayor's guest of honour for the event. It all kicks off at 4.30pm.



Backstreet Boys are back!

Backstreet Boys are back! It seems something is in the air. The Spice Girls have got back together and now the American boyband are doing the same thing.



Munster club hurling final

This weekend Na Piarasigh take on Waterford's Ballygunner in the Munster Hurling Final. The game kicks off at 2pm in Thurles Stadium on Sunday.

Get organised for the busiest month of the year

AS the Coca-Cola advert reappears on your TV screen and Michael Bublé's voice starts to sound out on the radio, you know that Christmas is fast approaching. It seems to creep up on us and before we know it, it's Christmas week and we have nothing prepared.

Use the rest of this month to get organised so you enjoy the buzz of the festive season without the added stress, manic shopping centre car parks and crazy queues at the tills.

MAKE A LIST

And check it twice. Get the pen and paper and make a list of everything you need for yourself. Make a list of those you need to buy presents for. Also, mark out the dates in your calendar when you have the work Christmas party, Secret Santa with the girls, the family dinner and any other people you've agreed to meet with.

START SHOPPING

Get prepared this year and start shopping for supplies you need for Christmas. Create space in your home and leave them aside. If you know what presents you are getting for people then get them now and you'll save yourself some expense leading up to the week of parties.

SHOP SMART

Make sure to check for deals that are taking place. A number of shops are holding sales at the moment while having some great deals on items. Check online and compare



'Holidays are coming': It is starting to look a lot like Christmas

prices to see if you can find better offers.

BUDGET

You don't want to feel stressed about finances during the holidays. Make a budget plan and stick to it. Presents don't need to cost you all your wages. At the end of the day it's the thought that counts. Buy what you need in terms of groceries. Sometimes we are afraid we will run

out of food but nowadays there are shops open every day of the year including Christmas Day.

TAKE A REST

Christmas can be exhausting. Mentally and physically we stretch ourselves trying to see so many people and attend a variety of parties. Late nights, partying and visiting can be draining. It's important to take time off and to

relax. This month is great for giving us breathing space as we prepare for Christmas

HEALTH

The lack of sleep and general party season can take its toll and nobody wants to be run down or sick for the holidays. Talk to your local health shop/ pharmacy and start a course of vitamins to build your immunity.

All-Blacks land

IT'S an exciting time for Irish Rugby. They beat Argentina last weekend in the Aviva Stadium with a scoreline of 28-17. Kieran Marmion, Bundee Aki and Luke McGrath all got tries for the men in green.

This weekend is the big test as Ireland take on the world number one team, the All-Blacks. New Zealand have 93.58 world ranking points and we trail closely 90.12. Even if we secure a win at the weekend it isn't enough to knock the long time leaders off the top spot.

The All Blacks landed into Dublin on Sunday ahead of a week of training before the clash on Saturday. Kick off is at 7pm.



Captain Kieran Read will lead out the All Blacks in the Aviva Stadium this Saturday

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 WEEKLY LOTTO DRAW HELD ON 12/11/18
 This Week's Jackpot: €4,500
 No's: 2-11-14-17
 No Winner
 Lucky Dips: Joe Fitzgerald c/o Ger Fitzgerald
 Will O'Neill c/o Christy O'Neill
 Christina Byrnes c/o Martin Byrnes
 Promoters Prize: Dave Connolly & Maggie O'Donnell
 Next Week's Draw 19/11/2018
 Next Week's Jackpot: €4,600

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 Lotto Draw held Monday 12th November 2018
 Winning Numbers: 3-9-14-18
 No Jackpot Winner
 4 Winners €40 each:
 Ambie Reale c/o C. Mullins
 Theresa Ryan Delahunty c/o M Ryan
 Niall Griffin c/o Katie Dalys
 Shirley Flynn c/o C Cosgrave
 Next Weeks Jackpot €4,600
 Draw will take place in Cowhey's Bar

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PUBLIC NOTICES
AN CHUIRT CHUARDA (THE CIRCUIT COURT) SOUTH WESTERN CIRCUIT COUNTY OF LIMERICK
 In the Matter of the Licensing Acts, 1833-2010 and in particular in the Matter of the Courts (Supplemental Provisions) Act 1961 Section 24 and the Licensing (Ireland) Act 1902 Section 2 as amended by the Intoxicating Liquor Act 1960 Section 23 and in Matter of an Application by **WHDM LIMITED**
TAKE NOTICE that WHDM Limited having its registered office at Denmark Street, Limerick having been granted leave on Tuesday, the 6th day of November 2018 by his Honour Judge Eoin Garavan intends to apply to the Circuit Court sitting at the Courthouse, Merchants Quay, in the City of Limerick at 10.30 a.m. in the forenoon on 11th day of December 2018 or on such day thereafter as the application may be taken in its order in the Court list for such Certificate as is mentioned in Section 5 of the Licensing (Ireland) Act, 1833 enabling it to obtain an Excise Licence (Ordinary Publican's Licence) to sell intoxicating liquor for consumption on and off the premises known as The Woodfield Bar, Ennis Road, in the City of Limerick in which the said Applicant is the holder of the lowest estate of the property.
 Dated this 6th day of November 2018.
 Signed: Patricia Mulcahy
 Director
 WHDM Limited
 TO WHOM IT MAY CONCERN

FAMILY ANNOUNCEMENTS

IN MEMORIAM



† HAYES

(8th Anniversary)

Cherished memories today and always of our loving father, grandfather and great-grandfather Michael (Mick) Hayes, late of

33 Seán Heuston Place. Mass will be offered on Friday 16th November at 5.45pm in

St. John's Cathedral

The ocean reminds us of all the good times we had, The tears still fall gently and sometimes we are sad, We feel you are with us each and every day and we know that you help us in a very special way.

