



Jodie Barrett, Kate Taylor, Meabh Moriarty, Elizabeth Polioikva and Mary O'Connor with president of LIT, Vincent Cunnane, at the Christmas Market in aid of local charities, at LIT PICTURE: BRENDAN GLEESON

# MARKET VALUES

LIT students host Christmas craft market for charity **Pictures p38-39**

# The Leader

[www.limerickleader.ie](http://www.limerickleader.ie)  
Wednesday, December 5, 2018

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**HEARTBEAT** Defibrillator map for Limerick city **P10**

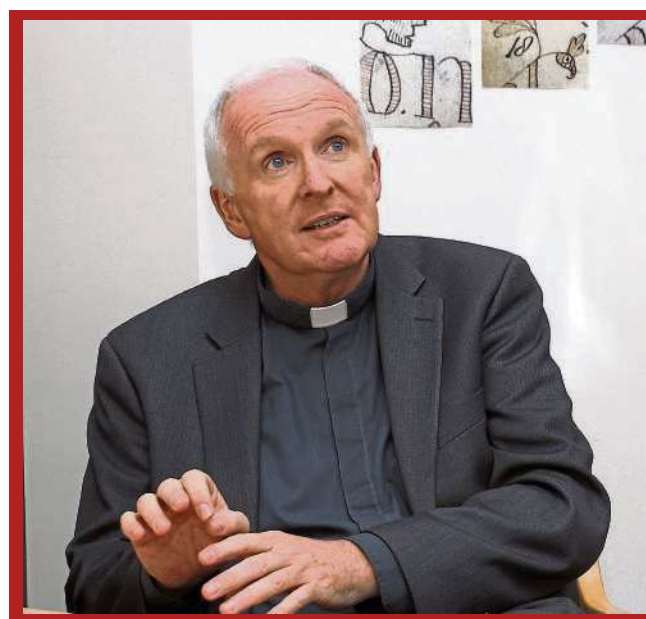
## SUNDAY BEST

Munster welcome Castres to Thomond Park for Champions Cup **See Sport**



## JACK'S SONG

Young son of the late Jason Corbett performs tribute to parents **P6**



**Shortage of priests forces bishop into reshuffle P16**

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# LeadingOff

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**UL's Glucksman Library**  
 A treasure trove of papers donated to the library illuminating Limerick's Tudor era by Civic Trust



**▼ BAD WEEK**  
**UHL**  
 Yet again leading the figures nationally for patients treated on trolleys and winter is yet to bite



**☀ QUOTE OF THE WEEK**  
 "I got the best possible start with Garryowen and owe so much to everyone here."  
**Conor Murray at event in his honour held in Adare Manor on Saturday**

**INSIDE THIS WEEK**



**MIND THE BUSES**

Bus chiefs fire back at critics  
 Page 12



**STREET VIOLENCE**

Judge states his concerns  
 Page 6



**RUSH FOR RING ROAD**

Castletroy traffic calls for haste  
 PAGE 12



**TUDOR ERA UNVEILED**

Papers donated to UL library  
 Page 22

## Remember those less fortunate at Christmas



**Mary Queen of Ireland school in Caherdavin is just one of the many schools that took part in the Christmas Shoebox Appeal run by Sigi Murrhly. This is one of many different worthwhile festive projects underway in Limerick this Christmas**



**WHAT WE THINK**  
**EUGENE PHELAN**  
 LEADER EDITOR

IN a world where there is so much emphasis on bad news we often don't realise all the good things happening around us.

This came to mind when I spotted a heart warming project in Raheen recently where church goers collected Santa letters after Mass with details of presents they could buy for children who otherwise may have nothing

to look forward to on December 25. I know Raheen is just one of a number of parishes who organise similar such events.

It is important to help those who are not so lucky.

And that is why the Shoebox Appeal, run in Limerick by the marvellous Sigi Murrhly, is so important. Many local schools have got involved in helping children

in other countries, while it also sends out the right message to kids taking part.

There is also the marvellous Redemptorists who have been running their Christmas Hamper Appeal since 1972 and who like the St Vincent De Paul and other charities deserve our support this festive season.

Remember those less fortunate this Christmas.

**WEBTOPTEN**

1. Tributes paid after passing of one of Limerick's 'finest musicians'
2. Garryowen FC pays tribute to Conor Murray at gala event in Adare Manor
3. Lengthy prison sentences handed to trio over Limerick city shooting
4. Family home targeted in early morning attack in Limerick city
5. Woman who was 'stoned and steamed' carried out daylight Limerick attack
6. WATCH: Two Limerick homes in running for title of Ireland's Most Christmassy
7. 'Strip Bus Eireann of Limerick city services': Call for council to be responsible for transport
8. Man taken to hospital following river incident in Limerick
9. It could be you! Winning Lotto ticket sold in Limerick
10. 'Quite shocking': Special report into University of Limerick discussed at PAC



**Controversy over bus services rumbles on: See online and page 12 for more**

**WEATHER FORTHEWEEK**



**WEDNESDAY**  
 Style is  
 P2\_Page\_Number and fill it out to the end here



**THURSDAY**  
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**FRIDAY**  
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**SATURDAY**  
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**SUNDAY**  
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**MONDAY**  
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# MyLimerick

## Will Leahy

Radio presenter and solicitor

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

I always remember what was possibly the best few days in Limerick in recent years. In 2013, on scorching July Sunday, Limerick won its first Munster Championship in 17 years over Cork. The sun kept on shining, and Bruce Springsteen played in Thomond Park only 48 hours later. So that was a perfect long weekend for me.

### What's your first Limerick memory?

Probably a Saint Patrick's Day parade sometime in the 1970s. If it was the 70s then you can be sure everyone was driving a brown Cortina. And someone dressed up as Kojak.

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

Glenstal and the Clare Glens. We used to explore the Clare Glens as kids and someone would inevitably be pushed in.

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

The work the council and the EU have carried out on the Shannon Banks walk is simply spectacular. The only problem is, it's become too popular. You'll almost have to book a slot to walk on there soon.

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

Our siege mentality. We are always under attack and we know how to defend ourselves. That, and the lyrical way we pronounce the word "gowl".

### Do you have a favourite local restaurant?

No. As someone who eats in the city centre every day, they are ALL my

favourites.

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

Stunning.

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

Obviously it's the backbone of our community. I sometimes wish music could have the same focus and my dream is that we would be able to develop a music festival to rival the Marquee.

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

The Adare bypass. It's bad enough that drivers from outside our community have to battle the one hour tail back in the summertime on their way to Kerry, but I can't imagine how frustrating it must be for those living in Croagh or Newcastle West who commute to the city to work.

### Will Leahy presents the RTE Gold Breakfast Show every morning - listen on digital radio or online



## FRONTPAGESOFTHEPAST

14 YEARS AGO  
DECEMBER 11, 2004

The lead story in the Limerick Leader declared that "official secrecy surrounds the jailing of two people for the non payment of litter fines".

Scores of people convicted of littering at the district court were named and shamed, but the two

offenders that were imprisoned were not named.

And just like this weekend Munster were hosting Castres in the then Heineken Cup in Thomond Park.

Munster had lost 19-12 away to the French side the previous week and were hoping for an improved performance at home.



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# Trolley crisis hits 1,000 mark again

**FINTAN WALSH**

[fintan.walsh@limerickleader.ie](mailto:fintan.walsh@limerickleader.ie)

MORE THAN 1,000 patients have been treated on a trolley at University Hospital Limerick for the second month in a row, according to new figures published by the Irish Nurses and Midwives Organisation.

The monthly figures show that a total of 1,071 patients were treated on an emergency department trolley or an extra trolley or bed in the wards at UHL in November.

It was the most overcrowded hospital in the country for the 18th month in a row, the INMO stated. It was also the worst ever November for overcrowding at UHL.

Cork University Hospital had the second highest figure with 932 patients on trolleys.

TD Jan O'Sullivan said that UHL is "way out of proportion to the rest of the country" when it comes to overcrowding, and that Limerick "must be given top priority".

"While new beds are promised, they

won't be ready until well into 2019. In the meantime we need extra staff, all beds to be opened, extended hours for the minor injuries clinics in the other Mid-West hospitals and more home care packages so that people can be discharged home where possible," she said in a statement this week.

Deputy Maurice Quinlivan said the overcrowding crisis has been "continuously escalating".

"As with the housing crisis, the government think that their policies are working for the health service but they are completely failing and that failure is having a devastating impact on people's lives.

"To deflect from their ineptitude and mismanagement of the health service they have tried to blame hardworking nurses and doctors for the crisis, but the buck stops at the Minister for Health," he said.

The UL Hospitals Group said it "truly regrets" that patients have to face long waits in the emergency department.



A total of 1,071 patients were treated on emergency department trolleys and on extra trolleys or beds in the wards at UHL in November, according to the INMO this week

## Woman who was 'stoned and steamed' carried out attack

**DAVID HURLEY**

[david.hurley@limerickleader.ie](mailto:david.hurley@limerickleader.ie)

A CHRONIC drug addict "furiously" kicked another lady after knocking her to the ground during a violent incident in broad daylight, a court has heard.

Mary Anne Lindsay, aged 43, of Raheen Square, Ballinacurra Weston, pleaded guilty to charges of assault and robbery relating to the incident at Schoolhouse Lane, off Barrington Street on February 20, last.

Detective Garda Paul Crowley told Limerick Circuit Court a 61-year-old woman was knocked to the ground and assaulted by the defendant who approached her from behind and attempted to steal her handbag.

A number of people who were in the vicinity came to the assistance of the injured party when they were alerted to the incident which happened shortly after 3pm.

Ms Lindsay, who has more than 60 previous convictions, had consumed "sticks" and alcohol on the day and could not remember the incident following her arrest after being identified as a suspect on CCTV.

"I was stoned and steamed," she told gardai during interview.

Barrister Brian McInerney said his client is a chronic drug user who has had a hard life and who was under the influence of an intoxicant at the time.

He said she has "no trappings of wealth whatsoever" and that she suffers from ill health.

Judge Tom O'Donnell was told Ms Lindsay is "not a serious player in the criminal underworld" and that she has been engaging with various services during her time in custody since the offence.

Adjourning the matter to December 21, the judge said he needs some time to consider the matter before imposing sentence.

# A present that surprises over and over again.



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## Son of late Jason gives powerful performance

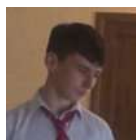
**LEADER REPORTER**  
news@limerickleader.ie

**THE son of murdered Limerick businessman Jason Corbett has moved people to tears, with a powerful performance in memory of both his parents.**

Jack Lynch, 14, posted his version of 'Dancing in the Sky' as a Christmas tribute to his father and in memory of his late mother, Margaret 'Mags' Fitzpatrick.

On his own YouTube 'channel', young Jack wrote: "This is dedicated to my Mam and Dad Mags and Jason Corbett and to anybody out there who has lost a parent."

Thousands of people have already seen the emotional cover of the Dani and Lizzy Nelson song, with one user writing: "Just simply amazing. Absolutely beautiful. The living image of his Mam."



**Jack Lynch, the son of Jason Corbett**

Another added: "That voice!!! Absolutely amazing!"

A talented singer, Jack is a regular performer, with his guardian Tracey Lynch - Jason's sister - posting a number of videos of him performing previously.

Jack, an elder brother of Sarah, was just two when his mum died from an asthma attack.

He was only 11 when his father was murdered in North Carolina in 2015.

Jason Corbett's father-in-law Tom Martens, (68) and second wife, Molly Martens, (34) are serving prison sentences after being convicted of his slaying by a court in the US.

## Judge's concern over violence on streets

**DAVID HURLEY**  
david.hurley@limerickleader.ie

A JUDGE has said members of the public must be protected from those who engage in random acts of violence on public streets.

Judge Tom O'Donnell made his comments as he jailed a serial offender who threatened a number of young men with a stanley knife with the aim of getting cash for the bus home.

Brendan Sherlock, aged 26, of Lahinch Road, Ennis pleaded guilty to multiple charges relating to a series of offences which happened over a short period on the evening of October 25, 2017.

Detective Garda Dermot Cummins told Limerick Circuit Court the defendant approached the victims, all aged in their early 20s, at Arthurs Quay bus stop, Sarsfield Street and O'Connell Street.

In each case, he "sidled up them" before subtly producing the knife and demanding small amounts of cash - saying it was for the bus back to Ennis.

The detective said the defendant, who has a number of distinctive tattoos made a threatening gesture



**Brendan Sherlock was sentenced to three and-a-half years' imprisonment when he appeared before Limerick Circuit Court**

with the knife to another man who intervened during one of the attempted robberies.

Judge Tom O'Donnell was told Sherlock was arrested and the knife recovered after gardai stopped and boarded an Ennis-bound bus a short time after they were alerted to one of the incidents.

Barrister Brian McInerney said his client, who comes from a large family, was intoxicated at the time and immediately expressed remorse

following his arrest.

He said the father-of-two, who has more than 100 previous convictions, did not physically harm any of the victims and co-operated fully with gardai during interview.

Judge O'Donnell said such incidents are "all too common" on the streets of Limerick and that the public must be protected.

He imposed a four and-a-half year prison sentence, suspending the final 12 months.

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**8th December**

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**2.00pm - 4.00pm**



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# Jury told laneway victim sustained single stab injury

ALISON O'RIORDAN

news@limerickleader.ie

THE trial of a Limerick man accused of murdering another man in a laneway in the city centre last year is expected to conclude by the end of this week.

Desmond Coyle, aged 60, who is originally from Garryowen but who was living at Davis Street, has pleaded not guilty to murdering Calo Carpaci, 58, at Roches Row – between Roches Street and Thomas Street – on May 24, 2017.

Mr Carpaci died after he was stabbed during an altercation near his home shortly after 1.30pm.

Opening the trial at the Central Criminal Court, Anthony Sammon SC said a very significant part of the case would be based on CCTV footage capturing the movements of people around Limerick city on the day of the fatal stabbing.

The barrister said the accused's life centered very much on alcohol and public houses at the time.

"You will come to the view that Mr Coyle was under the influence of alcohol on the occasion," said Mr Sammon, adding that only in very rare situations can the degree of alcohol intoxication deprive a person of

forming a conscious intent.

Mr Sammon told the jury they would receive enough evidence during the trial to show that Mr Coyle's situation at the time of the killing was not "excusatory".

In her evidence, paramedic Mary O'Brien said she was in an ambulance when an emergency call was dispatched from the control centre reporting a stabbing at Roches Row.

She said the ambulance arrived at the scene at 1.40pm – at which time a garda was already present doing compressions on the patient's chest as he lay unresponsive on the footpath.

Ms O'Brien said the man's clothing was cut and a defibrillator pad was applied to his chest.

"I could see one injury to his chest, which was slightly left of centre," she told the jury.

The witness said she checked the patient for a pulse but there was none so they moved him onto a stretcher and into the back of the ambulance. There were no other visible injuries when a head-to-toe examination was carried out on him, she noted.

The trial continues at the Criminal Courts of Justice before Mr Justice Michael White and a jury of seven men and five women.



The trial is being heard before Mr Justice Michael White at the Criminal Courts of Justice

## Lucky Limerick man collects €250,000 Lotto Plus jackpot

A LUCKY Limerick man got his Christmas off to the perfect start on Tuesday when he collected the top prize of €250,000 from last Saturday's Lotto Plus 2 draw.

The delighted player says the first thing he is going to do is make a donation to a children's charity. Second on his Christmas present list is to buy a new car for his girlfriend, who is learning to drive.

The winner, who purchased his

quick pick ticket at the Tesco store at the Crescent Shopping Centre revealed he initially thought he had won the €5m Lotto Jackpot

"I scanned the ticket and I got a message to say congratulations I had won a big prize and to contact the National Lottery. I was convinced I had won the jackpot and when I checked the results I saw it was the Lotto Plus 2. But it is still a terrific win," he laughed.

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# FESTIVE FAMILY FUN



**SAT 08 DEC** 12 PM - 6 PM

**FREE FAMILY FUN**

## MUSICAL TREATS

Where: Bedford Row

Bedford Row will be filled with festive cheer with colourful street performances and musical entertainment live from the vintage caravan stage.

Musical Treats is sponsored by Savins.

[Limerick.ie/Christmas](http://Limerick.ie/Christmas)

**SAT 08 DEC** 12 PM - 4 PM

**FREE FAMILY FUN**

## WINTER BUSKING COMPETITION

Where: Upper William Street

To celebrate Christmas in Limerick, we are inviting musicians and bands from all disciplines to take part in a Winter Busking Competition – a festival of live street music.

[Limerick.ie/Christmas](http://Limerick.ie/Christmas)

**FRI 07 - SAT 08 DEC** 11 AM & 3 PM

**FREE FAMILY FUN**

## LIMERICK UNWRAPPED

Fri 07 Dec: 11am - Bowes Ryan Café  
3pm - Alex Findlater & Co.  
Sat 08 Dec: 11am - Sodalicious  
3pm - The Savoy

Join Celia Holman-Lee for some inspiration and gift ideas from local Limerick stores.

[Limerick.ie/Christmas](http://Limerick.ie/Christmas)



For full details visit [Limerick.ie/Christmas](http://Limerick.ie/Christmas) [/christmasinlimerick](https://www.facebook.com/christmasinlimerick) [@XmasLimerick](https://twitter.com/XmasLimerick) [@christmasinlimerick](https://www.instagram.com/christmasinlimerick) #ChristmasinLimerick

## Comments from online readers

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



### 'STRIP BUS EIREANN OF LIMERICK CITY SERVICES': CALL FOR COUNCIL TO BE RESPONSIBLE FOR TRANSPORT

**Ann Marie McDonnell**

What the council need to do is get the finger out and provide bus lanes for ALL the routes in Limerick not just the short strip that stops before Punches Cross

**Jack Gahan**

Let them at it. Great idea and it's a great way to begin deconcentrating the control from Dublin

**Jonathan McCoy**

There isn't a hope in hell that buses can be on time unless they are segregated from general traffic

### LIMERICK STAR SEAMUS HICKEY CONFIRMS INTER-COUNTY RETIREMENT

**Marie O'Sullivan**

Go out on the biggest high ever. Well done Seamus.

**Martina Katie Kiely**

Great hurler will be missed, best of luck Seamus

**Gerry O'Connor**

What a wonderful statement from Seamus Hickey!

### UHL SCORES BELOW NATIONAL AVERAGE ACROSS 'EVERY STAGE OF CARE' IN SURVEY

**Noreen Regan**

Personally couldn't fault the hospital had only good experiences there, and it's amazing when good things happen there it's never on social media only all the bad things

**Sammy Nevaeh Toofany**

Clearly understaffed, and has major issues at present. But this place correctly diagnosed my girlfriend's brain aneurysm, and referred her urgently to Cork she got the treatment she needed

**Christine Tulk**

I just went there today for tests etc. They could not have been more helpful and friendly in all the departments I visited

### LIMERICK PARENTS' ANGUISH AS TODDLER IS PLACED ON LENGTHY WAITING LIST

**Hholly Bbracken**

Been going through this for 5 years now. My son was diagnosed privately over a year ago and has been refused to be seen by anyone that I was told he needed to see.

**Elizabeth Cowhey**

Sadly nothing new! Been through it and it's no better out other side!

**TG Mac**

Time for a yellow jacket protest. This is a real issue, 12 months on a waiting list

**Caroline Kelly**

This is happening in every county in Ireland

[www.limerickleader.ie](http://www.limerickleader.ie)  
[www.facebook.com/LimerickLeader](https://www.facebook.com/LimerickLeader)  
**Limerick Leader**



Metropolitan Mayor Daniel Butler and City Hall facility officers, Ger Reidy and Timmy Roche with a defibrillator which is installed at City Hall. Mayor Butler is calling on the public to register their AEDs PICTURE: ADRIAN BUTLER

# Mayor aims to save lives with AED map

**Project:** Public urged to register their defibrillators

**FINTAN WALSH**

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THE METROPOLITAN Mayor of Limerick has launched a unique campaign to register and map every defibrillator across the city and county, in a bid to save lives in emergency scenarios.

Cllr Daniel Butler has teamed up with Community First Responders (CFR) in rolling out Ireland's first ever public mapping system for automated external defibrillators (AEDs), and is calling on the public to register their defibrillators via the CFR website.

"A lot of people come to me about defibrillators and they want one for the community. And there are actually a lot of defibrillators out

there but we don't know where they are, so I came up with an idea of rolling out a mapping system.

"It's about making sure we know where the AEDs are and that we can actually save lives," he told The Leader this week.

As well as CFR, Cllr Butler has approached Limerick City and County Council and Healthy Limerick about the idea. He said CFR was already starting a process to map defibrillators.

The National Ambulance Service already has a similar GPS system, but Cllr Butler said that its registration system is "far more complex". He said that the NAS will benefit from this new initiative.

"We want people to put it up online, whether they are private,

whether they are in a club or in a school or a public one, wherever they are, we want to get a mapping system out there so they become a resource for the community because that's really what they should be about.

"We also want to get people thinking about, okay, if one is locked away in an office somewhere, it's not in much use. It has to be in public display, and we also want people to check them annually in terms of the battery. Because if they are not in use, they will obviously have a limited lifespan in the unit."

Cllr Butler explained that a new AED can cost between €1,500 and €2,500 with an additional €500 on storage costs. To register your defibrillator, visit <http://crf.ie/aed-register-form>.

## Council issue orders against derelict sites

THE Council has confirmed that it is "stepping up" efforts to combat dereliction in the city and county.

The authority is to issue Compulsory Purchase Orders on eight derelict sites, including both residential and commercial properties. It said the move

"signalled a significant intensification of its ongoing efforts to tackle dereliction". It has also published confirmation notices of the completed compulsory acquisition on a further two derelict properties. Gordon Daly said the council was "stepping up our efforts

to deal with this issue across the city and county. Our message to owners of derelict properties is simple: Please engage with the Council or if not it will use the full range of statutory powers available to it including the imposition of levies and compulsory acquisition."



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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Youth knocked to ground and robbed while walking

GARDAI are appealing for witness to a robbery incident which happened near the city centre at weekend.

A 8.40pm last Friday – November 30 – a young man who was walking alone at Old Windmill Road was confronted by two males who asked him for a light.

The youth, who is aged in his late teens, was then forcefully grabbed and knocked to the ground by the culprits who took his mobile phone.

“Thankfully the young man wasn’t injured but he was very shaken,” said Sergeant Ber Leetch.



**Gardai at Henry Street are investigating**

Gardai at Henry Street are investigating the incident and are asking anybody who might have been in the area between 8.30pm and 9pm on Friday to make contact with them.

They are particularly anxious to speak with anyone who may have seen two males acting suspiciously before or after the incident took place.