Life goes on here Dad, but it will never be the same, We try and help others and we do it in your name,

For if we try very hard, For the rest of our days on earth, Maybe we can come close, To what your life was worth. Your smile still inspires us, as folks Dad talk about your life, An amazing father you are and were, all throughout our lives.

For you loved all kinds of people, we knew from the very start, with your family and two certain small dogs, being the closest to your heart.

We pray to you for strength and guidance, in all things that we do, then we try our best in this world, with daily thoughts of you.

Give Mam a kiss for us x x.
Loved and never forgotten your loving daughters, sons, daughters-in-law, sons-in-law, grandchildren and great-grandchildren.

IN MEMORIAM



† HAYES

(8th Anniversary)

In loving memory of Mick Hayes, late of Sean Heuston Place, who died on the 16th November 2010.

Our father kept a garden, A garden of his heart. He planted all the good things, That gave our lives their start. He turned us to the sunshine, And encouraged us to dream, Fostering and nurturing, The seeds of self-esteem. And when the winds and rain came, he protected us enough, But not too much because he knew, we would stand up strong and tough.

His constant good example, always thought us right from wrong, markers for our pathway that will last a lifetime long.

We are our fathers garden, We are his legacy.

Sadly missed by your son Stephen and daughter-in-law Liz.

The love we have for Grandad, Will never fade away, we'll think of him our special friend, Throughout each passing day. We'll walk into the room, and see his empty chair.

Although we know he's resting, we'll feel his presence there. The memories of his laughter, His warm and loving smile, His eyes so full of happiness, His heart that of a child.

Memories are forever, Be they laughter or of tears, Memories we will treasure, Through all the forthcoming years.

From your loving granddaughters Audrey and Olivia and great-grandchildren Jamie, Katie, Calum, Cian, Alex and Jordan x x x.

IN MEMORIAM



† HESLIN

(2nd Anniversary)

In loving memory of a fantastic father and great friend George Heslin, late of Raheen Heights, Limerick whose 2nd Anniversary occurs 17th November. Thinking of our dear mother Margaret Heslin (nee O'Donnell) who we sadly miss at this time.

Mass will be offered on Saturday 17th November at 1.00pm in The Dominican Church.

It isn't what we write today
It isn't what we say
It's how we feel inside
As we think of you today
We think of you in silence
We talk about you too
We have some great and wonderful memories
But we wish we still had you
Sadly missed and never forgotten by your loving children Catherine, Geraldine, Gary, Terence and George, daughters-in-law, son-in-law and grandchildren.

IN MEMORIAM



† O'DONNELL

(38th Anniversary)

In loving memory of our beloved Dad Joe O'Donnell, late of St. Mary's Park. Also thinking of our Mam Kitty, uncle Tucker, brothers-in-law Joe and Ger and nephew Joe on this Holy Souls Month.

A page in the book of Memory silently turns today, We remember you in silence, And make no outward show, But what it meant to lose you, No-one will ever know.

Call his name out softly Lord
And when he turns to smile
Tell him we love and miss him
And hold him for a while.

Always in our thoughts and never forgotten by your loving sons Junior, Pa, David, Seamus, Anthony, Andrew, loving daughters Mary Rose, Catherine, Phyllis, Linda, Ann and also your loving grandchildren, great grandchildren, relatives and friends

Another Leaf Has Fallen

*Another leaf has fallen,
another soul has gone.
But still we have God's promises,
in every robin's song.
For he is in His heaven,
and though He takes away,
He always leaves to mortals,
the bright sun's kindly ray.
He leaves the fragrant blossoms,
and lovely forest, green.
And gives us new found comfort,
when we on Him will lean.*

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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.

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. A.O'D

† O'CONNOR

(30th & 13th Anniversaries)

In loving memory of my dearest parents, Patrick and Angela O'Connor late of 11 Bishop Street, Limerick, who died on November 28, 1988 and September 14, 1988 and a dear brother, Donel O'Connor, late of 11 Abbey Lane, Limerick who died on November 17, 2005.

Beautiful memories are treasured forever, Of those wonderful years we spent together. **Loved and missed everyday. Sadly missed by you loving daughter Pat, grandchildren Joe, Patrick and Yvonne.**

"The person who allows love to conquer hate is not weak. He or she is very strong and is a beacon of hope for all of us."

Afterglow

I'd like the memory of me to be a happy one.

I'd like to leave an afterglow of smiles when life is done.

I'd like to leave an echo whispering softly down the ways.

Of happy times and laughing times and bright and sunny days.

I'd like the tears of those who grieve to dry before the sun.

Of happy memories that I leave when life on earth is done.



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Mark Gallivan (left) and Bob Flavin (right), Irish Car of the Year Committee Chairpersons, with Tom Dennigan of award sponsor, Continental Tyres, are pictured assessing the range of new cars launched in Ireland this year

Competition hots up for Irish Car of the Year

Field of 47 models compete for Car of the Year accolade

TRISH WHELAN
www.CarAndTravel.ie

A FIELD of 47 cars are competing for the Irish Car of the Year 2019 award, in association with sponsor Continental Tyres.

The Irish Car of the Year winner will be revealed at a gala event in The Gibson Hotel, Dublin, on Thursday 8 November.

Voted on by a jury of some 37 of



Ireland's most experienced motoring journalists, the Irish Car of the Year awards highlight for

Irish motorists the best cars that have been launched in the country taking account of the particular requirements of the Irish market.

New for this year, the Irish Car of the Year Committee is launching a new dedicated website where Irish consumers and those interested in buying a new car will be able to get all of the detail on the range of new cars that have been launched in Ireland this year.

The website is available at:

www.caroftheyear.ie. It will also feature details of the vehicles that have been successful in the 2019 awards programme following the awards event on 8 November.

The overall Car of the Year will be selected from the category winners.

All cars launched in Ireland that were available for registration on or before the last day of October were deemed to be eligible to compete.

THE CATEGORIES ARE

Compact Car: Ford Focus, Kia Ceed, Mercedes A-Class, VW Polo, Subaru Impreza.

Executive/Premium Car: Audi A6, Audi A7, Audi A8, BMW 6 Series GT, Kia Stinger GT Line, Lexus LS 500h, Mercedes-Benz CLS, Volvo V60.

Small Crossover: Citroen C3 Aircross, Ford EcoSport, Hyundai Kona, SEAT Arona, VW T-ROC.

Compact Crossover: BMW X2, Dacia Duster, Jaguar E-Pace, Jeep Compass, Volvo XC40.

Medium Crossover: BMW X3, Honda CR-V, Mitsubishi Eclipse Cross, Opel Grandland X, Skoda Karoq, Subaru XV.

Large Crossover: BMW X4, Hyundai Santa Fe, Porsche Cayenne, VW Tuareg.

Green/Efficient Car: Ford Mondeo HEV, Jaguar I-Pace, Kia Niro PHEV, Nissan Leaf.

Hot Hatchback: Ford Fiesta ST, Hyundai i30N, Renault Megane RS, Suzuki Swift Sport, Toyota Yaris GRMN, VW Polo GTI.

Performance Car: Audi RS3, Audi RS4, BMW M5, Kia Stinger.

There will also be an Innovation Award: Contenders here include Audi A8 - Level 3 Autonomy; Citroen Advanced Comfort Seats; Citroen Progressive Hydraulic Cushion Suspension; Mercedes-Benz MBUX interface; Nissan LEAF's E-Pedal; Volvo XC60's Run off Road Mitigation; and Volvo XC40's Smart Storage.

Van of the Year Award: (Voted on by the Van Jury only of which I am also a member) Ford Transit Connect, Ford Transit Custom, Iveco Daily, LDV EV80 (Electric), Nissan eNV200 (Electric), Mercedes-Benz Sprinter, VW Crafter/MAN TGE.



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*The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. [#]Hyundai Kona Comfort. Retail price €20,995. Finance amount €14,497. 36 monthly repayments of €211. Total cost of credit €1,341.79. Optional final payment of €8,188. APR 3.9% as at 1st November 2018. Minimum deposit €7,348. Lending criteria, conditions apply. Available at authorised dealers for models booked by 29th December 2018 and registered by 31st January 2019. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. [†] Prices exclude dealer delivery and related charges. Offer applies to 191 Kona Passenger booked by 29th December 2018 and registered by 31st January 2019. Model shown for illustrative purposes. Co2 127 – 158 g/km. Fuel consumption 5.6 – 7.1L per 100 km.

SPORT

Leader

BUSY WEEKEND OF SPORT ON TV

Plan your remote control times

For more see page 71



Early start for Limerick: Barry Murphy of Limerick in action for the senior hurlers against Kerry in last season's Munster Senior league. Limerick are back in action in early December to try and retain their crown



Pre-Christmas start for Limerick senior hurlers

Hurling: Na Piarsaigh bid to make another mark in history books

JEROME O'CONNELL
joconnell@limerickleader.ie

LIMERICK'S All-Ireland SHC winners are to have a December 14 start to their 2019 season!

With John Kiely's heroes on their team holiday in early January, Limerick's opening Munster Hurling League game has been brought forward.

So the new season will begin with a Friday flood-light fixture on December 14 with Tipperary coming to the Gaelic Grounds.

It was thought that Limerick's January team holiday would rule them out of the early season provincial competition.

However, Limerick GAA officials, the Munster

Council and the other participating counties are working on a schedule that would allow John Kiely's team to participate.

The full fixture list is to be confirmed by the Munster Council but all six Munster counties are taking part this season, across two groups of three.