## Investigations into two burglaries on same night

A QUANTITY of jewellery was stolen after thieves broke into a house in Caherdavin last week.

According to gardai, the property was entered some time between 9.20pm and 10pm on Thursday last – November 29.

In a separate incident, a house at Monaleen Road was broken into between 6.30pm and 7.30pm – earlier on the same evening.

“Burglaries can happen at any time during the day or night so make sure that you review the safety of your home and light it up during hours of darkness,” said divisional crime prevention officer Sergeant Ber Leetch.

## Garda warning issued over so-called ‘romance scams’

GARDAI have issued a warning in relation to so-called ‘Romance Scams’ which have become commonplace.

“A romance scam is where a person pretends to be interested in a romantic relationship with somebody who they intend cheating money from,” said Sergeant Ber Leetch.

“It usually takes place on online dating websites, but these scammers can often use social media or email to make contact too,” she added.

Those caught up in such scams should not feel



**Warning: Sergeant Ber Leetch**

embarrassed, should stop all contact and should report the matter gardai.

In addition to contacting gardai, victims are urged to alert the site where the scammer first made contact. “Let them know the scammer’s profile name and any other details that may help stop others being scammed,” said Sgt Leetch.

## Robbed on the way home

A MOBILE phone and headphones were robbed from a young man as he was walking home in the early hours of Tuesday morning.

The victim, who is aged in his early 20s, was walking at Catherine Place when he was confronted by a lone male at around 1.30am.

Gardai at Roxboro Road are investigating.

# Call for fast action on €150m ring road

**Link:** Environmental assessment to be submitted

### NICK RABBITS AT CITY HALL

nick@limerickleader.ie

LIMERICK City and County Council will shortly deliver an environmental impact assessment in connection with a major new ring road around the urban area.

The disclosure was made by council official Brian Kennedy on foot of a notice of motion by Fianna Fail councillor Joe Pond at this week’s transport committee meeting.

Phase one of the multi-million euro road plan is under construction, connecting Coonagh and Knockalisheen. But phase two is still awaited, with local member Séighin Ó Ceallaigh saying at present, it’s “a road to nowhere”.

The second phase will link Annacotty with Parteen, and it is hoped will significantly alleviate traffic around the University of Limerick (UL) and the National Technology Park.

In the wake of Edwards Lifesciences creating 600 jobs in Plassey, Cllr Pond said: “It is such a vital piece of infrastructure. Last Friday, at 4.30pm, the road traffic in Plassey stretched as far as the back entrance of UL. There are companies in the National Technology Park taking on 10 to 20 staff each week, and the traffic there is getting heavier, the tailbacks are getting longer.”

The motion received unanimous support, with Cllr Mike Donegan seconding it, and calling for a full update at the next transport committee meeting.

Metropolitan mayor Daniel Butler added: “I am constantly hearing reports of people taking an hour and a half to get to UL. That’s the same as from here to Galway, and it’s unacceptable.”

“We need to be hammering this home day and night. We must keep this on the agenda until we see meaningful progress.”

Cllr Ó Ceallaigh criticised “faceless” local authority bosses who “blocked any changes to the plan”.

He was referring to a July 2015 meeting at which members rejected the road plan, after being told no changes were possible.

“It was like Theresa May’s deal on Brexit – we were told it was the best deal possible. We said it wasn’t the best plan, and we were proven right because after we rejected it, we came back with a better route connecting to the Mackey roundabout and the national roads system,” he said.

Businessman Michael Tiernan said bringing the project forward is a “no brainer”, and Mr Kennedy added: “We need the Northern Distributor Road to allow the capacity to pull traffic away from the city.”

He confirmed Limerick Council is working with Clare County Council and the Department of Transport, Tourism and Sport with a view to putting together the environmental assessment.



**There have been extensive complaints about delays on Bus Éireann services in Limerick in recent weeks**

## Bus union boss critical of Moran remarks

THE general secretary of the National Bus and Rail Union (NBRU) has criticised John Moran, claiming he shows an “alarming ignorance” of how public transport works.

Dermot O’Leary was speaking after the former secretary general at the Department of Finance called for bus services in Limerick to be managed by the council.

Mr Moran said the service being operated by Bus Éireann is “woeful”

at present, with passengers complaining of a litany of delays and no-shows on the city’s routes – and fare hikes of almost 5% coming into play over the weekend.

Mr O’Leary, whose union represents thousands of front-line transport workers, pointed out that it is the National Transport Authority which regulates the service here – with Bus Éireann just the operator.

And he believes it is “ironic” that

Mr Moran wants the council to step in, given the fact it benefits from paid on-street parking.

“To make the bus services more reliable and frequent would mean taking away a lot of car parking street spaces for cars. There are reasons the service is falling down,” Mr O’Leary said. “A modicum of research from Mr Moran would have unearthed some gems in relation to both the policy of funding and reason for public transport.”



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# Diocese unveils its new team

**Church:** Plan to deal with drop in number of priests

**DONAL O'REGAN**

donal.oregan@limerickleader.ie

BISHOP Brendan Leahy has announced a Team Ministry approach for Limerick diocese to deal with the drop in the number of priests and need for greater lay engagement,

It was outlined by Bishop Leahy in a pastoral letter read out at all parishes in the diocese at the weekend. The move, which was signalled in the 2016 Limerick Diocesan Synod, will see existing parishes arranged into Pastoral Units. Teams of clergy will minister in each unit but existing parish identities will be preserved.

The new units will involve a number of parishes operating together, with two or three priests ministering together as a team to the pastoral needs of these parishes. Each of the priests



**Bishop Brendan Leahy**

will be a "co-parish priest" and will move around the pastoral unit, resulting in different priests saying Masses in parishes week on week.

The Team Ministry unit may also see one baptismal team for the whole unit offering preparation for parents bringing their child for baptism with the baptisms then taking place in the local parish church. There will be one Pastoral Council per Pastoral Unit made up of members of each of the parishes of the Unit.

Each parish then will have its own smaller working group.

In his pastoral letter, Bishop Leahy stated: "The main goal in establishing Pastoral Units and Team Ministry is greater co-operation between parishes. The hope is that there will be a greater critical mass of energy, competencies and lay volunteers at the service of a number of parishes. As the Irish saying puts it, Ní neart go cur le chéile - our strength lies in unity."

Bishop Leahy said that the establishment of the Team Ministry Units has been necessitated by the considerable decline in the number of priests, the increasing age profile of priests and increasing demands, bureaucratic and otherwise, on priests today.

"Change isn't easy but just as it is necessary in our own personal lives," he said.

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## Society's calendar puts Limerick in the picture

NICK RABBITS

nick@limerickleader.ie

A SELECTION of some of the most picturesque scenes from across Limerick have been captured in a new charity calendar. The Limerick and District Photographic Society has released a calendar showcasing some of the best pictures its members have taken across the last year.

The 2019 calendar – sold at Gleeson's Spar in Catherine Street, DJ Whitty's Mace in Caherdavin and Harvey Norman at the Tipperary Road – heavily features the homecoming of our victorious hurlers.

Images have also been captured of snow scenes at the King's Island, the spectacular fireworks which brought Riverfest 2018 to a close back in May, and other sights and sounds across the county.

It's priced at €6, with all proceeds going to the Limerick Autism Group.

The photographic society is always on the look out for new members. Call 087-6722478 for more information.



Old cottages under a blanket of snow, as captured in the annual Limerick and District Photographic Society calendar

## 'Mystery shoppers' to inspect city attractions

**€300m:** Limerick is fourth best among tourism revenue earners

FINTAN WALSH & RYAN O'ROURKE

news@limerickleader.ie

THE HEAD of the Wild Atlantic Way marketing brand confirmed that Failte Ireland will dispatch "mystery shoppers" to Limerick in a bid to boost the region's tourism industry.

The unique initiative was announced at an economic special policy committee meeting at City Hall this Monday, when Failte Ireland officials briefed councillors on its tourism vision for Limerick.

The committee had been calling on Failte Ireland for the "much-awaited" presentation for around a year,

chairperson Cllr Vivienne Crowley said. This was in response to widespread concern over Limerick's tourism footprint in Ireland.

Wild Atlantic Way chief, Miriam Kennedy said that Limerick was just fourth on the list of tourism revenue earners in Ireland, taking in an annual €300m. Galway is at the top, taking in just less than €850m.

Metropolitan Mayor Daniel Butler said that Limerick "should be double that" and that the region is an "untapped resource".

Ms Kennedy said that Limerick and Killarney will form part of its new Wild Atlantic Gateway initiative in 2019,



Mayor Butler says Limerick should be earning €700m, not €300m in tourism

which will last three years.

After Sinn Fein councillor Seighin O'Ceallaigh said that Limerick was still not on the Wild Atlantic Way route, Ms Kennedy said that the route is a "marketing tool" and that it is "not possible to include all of Limerick" on the route.

"They [the route] are hooks at the end of the day," she said, adding: "You will have all the same benefits."

Former Mayor Stephen Keary asked if Failte Ireland had an "audit system", adding: "This place is not tidy enough."

Cllr Keary was then informed that there are to be "mystery shoppers" who will inspect visitor attractions.

## Bush was 'friend of Shannon Airport'

The late George Bush Sr has been remembered by Shannon Airport.

A photo of the former US President in the departure lounge of the airport, bears a plaque telling the story of Mr Bush Sr's relationship with Liam Skelly.

Mr Skelly was director of Shannon Airport during Mr Bush's presidency and having a lot of contact with the US leader, developed a friendship. Messers Bush and Skelly met a number of times as the president came to and from the airport.

Speaking on Clare FM, Mr Skelly described his first meeting with Bush Sr.

"My first time meeting him was on Sunday evening in May. He said to me 'why are you here on a Sunday', and I said, well, to meet you," said Mr Skelly.

Mr Skelly described Mr Bush, who passed away last week at 94, as a kind man. The two shared an interest in golf and fishing. President Bush sent Mr Skelly a message during a trip in 1995.

"He said, 'I want to send you my best wishes may your life be full of birdies and the big ones always bite,'" said Mr Skelly.

## Calls for high-rise noise barrier to help M7-side homes

CALLS have been made to erect a high-rise noise barrier to protect residents living alongside the M7.

Cllr Joe Pond saw a notice of motion passed unanimously at this week's transport committee meeting, calling for the measure, saying residents living in estates including Cherryfield, Monaleen Park, Kylemore and Cairnsfort were all affected.

"I know residents cannot sleep

at night at the moment. If anyone applies for planning permission, they are asked to do a noise study. We should be making Transport Infrastructure Ireland (TII) put up barriers for us," he said.

Labour councillor Elena Secas added: "This is an issue I feel very strongly about."

She called for a special road surface which by its design would reduce the levels of noise of traffic

on the road.

Cllr Mike Donegan expressed concern as to the time it might take for noise monitoring to go to TII, and the delivery of these walls. It's not just estates in the city area, Sinn Fein's Séighin Ó Ceallaigh warned, adding: "There is also an issue with one off homes and farms in Donoghmore. There needs to be monitoring along more of the M7 area."

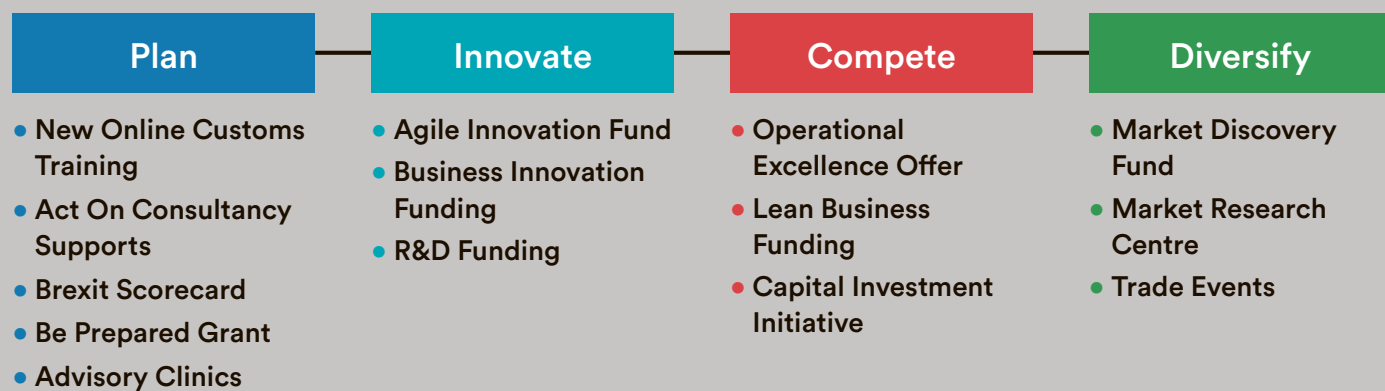
Metropolitan mayor Daniel Butler pointed out there are "serious health consequences" to noise pollution.

"It's a serious issue, a public health issue and it's something which needs to be taken more seriously," he added.

Council official Anne Goggin said monitoring is being carried out, and then the local authority will present a case to TII for walls.

# The outcome of Brexit may not be a given. Preparing for it should be.

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**Aidan Mulqueen, Shelbourne Avenue:** "My wife, Patricia, passed away in February and I had come into town to meet a friend of mine for a cup of coffee when I saw the tree being put up. It's a fabulous idea."

# Ribbons for loved ones

Limerick Thomond Rotary Club launched its Remembrance Tree at the weekend. The Leader went along to what is now a Limerick tradition

**Pictures:** Adrian Butler **Words:** David Hurley



## Official launch

**Cllr Daniel Butler:** "It's become an incredible Limerick tradition and it's one we all need to support. Not only does it support local charities but it also supports people in a therapeutic way to remember those who are not with them anymore at Christmas. Today marks the fifth anniversary of my father's death and it was particularly emotional and enjoyable to be able to remember him, write his name down and put it on the tree."

## Joe, Jamie, Geraldine and Rebecca Burke, Galbally

**Joe:** "We were in Limerick shopping but once we saw it (the Remembrance Tree), we said we would donate straight away because we do have a number of family members who recently passed. Memories are a great thing and this kind of initiative is very helpful."



**Anne Marie Delaney and Maeve Delaney, Thomondgate**

**Anne Marie:** "My sisters came down to watch the Toy Show and, as we were in town, we said we would hang the name of our auntie, who passed away in February, on the tree. It's nice for people to remember who passed away and to make a donation as well."



**Tom and Richard Ryan, Martinstown**

**Richard:** "We put names on the tree last year and this year Tom has wrote in his grandaunt, his friend Roger and his two pets - his two dogs."

# Candid Comment

By SPARTACUS

● Whatever about Christmas being around the corner, a general election can't be too far behind. One city-based senator caused eyebrows to raise when she ventured out to the suburbs and took up the cudgel on behalf of Castletroy Town Centre.

The shopping centre was recently denied planning permission to expand, with the city centre-focused retail strategy offered as the reason for refusal. Senator Maria Byrne broke from convention somewhat when she argued that the expansion should go ahead and that the suburbs and city centre could develop in tandem. Clearly Senator Byrne wants the citizens of Castletroy on her side when the general election is called and has shrewdly nipped in ahead of her local rival, Monaleen based Senator Kieran O'Donnell, to champion the suburb's cause (see page 28). Time was, rival Fine Gael candidates stuck to their own areas of the city. Not any more it seems...

● Cllr Vivienne Crowley, who was chairing this week's economic special policy meeting, had a thing to say about the Wild Atlantic Way's passport initiative, which Failte Ireland said is under review. Tourists' passports receive a stamp for every time they attend one of the 188 visitor attractions along the west coast. However, Cllr Crowley said this figure is "too much" and the list needs to be minimised. "It's like Pokemon, you gotta catch 'em all," she quipped, but clearly failed to catch councillors' attention as the reference went over their heads.

● Nurses and doctors won't be allowed to address patients as "love" or "hun" or "lads" anymore because, apparently, it's not person-centred enough. The new HSE guidelines indicate staff will have to address patients by using their first name. So, no longer can you say "the lad with the kidney stones"; you'll have to say "John" or "Mary" or whatever their name is.

This will prove to be a particular challenge to our frontline staff in Limerick, as enforcing this kind of linguistic barrier will be like trying to put the cat on its back. Spartacus would like to point out another HSE guideline: no patient should be waiting for a bed for more than nine hours. And look at the success of that one.

● There continues to be a social media outcry over stagnant bus services in the city. One prolific tweeter, Tom Dowling, studio operations manager at Troy Studios, is on a crusade to point out the flaws in Bus Eireann's services. He lives in the city, which is what public policy wants, and can't get a bus on time to his place of work every morning. How can we expect to have a modern city people want to live in with that situation?

● Christmas must be coming early for the councillors - or perhaps they are more focused on the local elections in May, judging by the length of this week's meeting. This Monday's quarterly transport committee meeting was over in 30 minutes flat.

For Spartacus' political colleagues in The Leader, it was a welcome boost on a Monday morning - especially since the normal length of a committee meeting rarely comes in at under two hours. Spartacus understands the committee's chairman Cllr Frankie Daly vetoed a number of items so just three topics were discussed. That was welcome, but in our experience, our elected officials are known to stretch even the shortest agendas out. Was this Monday's experience an early dose of the Christmas spirit - or a chance to get in some early election campaigning?



**Kate and Julieanne McAuley, Sixmilebridge**

**Kate:** "We were doing a bit of Christmas shopping and when we saw this, we said we would come over and make a donation and write down for our loved ones."



**Declan Crose, Aoife Grealish, Aisling De Cruis and Dearbhla De Cruis, Tipperary**

**Declan:** "My father passed away during the summer so it's still very raw and it's nice to be able to put up some bit of a remembrance for him. It's our first Christmas without him and it will be tough."



**Christmas carols and songs**

**Unity Gospel Choir:** The crowds who attended the Remembrance Tree at Bedford Row were entertained with seasonal performances throughout the afternoon

# 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



First we have an adorable terrier puppy looking for a family.

Her name is Luna, she is a one-year-old terrier mix who is very lively and loves to play.

For more information on Luna and our other dogs, please phone the Limerick Animal Welfare sanctuary at 087-6371044, or visit us any day of the week between 12-3pm except bank holidays.

Here we have a gorgeous female German shepherd named Missy.

Missy is very friendly, good on the lead and housetrained and would be a perfect fit for any family.

All our dogs are neutered, vaccinated and microchipped, adoption fee costs €150, an enclosed garden is required for adoption.



Our third stray is a stunning black cat named Cola.

Cola is a super friendly kitty who would love nothing more than to rest on your lap during the winter.

For more information on Cola, and our other cats in, please contact our cat unit at 087-2295669 between 11:30am to 5pm.

All our cats are wormed, neutered and vaccinated.

## Friendly and loving Cookie

Our second kitty and final stray this week is a beautiful Calico cat named Cookie.

Cookie is as sweet as her name who is a very loving and friendly girl.

Visit our lovely cats and kittens in the sanctuary in Kilfinane for rehoming from 12-3pm or call our cat unit at 087-2295669 for more information.



Darragh Moloney with his sons Cillian and Rian who feature in an epic photo in the Leader's book PICTURE: MICHAEL COWHEY

## Leader's hurling book to be reprinted

**DUE** to phenomenal demand, the Limerick Leader's souvenir publication on the Limerick hurlers' glorious All-Ireland victory is being reprinted and will be back in shops next week.

Limerick 2018 History Makers, published by the Limerick Leader, went on sale across the city and county a fortnight ago and was snapped up by dedicated fans.

"A lot of work went into the publication by our dedicated team in the Leader so it's great to see that it's being well received," said Eugene Phelan, editor, Limerick Leader.

"Another print run has been ordered and we plan to have the books back in stock next week in shops across the city and county as well as the Leader office here at 54 O'Connell Street, Limerick."

# Limerick Tudor era revealed in papers

**Preservation:** Historians to archive and digitise Tudor past to aid study

**ANTHONY GEOGHEGAN**

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FASCINATING insights into the Tudor era of Limerick were uncovered by researchers at the University of Limerick this week.

Documents dating back to the early 1500s detail the activities of the most prominent families of Limerick of that era such as the Pery, Sexton, Thomond, O'Brien, Fitzgerald, Casey and Stackpoole families.

The manuscripts also reveal context to Limerick militaristic exploits of that era and a log containing valuations of wards and townlands in County Limerick, Cork and Clare, evaluated by the Earl of Limerick.

Insights into the daily concerns of that time are also shown with guides on how to look after your horse, getting curly hair, keeping wine fresh and much more besides.

The papers were discovered by Sylvia Countess of Limerick in Sussex, whose father-in-law Edmund Pery the fifth Earl of Limerick put the documents aside in 1962.

On presenting the papers to the Glucksman Library, Edmund Pery, the Earl of Limerick, described the library as "the most obvious place to look after" the documents.

"We felt it was important that these papers are made available, at no cost, to anyone who has an interest in them and hope they support the research and work of historians and



David O'Brien and Thomas Wallace, Limerick Civic Trust, Edmund Pery, Dr Des Fitzgerald, Ken Bergin and Gobnait O'Riordan, UL

PICTURE: KEITH WISEMAN

**“We felt it was important that these papers are made available, at no cost to anyone**

**EDMUND PERRY, EARL OF LIMERICK**

students,” the Earl acknowledged.

The historical cache of the unseen papers was presented by the Limerick Civic Trust on behalf of the Pery family.

David O'Brien, CEO of Limerick Civic Trust, stated: “These papers are fascinating and provide another layer to Limerick's rich and colourful past.

“We're thrilled that they are going to the Glucksman Library to be protected, preserved and made accessible to everyone,” Mr O'Brien added.

The library will look to digitise the material to make it available for researchers and the public to read and access.

Director of Glucksman Library Gobnait O'Riordan, explained, “It is our intention to catalogue and digitise the material, it will then be made available to all researchers in the UL Digital Library in an open access environment.”

# Double joy for McDermott's Gala Patrickswell

McDermott's Gala of Patrickswell has been named the Best Fresh & Chilled Retailer at the prestigious ShelfLife National C-Store Awards 2018.

Store owner, John McDermott and his wife Ursula attended the awards at Dublin's CityWest Hotel, where master of ceremonies, Marty Whelan hosted the awards which saw the best of the Irish convenience sector recognised for their success and contribution to the industry.

In addition to taking home the title of Best Fresh & Chilled Retailer at the event, McDermott's Gala also took home silver in the Forecourt Retailer of the Year category.

It's been an awarding winning year for the store as McDermott's Gala was also awarded a B.E.S.T Award for excellence in retailing, as well as the Fresh Food Award at the annual Gala Awards 2018, which took place in September.