Limerick also face Kerry - a game that will be played in early January after Limerick return from their team holiday.

The top team in each group will advance to the Munster League final.

The December 14 game will be Limerick's first game since the August 19 All-Ireland title win and will also be the first game of Liam Sheedy's second tenure at Tipperary.

It will be Tipperary's first time playing in the Munster Hurling League since 2015.

Limerick are the defending champions and have reached the last four finals of the early season competition, sponsored by Co-Op Superstores.

Limerick have won their opening round fixture in the Munster Hurling League for each of the last six years.

Last year's Munster Hurling League saw John Kiely give senior hurling debuts to Seamus Flanagan, Barry Murphy, Oisín O'Reilly, William O'Meara and Paddy O'Loughlin.

Ahead of that, Na Piarsaigh bid to keep the Limerick hurling flag flying when they play in the Munster club SHC final this Sunday.



Barry Coughlan of Ballygunner and Kevin Downes of Na Piarsaigh will do battle on Sunday at 2pm

The Caherdavin side travel to Thurles on Sunday (2pm) to play Ballygunner. It's the third final meeting of the sides with the Limerick city kingpins bidding to become just the fourth side ever to retain this provincial championship title.

A fifth Munster club

crown will also see Na Piarsaigh join Blackrock of Cork on top of the roll of honour.

Sunday's final is live on TG4 and if Na Piarsaigh maintain their unbeaten run in the competition they will return the O'Neill Cup to Limerick and also advance to next February's All-Ireland semi final against the Leinster champions; Naomh Eanna (Wexford), Ballyhale Shamrocks (Kilkenny), Ballyboden St Enda's (Dublin) or Coolderry (Offaly).

Na Piarsaigh's six All-Ireland SHC winners will be looking to add another medal with their successful season - Shane Dowling, Mike and Peter Casey, William O'Donoghue, David Dempsey and Kevin Downes.

Boxing



Boxer Lee Reeves is set for a debut fight in Canada

Canadian debut for Limerick's newest pro-boxer

JEROME O'CONNELL
SPORT@LIMERICKLEADER.IE

LIMERICK'S number of professional boxers is up to two with confirmation that Lee Reeves is to make the move into the paid ranks.

Much of the last decade saw Andy Lee, Willie Casey and Jamie Power fly the Limerick flag in the paid ranks and now Reeves joins Graham McCormack.

Reeves makes his professional boxing debut this weekend - in Canada!

The former Corpus Christi welterweight flew out to Toronto this Tuesday ahead of his first fight in the paid ranks this Saturday, November 17.

The 23 year old Limerick man has linked up with Lee Baxter Promotions in Toronto.

A former national underage champion, Reeves will have a familiar face in his corner with Corpus Christi clubman Declan Fitzgerald.

At the Danforth Music Hall in Toronto, Reeves will face Mexican Benito Aburto over four rounds.

Reeves follows Graham McCormack into the pro-boxing ranks.

Raheen's McCormack will be back in the ring on December 7 when he fights on a card in Mayo.

The Limerick man will face Cork based, Jade Karam in a light middleweight bout. McCormack has won his three outings to-date since turning pro last December.

Limerick hurlers are Boston bound to play in the Fenway Classic

Hurling

THREE months after lifting the Liam MacCarthy Cup in Croke Park, the Limerick senior hurlers are Boston bound this weekend.

John Kiely's All-Ireland SHC heroes will play in the Fenway Hurling Classic in the home of Baseball's World Series winning Boston Red Sox.

The Fenway Classic involves Limerick, Wexford, Clare and Cork with two semi finals and a final across this Sunday, November 18 – all three games are live on TG4.

Limerick play Wexford in the second semi final at 6.50pm.

The GAA and GPA supported event sees the four counties compete for the Players Champions Cup in a Super 11s format tournament with each semi final lasting 40 minutes with the winners proceeding to the final.

In the Fenway Classic each team has 11 players on the pitch and there is no limit to the number of substitutions.

The matches will be divided into two halves of 20-minutes. Only goals can be scored – a goal scored from within the defensive zone is equivalent to three points while a goal scored from outside the defensive zone is equivalent to five points.

Over 30,000 attended the event last year, when Clare were winners.

Sunday will be the first time that the Limerick



Tom Morrissey of Limerick and Conor McDonald of Wexford are pictured ahead of the Fenway Classic

hurlers have played in the US since 1974. On that occasion, the then All-Ireland champions Limerick played an All Star selections as side of the Carroll's All Stars Tour to San Francisco.

Limerick have played in Boston previously – on May 31, 1936 when a Mick Mackey led Shannonside team beat a Massachusetts selection, 9-4 to 2-2 in Cambridge, Boston. Limerick also played two games in New Park as part of that US Tour – travelling by ship from Cobh across the Atlantic in a tour that took just over a month.

This time round, Limerick bring a 25-man panel to Boston.

The All-Ireland

champions will be without their six strong Na Piarsaigh contingent and four injured stars in Darragh O'Donovan, Paul Browne, Richie McCarthy and Tom Condon.

The Boston tournament is Limerick's first outing since the August 19 All-Ireland SHC final. While this is the off-season, Limerick did avail of some brief training ahead of facing Wexford, who weren't one of the teams faced during the 18 games of the 2018 season.

As well as the on-field activities, Limerick GAA also have a number of fund-raising ventures in the US this week with events in New York, Boston and Chicago.



Lorriane Counihan, FAI is pictured Dave Rooney and Shaune Rooney of Limerick WFC upon arrival at the Continental Tyres Women's National League Awards at the Ballsbridge Hotel in Dublin PICTURE: PIARAS Ó MÍDHEACH/SPORTSFILE

Top rugby referee Lacey calls time

Rugby

LEADING international rugby referee John Lacey will retire from Test match officiating at the end of the season to take up a high performance referee coaching and talent identification role with the IRFU.

One of the most capped Test referees in Irish Rugby history, Limerick-based Lacey has taken charge of 37 senior international matches between 2010 and 2018, and officiated four matches at the 2015 Rugby World Cup tournament.

The 45-year-old Tipperary native, who played for Shannon and Munster as well as Clanwilliam, will take charge of his final Test match when Argentina face the Barbarians at Twickenham

on Saturday, December 1.

He will continue to officiate at PRO14 and European level until the end of the current season before taking up his new position with the IRFU.

World Rugby Match Officials Selection Panel Chairman Anthony Buchanan led the tributes to Lacey, who also represented Sunday's Well, and the Ireland Sevens and 'A' teams before taking up the whistle.

Buchanan commented: "John has been an outstanding servant of international officiating over a eight-year period, winning 37 caps and many friends along the way as a match official who always gave 100% to the cause.

"In particular, as a senior member of the international panel in recent years, he has

played a strong role in mentoring and supporting the younger members of the group and it is these qualities that will be to the fore as he begins an exciting new chapter in his career. Everyone at World Rugby wishes him well."

Dudley Phillips, IRFU Head of Referees, said: "John has been a leading member of the IRFU Referee Panel for a number of years and played a significant part in the team's transition into the professional era.

"He has always looked to assist younger referees and develop and progress their careers. We look forward to John joining the Referee Department and working with the dedicated Referee Development Managers to identify and develop Irish refereeing talent."

UL-Bohs' and Old Crescent score crucial AIL wins

Rugby

THREE of Limerick's four sides in Division 2 of the All-Ireland League scored crucial wins on Saturday.

In Division 2A, fifth-placed UL-Bohemian got back to winning ways when scoring a 36-24 bonus point success over QUB at Annacotty.

In the same division, Old Crescent ended their four-game losing run when

edging past struggling Galwegians 13-12 at Crowley Park.

In Division 2C, in-form Bruff made in five wins on the bounce when seeing off Bangor 15-10 at Upritchard Park.

In the same Division, ninth-placed Thomond are just one point ahead of bottom side Tullamore after losing 38-15 defeat to leaders Middleton at Fitzgerald Park. UL-Bohs' had a try bonus

point in the bag at half-time when leading QUB 29-10.

Hooker Joe Bennett helped himself to a brace of tries, while full-back Joe Murray and winger Thomas Ógie Scannell also dotted down.

Out-half Robbie Bourke kicked a penalty and three conversions. QUB rallied scoring two converted tries to trail 24-29.

However, a late try from centre Harry Fleming,

converted by Bourke, sealed the win.

Also in 2A, Crescent trailed 'Wegians 3-5 at half-time. Gary Fitzgerald scored a crucial second half try for Crescent, while Ronan McKenna kicked eight points.

In 2C, Thomond, who trailed 3-17 at half-time, scored tries through Eoin Carr and Richie Ryan, while Evan Cusack kicked five points.



Action from UL Bohemian's win over Queens on Saturday

UL EAGLES MEET LIMERICK CELTICS IN MENS DIVISION ONE

LOCAL Basketball bragging rights rest with the Limerick Celtics this weekend as their mens side defeated the UL Eagles 81-57.

The win saw Tony Hehir's side move to 8-3 from their 11 games, while the Eagles are now just 2-8 from their 10 outings.

This weekend action in the Mens Division One National League continues apace with Limerick's three Men's side in action once more.

LIT are first into action as they host Ballincollig on Saturday at 6pm in LIT. The Cork side are 11-0 this season, so a tough ask is at hand for the students.

An hour later, across town in UL, the 2-8 Eagles host the 8-2 Killarney Lakers, while at 7.45pm in Cork, the Limerick Celtics travel to take on the 4-6 Fr Matthews side.

The tie of the weekend however is in the Women's National League Division One as the Celtics (2-2) host the 0-4 Huskies at 4pm on Saturday in St Munchin's.