Speaking about the win, owner of McDermott's Gala, John McDermott, said:

"With huge competition from excellent stores across Ireland, it really is an honour



**Above left: Store owner of McDermott's Gala, Patrickswell, John McDermott pictured receiving the award for Best Fresh & Chilled Retailer from Jen Guiney, Business & Development Executive with Invest NI who sponsored the category**



**Above right: Retail Operations Manager at Gala Retail, Billy Massey with John McDermott and wife Ursula; and Fresh Food and Innovation Manager with Gala Retail, Ben McGinn. McDermott's Gala in Patrickswell was awarded the Best Fresh & Chilled Retail Award at the event and also took home the Silver Award in the Small Forecourt Retail of the Year category**

for our store to be named as the Best Fresh & Chilled Retailer in Ireland.

"McDermott's Gala prides itself on providing the best offering for our shoppers, and we've significantly increased our fresh and chilled range over the last few years. This award is an

acknowledgment of the huge efforts of our team who always strive to deliver the best in retailing and customer service for our customers. To be recognised for this, as well as winning a silver award for Forecourt Retailer of the Year, is incredible.

"I'd like to say a big thank you to all the people who have a role in making the store as successful as it has become - our team at McDermott's Gala, our loyal customers, the team at Gala Retail, and our local wholesaler, Tuffy's whose ongoing support and assistance has helped our

store to become one of the best in Ireland."

Commenting on the win, CEO of Gala Retail, Gary Desmond, added:

"Huge congratulations to John and Ursula McDermott and the team at McDermott's Gala on the store's award wins at the ShelfLife C-Store

Awards. To be named the Best Fresh & Chilled Retailer is no mean feat and it's a testament to the hard work and innovation that John and his team have introduced at McDermott's Gala.

"2018 is Gala's 20th anniversary year, we're thrilled that as the year comes to a close, our stores are being recognised on a national stage for their excellence in retailing.

"We're extremely proud to have McDermott's Gala in the Group, and we wish John, Ursula and the store all the best and many more successes in the future."

McDermott's Gala is located on Main Street, Patrickswell and is open 7 days a week, Monday - Saturday from 7am - 10pm and 8am - 10pm on Sunday.

The 2018 C-Store Awards were hosted by ShelfLife magazine. More than 400 honoured guests from Ireland's grocery retail and FMCG industry gathered at Dublin's Citywest Hotel on Wednesday November 28 for the awards, which acknowledged the best stores in convenience retailing in Ireland.



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# At Last, hurling book hits shops

**AINE FITZGERALD**

aine.fitzgerald@limerickleader.ie

THE KEY people involved in bringing the Liam MacCarthy Cup back to Shannonside after a 45-year wait are the focus of a new publication which hit bookshelves this week.

At Last... Limerick's Long Wait is Over tells the story of how total commitment to the vision of John Kiely led Declan Hannon and his men to climb the steps of the Hogan Stand on August 19.

Written by Ciarán Crowe and Joe Lyons - the duo behind The Green and White magazine aimed at young GAA fans - the book will be launched by Limerick manager John Kiely at the Granary Library, Michael Street, Limerick this Wednesday evening.

The book looks at the many elements that combined to make a dream come true, from the winning culture developed in Ardscoil Rís secondary school and the

Limerick Academy to the unheralded work of devoted teachers across primary schools.

"Every player of the 36-man panel recounts his experiences and picks out his unsung hero," explained Joe Lyons, principal of Ballybrown National School.

The A4 hardback reaches 254 pages and features photographs from Seamus McElligott of Sport Action Photography.

"Joe and I appeared uniquely placed to write an account of Limerick's history-making win as we knew most of the players - and indeed some of the backroom team - since they were primary school children," explained Ciarán Crowe, retired principal of Patrickswell National School.

Priced at €20 the book is now available in Eason, O'Mahony's, Talking Leaves, Elverys and selected shops around Limerick city and county.

## Dominicans host concert for Limerick youth

A concert by young people to support young people is taking place in Limerick.

The concert, hosted by the Dominican Sisters, will take place at their church at Baker Place, Glentworth St on December 14, at 7.30 pm

Sister Mara Grace explained the reasoning behind the concert.

"Recently, we took a bunch of young people to Italy to help them live their faith. We had this great experience for them and said gosh, we would love to do more for young people in this city. "This concert is going to benefit the young adults,

and we are hoping to build community in the city centre," said Sr Grace.

A host of Christmas songs will be sung, so sing-alongs are expected.

"We are going to have two different choirs there. The Dominican Church, our choir, will be there. The Adare Choir is coming in for it. Then a couple of the young adults themselves who went with us will be performing.

Tickets can be booked in the Abbey bookstore and Knock Shrine shop. They are €15. Seniors and students are €10. Children under 12 go free.

## Promotion on horizon for city's Supt Derek Smart

**DAVID HURLEY**

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ONE of the most senior garda officers in the Limerick division is to be promoted to the rank of Chief Superintendent in the coming weeks.

Superintendent Derek Smart, who is currently attached to Henry Street garda station has been named on the latest panel following an internal competition which concluded last month.

While the Limerick native has spent most of his career based in Limerick, he has also served in County Clare and County Cork.

Details of when his promotion will be ratified have yet to be confirmed and it's not known where he will be based.

His promotion follows his recent promotion of 19 Limerick-based gardai to sergeant rank and nine sergeants to inspector rank.



Students and staff of Limerick ETSS joined by members of Kilmurry Arts and Heritage Centre

## ETSS tell Winter Tale for everyone

**NEWLY-OPENED** secondary school, Limerick ETSS (Educate Together Secondary School) will perform its first school concert on Friday and Saturday.

A Winter's Tale will see first-year students of the school join former Broadway singer Jean McGlynn and many more local performers for an evening filled with festive entertainment.

Principal Eoin Shinnars said: "What you will see at this concert is a special group of young people who are growing and developing each day with us."

The concert will take place on December 6, and 7 at 7.30pm in the Kilmurry Arts and Heritage Centre, Castletroy, a Christmas market will also run on both evenings. Tickets at 061-457595 or at office@limericketss.ie.

# Students celebrate the ordinary voice

## Journalism: Young reporters deliver Limerick Voice

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

YOUNG news hacks at University of Limerick are ready to go to the printing press with another issue of the award-winning Limerick Voice newspaper this week.

This year's newspaper, delivered by MA and final year journalism students, will be distributed with all editions of the Limerick Leader this Thursday.

And this week's edition, up-and-coming journalists will give a voice to the "ordinary people living extraordinary lives", according to editor Frances Watkins.

Dr Vicky Phelan, the woman who exposed the CervicalCheck scandal in April, is one of the extraordinary figures featured prominently in this issue, in which reporter Muireann Duffy reveals how Dr Phelan has used her own money to help others gain access to the wonder drug Pembrolizumab.

Dr Phelan, as previously reported, is funding the cost of a new researcher role, who will be responsible for providing much-needed information to cancer patients about trials and alternative treatments.

"From our legendary All-Ireland hurling win to the tragic death of Dolores O'Riordan and the story of Vicky Phelan, who uncovered the biggest health scandal in the history of the state, Limerick has made headlines not only



Limerick Voice editor, Frances Watkins brining stories about people behind the headlines. It is free with the weekend Limerick Leader

## Many readers will agree that 2018 has been a historical year for Limerick

nationally, but internationally, too. This edition aims to bring you stories about the people behind these headlines. Many readers will agree that 2018 has been a historical year for Limerick," Ms Watkins said.

The newspaper's Aisling Moloney and Evie Kearney also reveal that 200 men have sought help from Rape Crisis Mid-West over the past five years.

The Voice also looks at overcrowding at UHL, reported sexual assaults in third level institutions, a man's experience of Direct Provision, and a special interview with All-Ireland-winning brothers Tom and Dan Morrissey, and Junior All-Ireland footballers Olivia and Martina Giltenane.

UL Head of Journalism Mary Dundon said the production on a multi-media platform provided the students with important skills. The project was overseen by UL journalism course director Kathryn Hayes.





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**LIAM CROKE**

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## Five more suggestions for that end-of-year bonus

Last week, I gave you four suggestions, with what you could do with your end-of-year bonus, and, as promised, I'm following up with five more this week.

### 1. BOOST YOUR EMERGENCY FUND

Ideally you want to have six months of your monthly income in reserve in the event of something unforeseen happening. Accumulating that amount can be a big ask if you are trying to save a certain amount towards it each month. A lump sum is a great way to kickstart or accelerate the amount you need to hold in the event of the unexpected. So, if you don't have that emergency fund locked in just yet, consider bumping up your fund from some of your bonus.

### 2. ACCELERATE MORTGAGE REPAYMENT

When you make a lump sum lodgement against the repayment of your mortgage, you have two options; you can either reduce your monthly repayment or reduce the term. If you don't need to improve your monthly cash flow by reducing the monthly repayment, then choose reducing the term - this way you will pay less in interest.

But before you do anything, find out what the impact is first, and once you know what this is (get it in writing from your lender) you can then choose which option suits you best.

Making a lodgement against your mortgage, particularly if you have a fixed or variable rate is a great investment. If your mortgage rate is 3.5%, to get the same return for money on deposit, you would need to be earning a gross rate of 5.38% and can you

get this rate at the moment? No.

The only way you could hope to get that return is investing in unguaranteed accounts or investing in vehicles that carry a high risk. Why would you do this, when you are getting a guaranteed return of 3.50% by making a lump sum lodgement against your mortgage.

### 3. INVEST FOR LONG TERM GROWTH

There is very little to be earned for money on deposit right now, with rates < 0.5% and when you factor in DIRT tax and inflation, it's likely your real return will be negative. This ultra-low interest rate environment is set to continue for the foreseeable future.

For example, if you put €20,000 into an account earning 0.25%, your real return will be -0.5375% so your money will reduce in value by €108 over 12 months.

Admittedly, not a life-changing amount to lose, but when you factor in the opportunity lost by not investing in accounts returning 3% per year (the interest earned would amount to €600 in one year on a balance of €20,000) means you are leaving behind about €3,504 over just five years.

There are many accounts available, that offer capital guarantees, which are likely to return 3% to 4% per year. You just need to seek them out, because they do exist. If you can't or don't want to, get a financial adviser to find them for you.

### 4. INVESTMENT IN YOURSELF

A bit of a cliché I know but investing in yourself is something you should consider. I wrote an article three weeks ago about how to become financially independent, and in it, I refer to how



**Making a lodgement against your mortgage, particularly if you have a fixed or variable rate is a great investment**



### DID YOU KNOW?

**Irish people spend more per person at Christmas time, than any other major western countries, with the Dutch spending the least.**

important investing in yourself is, if you want to generate real wealth, which will allow you to retire earlier.

Using some of your bonus to invest in further education, books, attending conferences etc. is making good use of it and investing in your health like joining a gym or enrolling in exercise classes, or learning something new.

### 5. MAKE A DIFFERENCE

Giving some of your bonus to those less fortunate can be very rewarding and there are a number of terrific charities who would welcome a donation from you, particularly at this time of year.

They can increase your donation to them by claiming tax relief on the amount you give them, provided it's greater than €250 over the course of a year, and Revenue has approved them as being tax exempt because of their charitable status.

The tax relief allowed is calculated with reference to the gross amount an individual would have to earn, in order to net down to the contribution they make. The tax rate currently being applied to contributions is 31%.

So, if for example, from your bonus you gave a charity €300, the tax relief available is €134.78, meaning you're turning your €300 contribution into a €434.78 one.