Neil Campbell UL, watched closely by Jordan Hehir, Limerick Celtics at the St Munchins Gym

ALL PICTURES: BRENDAN GLEESON



Jump shot: Turrell Morris, Limerick Celtics, under pressure from Tarchee Brown, UL



Jack Coyne, UL, aiming for the basket against Limerick Celtics



Lay up: Alvaro Martinez, Limerick Celtics, scoring the points against UL



Down town: Paul Leigh, UL, under pressure from Turrell Morris, Limerick Celtics



Derby day: Turrell Morris, Limerick Celtics, under pressure from Tarchee Brown, UL

Munster Junior Cup tops the bill



Craig McMarlow, Ballynanty Rovers and Ross Mann, Fairview Rangers, chase the ball in the FAI Junior Cup Fourth Round. This weekend Ballynanty travel to Nenagh in the Munster Junior Cup PICTURE: BRENDAN GLEESON

LEADER REPORTER

sport@limerickleader.ie

THE Munster Junior Cup takes centre stage this Sunday, November 18 as there are six third round games down for decision.

There is one all Premier Division game topping the bill as Nenagh host

Ballynanty in what is arguably the tie of the round.

Holycross host Moyross in a 1A duel, while Pike Rovers welcome Caherdavin Celtic of Division 1B into their lair on Sunday at 11am.

Caherconlish will be hoping for a giant killing performance as they host Kilmallock Utd, while in a

local derby Hyde Rangers will host Prospect Priory at Cals Park.

The local derby will surely attract a large crowd and pictures from the game will appear in next Monday's Limerick Leader newspaper.

The final tie of the round sees the biggest gap in terms of league positions as Brazuca of 3B, host Regional Utd.

JUNIOR SOCCER FIXTURES

FIXTURES

SATURDAY NOV 17

MUNSTER YOUTH CUP

Charleville v Nenagh, 7.00, R Broe, Aisling Annacotty v Mungret Regional, 7.00, G Clancy

SUNDAY NOV 18

MUNSTER JUNIOR CUP

Nenagh v Ballynanty Rvs, 11.00, A Keogh, J Curran, T Duggan, Holycross v Moyross Utd, 11.00, B Higgins, Pike Rvs v Caherdavin Celtic, 11.00, 11.00, M Cuddihy, Caherconlish v Kilmallock Utd, 11.00, K Gorman, Hyde Rgs v Prospect Priory, 11.00, M Kiely, Brazuca Utd v Regional Utd, 11.00, N Casey

MUNSTER YOUTH CUP

Caherdavin Celtic v Regional Utd, 2.15, M Kennedy

FAI UNDER 17

Fairview Rgs v Raheny Utd, J

McNamara, R Brie, G Clancy, Aisling v Carigaline, 2.15, B Higgins, M Murphy, J Gorman, Swords v Newport, 1.00,

OPEN CUP

Prospect v Murroe, 2.15, E Kenny, Castle Utd v Herbertstown or Nenagh, 11.00, P O'Brien, Wembley Rvs v Murroe B, 2.15, F O'Neill, Hyde Rgs v Kilfrush, 2.15, T O'Sullivan

PJ MATTHEWS PREMIER LEAGUE

Fairview Rgs v Aisling, 11.00, D Broughton, Janesboro v Carew Park, 11.00, J McNamara

GALTEE FUELS DIV 1A

Coonagh Utd v Castle Rvs, 11.00, R Peiper, Summerville Rvs v Cappamore, 11.00, D Power, Murroe v Athlunkard Villa, 11.00, J Hayes, Fairview Rgs v Corbally Utd, 2.15, M Kiely

GALTEE FUELS DIV 1B

Hill Celtic v Granville Rgs, 11.00, M Monaghan,

Ballylanders v Southend, 11.00, A Whelan

MCGETTIGANS DIV 2A

Corbally Utd v Patrickswell, 11.00, M Bourke

STA FURNITURE DIV 3A

Northside v Dromore Celtic, 11.00, J Clancy

EDEN HAIR SALON DIV 4

Aisling E v Coonagh Utd C, 11.00, K McCormack, Athlunkard Villa C v Parkville B, UL Astro, M Monahan

NICK GREEN YOUTH DIV TWO

Shelbourne v Corbally Utd, 2.15, M Kavanagh

KEN T GRIFFIN CONSTRUCTION YOUTH DIV THREE

Carew Park v Regional Utd, 2.15, J Clancy, Kilmallock v Lisnagry, 2.15, P O'Brien

WEDNESDAY NOV 21

TUOHY CUP

Carew Park v Janesboro, 7.00, Jackman

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ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

New England trip should signal time for change

This week it was announced that the Munster 'A' side will play two matches in New England, USA, this April.

What is wrong with that you may ask? Nothing would be the answer. However, Limerick rugby clubs, particularly those in Divisions 1A and 1B are up in arms over same.

The dates for Munster's games are April 6 and 10. April 6 is the same day as the second last round of games in the All-Ireland League, a round which would have featured most if not all of the Munster 'A' squad.

The second tie, four days later, comes just three days before the final round of games in Ireland's domestic league.

The anger is not that the players are going to play with Munster 'A' it is more that the fixtures were not flagged with the clubs before the season began.

The new look Celtic Cup was run off over five weeks and Limerick clubs were delighted to hear that they would have access to contracted players for the majority of the season.

It now seems that the players will miss, arguably, the most important two games of the domestic season.

So, where to go from here? The anger from the clubs is justified, however the players are contracted to Munster and not the clubs.

Is this a warning signal that needs to be heeded? Do the clubs need to move away from contracted players and just play with their own 'home-grown' players?