You don't have to pick just one of these suggestions, you can mix and match to fit your situation. I never want to take the fun out of any bonus, but it can vanish quickly and getting it to work for you will have a much longer-term impact than any diamond necklace, first class airplane tickets or a 55-inch curved TV screen will ever bring you.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: I received a letter last week from Investec advising me that as a result of Brexit, they are no longer able to provide the capital guarantee attaching to an investment I took out two years ago. The letter states that action is required but I'm not sure what I need to do?**

A: As I see it you have three options. The first is do nothing. If no hard Brexit occurs, and you do not instruct Investec to do anything, nothing will happen to your account.

Your second option is to choose to have the capital guaranteed portion of your investment returned, which can be reinvested. For example, say you invested €100,000, with a 95% guarantee, €95,000 will be returned to you, which can be reinvested. However, growth continues separately in an account as if the €100,000 was still invested, and the growth is returned to you at the original maturity date. So, you are effectively benefiting from the growth of €195,000, when your investment is just €100,000. This is the best option.

Your third option, allows you to close the account and take the value of what's in it now, but I don't believe that's a good option, especially compared to option two.

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

This week's special offer at Adare Bath and Stove is this lovely Ultra Slim Rainhead Showers, that was €300 and is now €150. Adare Bath & Stove is located at the Woodlands Road, Adare. And can be contacted on 061 395283 or on the website: [www.adarebathandstove.com](http://www.adarebathandstove.com)



Looking for the perfect gift idea to show the loved one in your life just how much they mean to you? Why not treat them to a Christmas Hamper from Alex Findlater &

Company? You will be spoilt for choice this Christmas at Alex, as all Christmas hampers make ideal Christmas gifts for friends, family and business colleagues or as a corporate gift. Choose from The Alex, The Mistletoe, The Holly or The Cracker Hamper. Call in store or email us [info@alexfindlaterandco.ie](mailto:info@alexfindlaterandco.ie) to order.

The Jasmine Palace is hosting the Ultimate Christmas Buffet, which their gift to you, get an extra 20% on your gift card purchases. This Christmas Jasmine Palace will give you a €10 complimentary voucher for every €50 spend on a gift card. The gift cards and the complimentary vouchers can be purchased in Jasmine Palace & Marc Polo. Book online or call them on 061 412 484.



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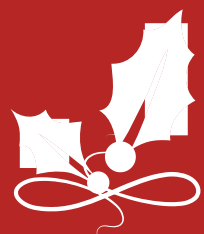
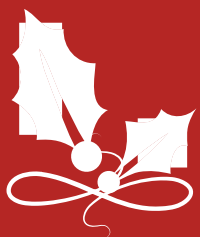


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# Digital centre set for old OPW building

**Infrastructure:** Development gets €2m governmental funding boost

**NICK RABBITTS**  
 nick@limerickleader.ie

A GROUNDBREAKING new 'Digital Collaboration Centre' is to be built at the former Cecil Street Office of Public Works building.

The first of its kind in Ireland, the project was given a boost this Monday after the Minister for Business, Enterprise and Innovation Heather Humphreys announced a grant of €2.2m to make the plan a reality.

It will be located at 29 to 30 Cecil Street, right beside the existing Engine building, which rose from the ashes of the Dominican Biblical Institute.

The centre will work with multi-national firms, small to medium sized enterprises, start-up companies and third-level institutions.

It's been hailed as "a game changer for Limerick businesses" by the chief executive of the body which runs Engine, Innovate's Mike Cantwell.

It will focus on business process improvement, rather than new

technology development, and has been hailed as "proof Limerick is a city and region on the rise" by Mayor James Collins.

Also receiving a boost this Monday was the BNest social entrepreneurship centre, based at the University of Limerick, which secured a grant of €603,400 under the €29m Regional Enterprise Fund.

Speaking about the new digital centre, Mayor Collins, who is a board member of Innovate, added: "It is a perfect example of how large multi-national companies and small firms are being provided with the best opportunities to do business and grow in this region. This project aims to position the Mid-West region as a hub of applied disruptive technology innovation."

Mr Cantwell added: "As the first of its kind in the country it will narrow the innovation-adoption gap for global and indigenous companies across the region through regional collaborative disruptive technology applications in



**The former OPW building at Cecil Street, which is to become a 'Digital Collaboration Centre'** PICTURE: ADRIAN BUTLER

services and business processes, which will support start-ups, scaling, high-potential start-up growth and talent attraction. This is a very exciting time for all of us involved in building a brighter and prosperous future for Limerick."

Limerick council chief executive Conn Murray said: "We've made huge strides since we launched Innovate Limerick, which has been a major stimulant for employment and innovation in Limerick. This news is the latest positive development in what is a great period for Limerick. This reaffirms our status as a digital and technical hub and, thereby, strengthening Limerick's profile as a great place to do business even further. A huge amount has gone into getting us to where we are today."

Monday's announcement follows the award of €30.5m in financial support to 21 applicants for enterprise and capacity development projects during the first call for funding, released this time last year.

## Insurance minister in city

THE minister for financial services and insurance Michael D'Arcy was in Limerick on Friday to meet with Chamber staff.

He attended the Chamber's offices, meeting with its chief executive Dee Ryan, as well as members and local representatives to discuss governmental measures to cut the cost of insurance premiums.

Ms Ryan said: "The cost of insurance is a key concern for all businesses. It is



**Meeting: Dee Ryan**

important that Ministers and governments listen and engage with businesses and today we had a positive and constructive round table discussion."

Mr D'Arcy added: "Government believes it important consumers and businesses can obtain insurance cover at fair price."

## Company appoints Ethna

EDWARDS Lifesciences Corporation, which is set to employ 600 people in Limerick, has announced a major appointment.

Ethna Gallagher has been named as head of supply chain for the medical equipment firm's in Ireland.

An experienced corporate director, she joins the Edwards team with more than 27 years' experience of working with high-tech global companies in Ireland.

Previous to this appointment, Ms Gallagher worked for Bio-Medical research Limited, another medical device company based in Galway. Prior to this, she worked in Limerick with Wang and Dell computers, having progressed from graduate engineer to supply chain director.

Edwards is investing €80m to develop at the National Technology Park.

## Castletroy TC can develop 'in tandem'

CASTLETROY Town Centre should develop "in tandem" with the city centre's regeneration.

That's according to Fine Gael senator Maria Byrne, who has urged An Bord Pleanála to approve the project, which will see the retail area double in size.

UGP Castletroy Ltd has referred the case for its development to the national appeals body, after council planners locally rejected it.

This was on the basis of the retail planning guidelines, which preclude any out of town shopping facilities.

But Ms Byrne has now become the first senior politician to call for the investment - which could bring 100 jobs - to go ahead.

"Castletroy is home to a lot of high technology companies and there are a large percentage of young people among the population living there, including a large student population," she said.



**Senator Maria Byrne, pictured at Castletroy Town Centre** PICTURE: KIERAN RYAN-BENSON

Ms Byrne said we need to learn from previous planning "mistakes" which have left some suburbs without major facilities.

"We need to ensure the suburbs of

our city have the necessary physical, economic and social infrastructure to support a growing population on a local level as well as creating a thriving city centre," she said.

Rather than suburban development being a threat, Ms Byrne believes the city centre works can exist alongside.

"As a city centre dweller, I am acutely aware that we need to create a better city centre experience to complement the existing business, cultural and social fabric of our city.

"We need to attract niche businesses and activities to our city centre to create a liveable Limerick to encourage people living in the suburbs of Limerick to travel into the city centre.

"We have one chance to get this right," she said.

"In the short term, I can't see why the Castletroy Town Centre expansion plans can't proceed in tandem with these projects."

# Hurling aces to launch new MACE

**Grand Opening:** Stars to cut ribbon

**ANTHONY GEOGHEGAN**  
anthony.geoghegan@limerickleader.ie

ALL-IRELAND hurling winners Shane Dowling and Kevin Downes will cut the ceremonial ribbon at the new MACE store on Thomas Street.

While the store has been operating since October, their eateries: For Food's Sake deli, Freshly Chopped, Peking, I Scream ice-cream and Shakers bakery, has made the store a popular spot for quick meals in the city centre.

The launch will not just be an 'eat-and-greet' with the hurlers, local radio station, Limerick 95 FM, will provide music from 12pm to 2pm, and the Limerick Gospel Choir will perform from 2pm to 3pm to raise funds for Down Syndrome Ireland.

There will also be prize giveaways throughout the day, and local children will also be well catered for with Santa Claus, Christmas face painting and balloon modelling, fun games and the MACE dancers present to provide even more entertainment.

Sinead Roche, the owner of MACE Thomas Street, is delighted to host this event and add extra Christmas spirit to Limerick



city for all shoppers to enjoy: "We are very proud of this state-of-the-art retail store and are very excited to be opening in the very heart of Limerick city.

Ms Roche is also the owner of MACE in Shanagolden, which was recently awarded the Best Forecourt in Ireland for Hygiene and Food Safety at the recent National Q Mark Awards.

MACE sales director Daniel O'Connell acknowledged: "MACE Thomas Street is a credit to Sinead, her family and colleagues. They have worked tirelessly to bring the store up to this first class standard."

All are welcome to enjoy a festive family fun day full of tasty snacks and photo-ops as part of the official opening on Saturday, December 8, from 12pm to 3pm.



## CAROLS BY CANDLELIGHT

"Yuletide carols being sung by a choir"

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temporary part time averaging 96 -113 hours per month

### Essential criteria include:

Be registered with NMBI in the General Division  
Have your name maintained in the Live Register of the NMBI  
Have a minimum of 3 years post registration relevant experience  
Provide Evidence of recent Continuous Professional Development  
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18 month contract - 148 hours per month Based in the IBTS Offices in Raheen Business Park Limerick

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Full details are available on [www.giveblood.ie/jobs](http://www.giveblood.ie/jobs) and to apply you must complete the online application

Closing date for applications is Friday 7th December at 5pm with short-listing and interviewing taking place the following week.

Any queries please contact **061 306980**

The IBTS is an equal opportunities employer



## We are Growing!

Northside Family Resource Centre, since its establishment in 1987, has sought to respond to the needs of the local community by providing:

- structures which facilitate local people to support each other and search for ways to improve the quality of life in the area
- services in answer to the needs of families and family members
- support for those most disadvantaged and socially excluded

We are excited to announce we are growing our services resulting in recruitment of new staff. Applications are invited for the posts of:

### Early Years Worker (Part-Time)

The ideal candidates should have:

- 1-year previous experience of working in a childcare setting
- A qualification in childcare (minimum FETAC Level 5)
- Motivation and energy to work on own initiative
- Ability to work as part of a team

### Early Years Team Leader

The ideal candidate should have:

- At least 3 years' experience of working in childcare
- Experience in supervising staff
- QQI Level 6 minimum, level 7 an advantage
- A thorough knowledge of Regulations and Standards

For receipt of the recruitment pack please contact:

Northside Family Resource Centre

E-mail: [recruitment@northsidefrc.ie](mailto:recruitment@northsidefrc.ie)

Telephone: 061 326623

### No CVs accepted

The closing date for receipt of applications is *Friday 7th December 2018 at 5pm.*

*Interviews will be held on Wednesday 12th December 2018*

This Project is an Equal Opportunities Employer.

**BREAKING NEWS**

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## JOB OPPORTUNITIES

### WAREHOUSE OPERATOR

(Permanent)

Location: Limerick City • Shift: Days

Experience required in a similar position for at least 2 years.  
Forklift Licence required and a C1 Truck Licence would be an advantage.  
Must have very good computer skills including experience with excel and data entry systems.