To be honest, this decision to play games in America, this time against the New England Free Jacks, seems to be a test case for more international fixtures.

It is no secret that the Pro14 are looking to expand into the US market. Adding a couple of trips to the 'States' on top of trips to South Africa and Italy and you see that more and more players are going to be needed by Munster to fulfil their season.

Add in extra Autumn internationals and you have an even bigger drain on resources.

The games in April should act as a call to action from the Munster clubs. They are being squeezed out of the rugby landscape by schools rugby and the professional game.

Clubs start to provide rugby from the age of six, with some clubs having two teams at the under 13 grade.



Munster will play the New England Free Jacks in April 2019. The games should act as a call to action for Limerick's rugby clubs

Schools rugby and the 'paneling' of players takes over then and the numbers which come out the other end are worrying.

At the under 20 and under 18 levels, there are clubs struggling to field teams. There are amalgamations of clubs being put together just to keep some players playing the game.

The professional game adds to this player drop off too. There is a perception that should a player not 'make' the Munster academy straight out of school, he no longer has a 'need' to play rugby.

Therefore, clubs who once had two under 13 teams, now need to go and recruit players for their adult teams. This is one of the worst sides of the game as clubs chase players like they

are in the NFL draft.

This series of games in April should be seen as a chance for the Limerick clubs to lay down their own marker.

Schools should make education a priority, not rugby. While the system needs to change to allow clubs to hold on to their players from 6 to 20.

The 'numbers game' that drives the Leinster Rugby machine will not work down here. Every single player counts and no one should be left drop out of the game, for whatever reason.

Munster Ltd, the clubs and the schools need to set their stall out.

The trio need to define their roles in the game as a whole and forget about their individual power struggles.

Should the end vision be the same for all three stakeholders, the province would be an unstoppable force.

COLM KINSELLA

Shannon man and All-Black winger

WHEN former Shannon RFC second row Frank Bradshaw-Ryan runs out for Nevers in France's PRO D2 this season, his team mates include a one-time All-Black with a fascinating personal story.

Clareview man Bradshaw Ryan is in his second season with Nevers currently well-placed in the promotion play-off race in PRO D2.

Team mate Zac Guilford played 10 games for the All-Blacks between 2009 and 2012, while playing 86 Super Rugby matches for the Crusaders, Hurricanes and Waratahs.

It may seem like life couldn't get any better for Guilford when he donned the black jersey for the first time.

However, Guilford this week spoken about the horrors that unfolded following his selection in the All Blacks for the first time as a 20-year-old.

The pressure of the All Blacks environment and the tragic passing of his dad all became too much for him.

"My life was catastrophic, but at the same time everyone thought I was living the dream being an All Black. But in my head I was going crazy," he told Eurosport.

His international career went up in smoke after he was accused of assaults during an alcohol-fuelled series of incidents in Rarotonga in 2011.

But the incident was the catalyst to Guilford coming clean, admitting to alcoholism and gambling troubles for the first time.

"I wake up in my friend's garage one morning after a big night and I think I want to change. It took me to lose all those contracts (with the Waratahs and Clermont) and to chopping trees with my Grandad and living with my grandparents to realise I do love this game and want to give it another shot"

Initially, he played amateur with Wairarapa Bush, below ITM Cup and now he's in Nevers playing PRO D2. You never know what's around the corner.

JEROME O'CONNELL

Fours years later and still crazy club GAA calendar persists

JUNE 2014 appears to be the start of the first real debate about moving towards a calendar year for the club competitions.

That's four and a half years ago.

This Sunday, Na Piarasaigh bid to write another glorious chapter in their 50 year old club history when they play in the Munster club SHC final in Thurles.

The Caherdavin kingpins are bidding to win a fifth provincial title in eight years.

Just like last year, Waterford's Ballygunner provide the Munster

final opposition.

Sunday's newly crowned Munster champions will then have to wait at least 11 weeks to play the All-Ireland semi final next February.

From Sunday's Munster final to the All-Ireland final next St Patricks Day, it's 17-weeks.

Crazy, simply crazy to have 30% of



No rest for the winners

the year tied up for two games!

On June 28, 2014, a Central Council meeting decided, in principle, that the GAA would accept the Football Review Committee's (FRC) recommendation that all club championship competitions should be completed in the same calendar year.

The following January, Central

Council was presented with proposals from a sub-committee charged with devising a plan to introduce a calendar GAA season.

Commissioned on foot of their approval in principle of the Football Review Committee's original recommendation, the group's blueprint involved moving the national club finals from March to the previous December.

This Sunday (almost four years after this meeting), there will be five teams left in the race for the All-Ireland club SHC title - yet the final will be 17-weeks away!

COLM KINSELLA

Mister Whitaker can claim more Cheltenham success

As racing's jumps season hits full speed on both sides of the Irish sea, the November Meeting takes centre stage at Cheltenham Racecourse from this Friday until Sunday.

Saturday's feature race at Prestbury Park is the iconic £160,000 Bet Victor Gold Cup due off at 2.25pm.

The racing highlight of the November meeting, the Bet Victor Gold Cup, always draws a large and high-class field for and was won last year by the popular Splash Of Ginge with Tom Bellamy in the saddle.

Saturday's race is another open-looking renewal, but it could well be worth siding with Mister

Whitaker who gamely landed the Close Brothers Novices' Handicap Chase at last season's Cheltenham Festival.

Mister Whitaker made an impressive winning reappearance at Carlisle recently.

At odds of about 13/1, behind market leader Rather Be, Mister Whitaker is a decent each-way bet.

Other highlights of Cheltenham's three-day National Hunt racing bonanza this weekend, include the appearance of last year's Grand National winner Tiger Roll in the Glenfarclas Cross-Country on Friday and Coneygree, the 2015 Gold Cup winner, in the Bet Victor Handicap Chase on Saturday.



Cheltenham is once more the centre of attention this weekend



Sunday



Tom Morrissey is shipping off to Boston on Sunday

Wednesday

TENNIS
ATP WORLD FINALS
SKY SPORTS/BBC2 12NOON

HORSE RACING
FAIRYHOUSE
ATR 12.30PM

SNOOKER
NORTHERN IRELAND OPEN
EUROSPORT 12.45PM

SOCCER
SWITZERLAND V QATAR
SKY SPORTS 6PM

DARTS
GRAND SLAM OF DARTS
SKY SPORTS 7PM

Thursday

GOLF
DUBAI WORLD TOUR
SKY SPORTS 7AM

SOCCER
POLAND V CZECH REP
SKY SPORTS 5PM

GOLF
THE RSM CLASSIC
SKY SPORTS 6.30PM

SOCCER
IRELAND V N IRELAND
SKY SPORTS 7.45PM

GOLF
CME TOUR CHAMPIONSHIP
SKY SPORTS 9.30PM

Friday

GOLF
WORLD TOUR DUBAI
SKY SPORTS 7AM

SNOOKER
NORTHERN IRELAND OPEN
EUROSPORT 11.45AM

TENNIS
ATP TOUR FINALS
SKY SPORTS 12NOON

HORSE RACING
CHELTENHAM
ITV4 12.40PM

GOLF
RSM CLASSIC
SKY SPORTS 6.30PM

DARTS
GRAND SLAM OF DARTS
SKY SPORTS 7PM

SOCCER
CYPRUS V BULGARIA
SKY SPORTS 7.45PM

SOCCER
FRANCE V HOLLAND
SKY SPORTS 7.45PM

RUGBY UNION
GLOUCESTER V LEICESTER
BT SPORT 7.45PM

SOCCER
WALES V DENMARK
SKY SPORTS 7.45PM

SOCCER
BRAZIL V URUGUAY
ITV4 8PM

GOLF
CME TOUR
SKY SPORTS 9.30PM

Saturday

CRICKET
SRI LANKA V ENGLAND
SKY SPORTS 4.30AM

GOLF
WORLD TOUR DUBAI
SKY SPORTS 7AM

HOCKEY
HOLLAND V JAPAN
BT SPORTS 10AM

HORSE RACING
CHELTENHAM
ITV 1 12.40PM

SNOOKER
NORTHERN IRELAND OPEN
EUROSPORT 12.45PM

RUGBY UNION
ITALY V AUSTRALIA
EIR SPORT 1.55PM

RUGBY UNION
WALES V TONGA
BBC2 WALES 2PM

RUGBY UNION
ENGLAND V JAPAN
SKY SPORTS 3PM

RUGBY UNION
SCOTLAND V SOUTH AFRICA
BT SPORTS/BBC 5.30PM

GOLF
RSM CLASSIC
SKY SPORTS 6.30PM

RUGBY UNION
IRELAND V NEW ZEALAND
CHANNEL 4/RTE2 7PM

SOCCER
ITALY V PORTUGAL
SKY SPORTS 7.45PM

GOLF
CME TOUR
SKY SPORTS 9.30PM

HORSE RACING
HAWTHORNE
ATR 10PM

Nepo Laulala prepares for this Saturday's test with Ireland during a gym session



James McClean of the Republic of Ireland poses for a portrait ahead of his side's meeting with Northern Ireland on Thursday



GOLF
DUBAI WORLD TOUR
SKY SPORTS 7AM

SNOOKER
NORTHERN IRELAND OPEN
EUROSPORT 1 12NOON

DARTS
GRAND SLAM OF DARTS
SKY SPORTS 1PM

SOCCER
ENGLAND V CROATIA
SKY SPORTS 2PM

GAA
NA PIARSAIGH V B'GUNNER
TG4 2PM

RUGBY UNION
BRISTOL V EXETER
BT SPORT 1 3PM

SOCCER
N IRELAND V AUSTRIA
SKY SPORTS 5PM

GAA
FENWAY CLASSIC
TG4 5.45PM

NFL
NFL REDZONE
SKY SPORTS MIX 6PM

GOLF
RSM CLASSIC
SKY SPORTS 6PM

SOCCER
HUNGARY V FINLAND
SKY SPORTS 7.45PM

SOCCER
SWITZERLAND V BELGIUM
SKY SPORTS 7.45PM

GOLF
CME TOUR
SKY SPORTS 9.30PM

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