Salary will reflect experience and qualifications.

### PRODUCTION OPERATOR/ COORDINATOR

(Permanent)

Location: Limerick City • Shift: Days

Experience required in a similar position for at least 2 years.  
The suitable person will be working in a busy kitting/production environment and will also have responsibility for processing and planning daily orders.  
Must have very good computer skills including experience with excel and data entry systems

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## 32 LEADER PROPERTY

# Excellent, spacious apartment off the SCR

### AT A GLANCE

**Location:** 26 Larchfield, Ashbourne Avenue  
**Description:** 2 Bedroom Apartment  
**Price Guide:** €170,000  
**Seller:** REA O'Connor Murphy  
**Contact:** 061 279300

REA O'Connor Murphy are delighted to introduce to the market a truly superb property in turnkey condition.

No. 26 Larchfield is a stunning two bedroom first floor apartment offering style and light throughout.

The space on offer in this property is exceptional and is replicated throughout measuring an impressive 72 sqm.

Situated on the first floor it is exceptionally well decorated to a high specification enjoying a contemporary style.

The feature high ceilings gives the feeling of additional

space and throws more light throughout the apartment than would normally expect with such a property.

Internally, a spacious entrance with a good sized cloakroom/storage area leads to two double bedrooms, one with an ensuite and balcony.

The open plan kitchen/dining/living area with large glass patio doors leads to a balcony with commanding views.

The main bathroom completes the internal accommodation.

The common areas are exceptionally well maintained with a lift service to all floors.

One allocated underground parking space with additional off-road surface parking is included.

All in all, No 26 is sure to appeal to many a discerning buyer from first time buyers, professionals, persons looking to down size, to astute investors seeking a strong rental income, with a



**Above: The stylish, well appointed living room/kitchen area of the apartment**



**Right: An external view of the apartment and its balcony**

minimal undertaking of time and effort.

Viewing comes highly

advised. Call Elaine Fitzpatrick 061 279300 for details.

# Superbly restored period residence in Corbally

### AT A GLANCE

**Location:** Roseville House, Corbally Road, Limerick  
**Description:** Detached five-bay two-storey over basement Georgian residence  
**Guide Price:** €855,000  
**Seller:** DNG Cusack Dunne  
**Contact:** 061 209000

DNG Cusack Dunne are delighted to introduce to the market Roseville House, without doubt one of Limerick's finest and most significant period homes.

A truly special, handsome detached five-bay two-storey over basement Georgian residence set on circa an acre and built c. 1840, it boasts an elaborate cast-iron front entrance porch.

Roseville House is recorded on the National Inventory of Architectural Heritage where its architectural and artistic characteristics are especially noted.

Historically it was home to the merchant William Holliday and noted as the "showpiece" house of the district.

Highly sympathetic



**Roseville's feature cast iron porch catches the eye as does the wonderful space in its grounds**

restoration has been completed throughout by specialist renovation contractors.

This distinguished period property offers elegant and superbly appointed accommodation and has

been carefully restored, extended and beautifully decorated by its current owners.

One will be delighted by the many period details including high ceilings, exquisite coving, picture railing, centre piece roses, arches, pitch pine floors, original doors with brass fittings, original staircase, original Georgian Lincrusta panelling in hall, stairs and landing.

The completed project presents a remarkable and quite exceptional Georgian residence of circa 4,000 sq. ft. / 370 sq.m. with wonderful living spaces, leading-edge comforts and all with the beauty of period detailing which cannot be replicated.

Within walking distance of Limerick City, the Hunt Museum, St. Munchins College, Scoil Ida National School and Hook & Ladder Restaurant it also boasts beautiful River Shannon walks on its doorstep with easy access through Shannon Fields to the University of Limerick. Convenient access to Dublin, Cork, Shannon and Galway via the motorway system.



**Gorgeous river views from The Sarsfield apartment**

## Stunning luxury apartments in unrivalled city centre location

### AT A GLANCE

**Location:** 55 & 69 The Sarsfield, The Strand Hotel Complex, O'Callaghan Strand  
**Description:** Luxury 2 Bedroom Apartments  
**Price:** Guiding between €265,000 - €285,000  
**Seller:** REA O'Connor Murphy  
**Contact:** 061-279300



very high specification throughout the apartments are perfectly suited to the demand of modern day city living.

Extending to approximately 85 sq m / 913 sq ft and situated on both the first and second floor of The Sarsfield Block the accommodation comprises a welcoming entrance hall leading to a beautifully bright and spacious living room and dining area, kitchen.

There are two double bedrooms (master en-suite), storage press and a bathroom to complete the picture.

A fine example of contemporary design, the luxury apartments are central, spacious, peaceful and secure and benefit from a wide variety of amenities on their doorsteps.

Bright, well proportioned, creatively designed and finished to a

The apartments also benefit from a private balcony and one designated parking space located in the underground car park which is accessed via both lift & stairwell.

Service Charges of circa €1,700 p.a. apply



**Top: an external view of the apartment block and above, the stylish contemporary kitchen**





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Special guest speaker RTE's Tony Connelly and facilitator John Bowman were pictured with Tom Neville, T.D., Minister Michael Darcy, Pat McDonagh, Senator Kieran O'Donnell and Niall Collins, T.D at the Brexit Masterclass at the Castletroy Park Hotel

# Out & About

## BREXIT BREAKFAST MASTERCLASS AT CASTLETROY PARK HOTEL

Pictures: MARIE KEATING



Denis and Donncadh O'Neill, Supermacs



Zeina Ibrahim, Ian Headom and Niall Collins, T.D. at the Brexit breakfast



Dick Meaney and Tim Kilroy also attended



A group from Rooney Auctioneers who attended the event



John Lenihan, Lenmac Services, and Nicola Fegan, Castletroy Park Hotel



**LEFT:** Students from St. Clements College were pictured with their teachers Maura Harty and Shane Mullaney as well as special guests John Bowman and Tony Connelly at the Brexit Masterclass Breakfast at the Castletroy Park Hotel

**ABOVE:** RTE's Europe correspondent Tony Connelly imparts his Brexit expertise

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**Gerry Boland, Tom Walsh, Tom Kelly, David Kelly and Pat McDonagh, owner of the Castletroy Park Hotel, at the Brexit Breakfast**

## Hurlers join charity coffee morning fit for champions

ANTHONY GEOGHEGAN

anthony.geoghegan@limerickleader.ie

A COFFEE morning fit for champions was had at Roselawn House in Castletroy.

All-Ireland winners Barry Murphy and Diarmaid Byrnes along with the prestigious Liam MacCarthy trophy joined the staff of local company Azpiral and members of their 2018/19 chosen charity, 22q11 Ireland.

The charity is a support group for families living with 22q11 deletion syndrome, which involves the microdeletion of the 22 chromosome that can lead to over 180 potential symptoms.

The most common symptoms are heart defects, immune issues and learning difficulties.

Following the photo-ops with players and some coffee-drinking, the appeal launch concluded with representatives of Azpiral presenting a cheque worth over €1,000 to the 22q11 Ireland. Later that afternoon, 22q11 Ireland members outlined their experiences of living with 22q11 to Azpiral.



Members of Azpiral and Roselawn County based in Castletroy help raise €1,022.11 for 22q11 Ireland, their selected charity for 2019

## Knife pointed at worker during robbery at shop

**Drunk:** Culprit was so intoxicated he could not be questioned

DAVID HURLEY

david.hurley@limerickleader.ie

A MAN who pointed a knife at a worker during a robbery at a petrol station near his home could not be interviewed following his arrest such was his level of intoxication.

Martin O'Donnell, aged 35, of Derrynane, Old Cork Road was prosecuted before Limerick Circuit Court in relation to an incident at Amber, Old Cork Road on October 2, 2017.

Garda Brian Guilfoyle said the defendant, who was wearing a Liverpool jacket, entered the store at around

8.20pm and placed a bottle of wine and chewing gum in his pockets.

He then approached the counter and produced the knife before demanding cigarettes from the employee, who was aged in his mid-20s.

Mr O'Donnell, who had his face covered with a scarf, was given cigarettes and then left the store.

He was arrested nearby less than an hour later by gardai who had been alerted to the incident. The stolen property was recovered after it was located in his pockets.

Garda Guilfoyle told John O'Sullivan BL, prosecuting, the defendant was declared unfit to be interviewed by a



Pat Whyms BL said his client is a recreational drug user

doctor but that he made full admissions when he sobered up a number of hours later.

He said there was good CCTV footage from the store on which Mr O'Donnell can be seen pointing the knife at the employee.

Barrister Pat Whyms said his client is a recreational drug user and that he had no previous convictions at the time of the offence.

He said while the shop worker had an idea who the culprit was, he did not know his name and could not identify him to gardai.

Judge Tom O'Donnell will impose sentence later this month.

## Just 22 new cars sold in November

JUST 22 new cars were registered in Limerick last month, new figures show, writes David Hurley.

Official statistics released by the Society of the Irish Motor Industry (SIMI) show November was the worst month of the year while overall sales for 2018 have declined by 4.03% compared to 2018.

A total of 4,308 new cars were sold across Limerick during the first eleven months of 2018 compared to 4,489 during the same period last year.

According to SIMI, cars manufactured by Ford (548), Toyota (497) and Volkswagen (403) were the most popular in Limerick between January and November.

The three most popular models sold in Limerick were Ford Focus (177), Nissan Qashqai (163) and Ford Fiesta (145).

More than half (54.71%) of all new cars sold in Limerick so far this year were diesel-fuelled compared to 64.98% last year.

According to the SIMI figures, 263 electric (including hybrid) cars were sold in Limerick between January and November.

## Smart magnet will help the retired in emergencies

SMART have developed a magnet that will aid the lives of the active retired. The magnet will contain a number of emergency contacts and other important numbers. The magnet can then be placed in an easy-to-find area, and can easily be accessed in times of emergency.

SMART (St Mary's/Corbally Active Retirement Task Force) is an initiative that was set up to

highlight issues that are relevant to people who are thinking of retiring or who have retired in the St Mary's and Corbally area of Limerick.

A steering group was formed in 2016, made up of representatives from the King's Island Over 55s Group, The Town House over 55s Group, HSE Public Health Nurses, St Mary's AID, Limerick Social Services Council and Limerick

City Community Development Project.

One of the first tasks of the steering group was to identify a practical aid that would improve the daily lives of the active retired, thereby making life easier for them.

The steering group identified there was no central reference point for the 'most important' contact phone numbers that an

older person would need to access at short notice and to have within easy reach.

It became clear to the group that older people would have great difficulty finding any of these numbers in a case of emergency.

The idea was simple and effective – to produce a fridge magnet with these vital numbers large enough to be easily seen.



Head of marketing and communications Laura Ryan and web co-ordinator Orla O'Connor celebrate success for Limerick.ie PICTURE SEAN CURTIN/TRUE MEDIA

# 'Huge demand for instant information' on Limerick.ie

**Online:** Limerick council's digital platform clocks up one million visitors in 2018

THE official digital platform for Limerick has achieved a significant milestone after racking up its millionth visitor this year.

The award-winning Limerick.ie, which was launched in April last year, is Limerick City and County Council's online resource containing information on living, working, visiting and doing business Limerick.

It also offers seamless online access to a wide range of Council services. The platform supports local businesses and events, with approximately 2,000 events listed each year and over 2,000 amenities listed on the site.

Mayor of Limerick City and County, Cllr James Collins, congratulated the Limerick.ie team on their success.

"This is further evidence of the new Limerick; a city and county digitally connected with a platform that is becoming an exemplar at national level," he said.

"The Limerick.ie team deserves huge congratulations for this. They created the platform, put resources behind it, have worked very hard and it's proving a phenomenal success.

"In the modern era, a resource like Limerick.ie is essential for a city, county or region with a specific identity.

"There is a huge demand for instant information, whether that's from a visitor wanting to know what's on here, a potential foreign investor looking for more information on what Limerick has to offer or the culture of the place or, indeed, someone just wanting to know what time any of the local area offices open at.

"All of this is easily accessed on Limerick.ie and really well presented. In its short lifetime, it has already been named one of the top 25 Tourism websites in the world by Skift.com. It lists thousands of events for free every year and in doing so supports the citizens, businesses

and communities of Limerick," added Mayor Collins.

The council's head of marketing and communications, Laura Ryan, said the emphasis for the website was for it to cater for everyone.

"Our goal has been to provide an online space for all aspects of Limerick life," she explained.

"For example, at the moment, we're got a strong focus on what's on in Limerick for Christmas, the events, the supports, the initiatives that the local authority has put on to make spending time in Limerick as festive and fun as possible.

"In the spring then we will have the same type of focus on the St Patrick's Festival, likewise as we approach Riverfest.

"We have easily accessible information for businesses looking to invest here, all the latest news and activities.

"It's a really engaging one-stop platform and our team has worked really hard to make it so. Getting to

**“**  
**This is further evidence of the new Limerick**

**MAYOR OF THE CITY AND COUNTY OF LIMERICK, CLLR JAMES COLLINS**



one million viewers in a year so soon after launching is beyond our expectations."

Dr Mihai Bilauca, the council's head of digital strategy, said, "Reaching 1 million visitors in one year shows that our strategy worked: create an exceptional digital user experience platform for all users on all devices and especially mobile devices; focus on the delivery on integrated, co-ordinated and always updated content".

Music promoter and owner of Dolan's Warehouse, Pub and Restaurant, Mick Dolan, described Limerick.ie as "invaluable" to the business community.

"As a business support we've found Limerick.ie to be invaluable in spreading information about what's on in Dolans or who's playing Live at the Big Top and the added benefit of our customers being able to find things to do in Limerick and places to stay in Limerick when they travel for our events is a great asset," he said.



Emma Austin, Rob O'Neill, Geraldine Hayes, Luke Hogan and Emma Jane O'Callaghan




Amy Poole and Shannon Metcalfe



# Out & About

## MARKETLINK CHRISTMAS MARKET AT LIT IN AID OF LOCAL CHARITIES

Pictures: BRENDAN GLEESON



**COROLLA HATCHBACK HYBRID**

ALL-NEW 2019 MODEL

83mpg

ROAD TAX €170  
3.4L/100KM




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ALL-NEW 2019 MODEL

63mpg


ROAD TAX €190  
4.5L/100KM



**TOYOTA C-HR HYBRID**


74mpg

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**COROLLA SALOON HYBRID**

ALL-NEW 2019 MODEL

78mpg

ROAD TAX €180  
3.6L/100KM




**COROLLA TOURING SPORT HYBRID**

ALL-NEW 2019 MODEL

83mpg

ROAD TAX €170  
3.4L/100KM




**CAMRY HYBRID**

ALL-NEW 2019 MODEL

67mpg

ROAD TAX €180  
4.2L/100KM



**YARIS HYBRID**

ALL-NEW 2019 MODEL

76mpg

ROAD TAX €180  
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LEFT: Vincent Cunnane, President of LIT with Annita Michalak, Ronan McDonald, Aoibhieann Flahery and Stephen Kilcoyne, at the Marketlink Christmas Market  
ABOVE LEFT: Sara Kate Hurley, Glenn Guilfoye, Gillian Clogan and Laura Dragan, market organisers  
ABOVE RIGHT: Sarah Costelloe, Katie Cuningham and Ailish Creamer  
TOP: Clara Stapleton, Rebecca Ryan and Sarah Meaney

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MEDIA PARTNER Irish Independent

# City students get a 'Roadbridge' to safety from engineering firm

**NICK RABBITTS**  
nick@limerickleader.ie

STAFF from engineering firm Roadbridge have been visiting schools across the regeneration areas to warn curious kids about avoiding some of the many building sites in the area.

With some building taking place across Moyross, Southill, Ballinacurra Weston and St Mary's Park, many children could be tempted to break through the safety barriers and play on the building sites.

But this is a big mistake, says Peter Skehan of the company, who has been giving youngsters an education as to why they shouldn't.

"It's something we do in all areas when we go into a new estate. We try and engage with the local schools.

"It's important to get the message across of the construction and the dangers associated with it," he explains.

Among the schools Roadbridge staff have attended are Corpus Christi primary school in Moyross, Our Lady of Lourdes National School, near Ballinacurra Weston, and Le Cheile National School on the southside.

Peter added: "There is a lot of interest. Kids have a natural curiosity on construction.

"A lot of them would have their own toys at home, and that breeds curiosity. We need to get past that, and get the message to them that the



Roadbridge management with staff and students of Our Lady of Lourdes National School, Rosbrien

**'Kids have a natural curiosity on construction'**

big digger they see themselves having fun with, that there is danger for water hazards and other associated problems."

Despite the stark message,

Peter said the children have enjoyed "something a bit different to the norm of the standard lessons every day".

They also spoke about the need to care for the

environment in the areas.

Roadbridge has been contracted by Limerick City and County Council on an agreed programme of road and footpath repairs to

regeneration communities, and also secured a contract to provide 12 homes – something which sprang up in just ten weeks, the company says.



Matthew Burke and Kim O'Meara of Roadbridge with students from Corpus Christi Primary School, Moyross



Shane O'Doherty of Limerick City and County Council and Peter Skehan of Roadbridge, also with staff and students from the Moyross school



# ENTERTAINMENT

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



## Bell X1 back to Castle due to 'popular demand'

TOP Irish band Bell X1 are to return to Limerick for a major outdoor show in 2019.

Bell X1 will return to King John's Castle for a gig on Saturday, July 20, 2019 – scene of a sold out show at the same venue earlier this summer. Bookers Dolan's Presents, in association with Shannon Heritage, said they were "delighted to announce, due to popular demand, the return of Irish legends Bell X1 to King John's Castle in 2019". It will be one of a very limited number of shows Bell X1 will perform as a full band in Ireland in 2019.

Mick Dolan said: "Bell X1 have proved to be immensely popular among Limerick audiences. Their gigs never fail to impress and we are looking forward to welcoming them back next July."

Welcoming the announcement Niall O'Callaghan, Managing Director, Shannon Heritage said: "Shannon Heritage is delighted to have Bell X1 back for what promises to be another magical concert at Limerick's cultural centrepiece, King John's Castle."

Tickets go on sale this Friday at 9am.

## The Abbey set to bring The Country Girls to the Lime Tree next summer

THE Abbey Theatre have announced a welcome return to the Lime Tree for summer of next year.

The national theatre will bring Edna O'Brien's *The Country Girls* to Limerick from Tuesday, April 30 to Saturday, May 4, 2019.

Directed by Graham McLaren, O'Brien revisits her era-defining debut novel in the new stage adaptation for the Abbey, which brought the wonderful Jimmy's Hall to Limerick this year. See [www.limetreetheatre.ie](http://www.limetreetheatre.ie).



Edna O'Brien revisits her era-defining debut novel in a new stage adaptation of *The Country Girls*, coming to the Lime Tree Theatre

## 'The Genius': GZA for Limerick gig in 2019

WU-TANG Clan star GZA is to play a show in Limerick, it has been announced.

The renowned New York rapper and songwriter – real name Gary Grice – who is a founding Wu-Tang member, will play Dolan's Warehouse on Thursday, April 4, 2019, for booker Seoda Shows.

GZA – also known as The Genius – is hailed as Wu-Tang's 'spiritual head' and its most cerebral member. He released the critically acclaimed solo album *Liquid Swords* in 1995, which is hailed as a hip-hop classic.

Tickets go on sale this Friday at 10am.



Wu-Tang Clan star GZA is to play a show in Limerick next year



## BELLTABLE



Fishamble: The New Play Company presents

# BEFORE

A new play with much music by

## Pat Kinevane

Wed 5th Dec & Thu 6th Dec | 8pm

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Mozart *Notturmo Serenade KV 239*  
Vivaldi *Ah sleale, ah spregiura from Orlando Furioso RV 728*  
Biber *Battaglia à 10 in D major, C. 61*  
Vivaldi *Agitata da due venti from Griselda*  
Barber *Adagio for Strings, Op. 11*  
Vivaldi *Sento in seno ch'in pioggia di lagrime from Tieteburga RV 737*  
Vivaldi *Nel profondo from Orlando Furioso RV 728*

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[www.irishchamberorchestra.com](http://www.irishchamberorchestra.com)

# THINGS WHAT ARE ON IN LIMERICK

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

**Y**OU can look forward to an immaculate collection of comedy, theatre and music in Limerick this weekend. Tommy Tiernan, Pat Kinevane and The Waterboys are in the city, Christmas panto kicks off in the county and there's a free afternoon of art in the Milk Market on Sunday.

## Thursday (Dec 6)

**Tommy Tiernan** is at the **University Concert Hall** this Wednesday and Thursday. It's part of the comedian's Paddy Crazy Horse tour, touted as an exploration of the poetry of everyday speech. Like every other Tommy Tiernan tour, that will play second-fiddle to him ranting on stage for two hours while flashing an occasional cheeky grin as he makes you laugh. 8pm each night and tickets are €30. There are very few seats left so if you're eager to go, put down this newspaper right now and book your ticket.

**Pat Kinevane** brings his new solo play *Before* to the **Belltable** on Wednesday and Thursday. Set in Clerys on the day Dublin's flagship store closed its doors for good, it's the story of a man desperate to find a present for his estranged daughter. It also has a backing track contributed by the RTE Concert Orchestra for the play, described as "with much music". Yes, after many years of experimental theatre, Pat Kinevane is now experimenting with musicals - the stage equivalent of a heroin addict getting enthralled by a giant bag of sugar. I cannot recommend

this show enough and you should buy a ticket even if you are sitting at the very back of the room. 8pm both nights, tickets are €18 / €16 concession.

**Irish Modern Dance** Theatre are at **Dance Limerick** this Thursday with their compelling and athletic piece *Cloud Study*. Acclaimed dancers Mufutau Yusuf and Salma Ataya perform John Scott's vibrant work, which blends theatre and dance with music by experimental electronica artist Ryan Vail. You can expect this to be the most energetic dance performance you will see in Limerick this year. **Dance Limerick** have also upgraded their heating in recent months, so you can also expect not to be cold during the show. 8pm, tickets are €12/€10 concession if booked in advance or €14/€12 on the door.

**BitDepth** is a new monthly rock night, kicking off at the **Record Room** this Thursday. Noise rocker Dylan Thomas is headlining, supported by New Dad from Galway and pop-rock band Light Grey. Doors at 9pm and it's free entry.

## Friday (Dec 7)

The **County Limerick Youth Theatre** are first out of the panto blocks this Christmas with *Sleeping Beauty*, which runs in the **Honey Fitz Theatre** at Lough Gur from Friday to Sunday. As you'll remember from your childhood, it's the story of a young girl who is victimised by an old crone annoyed that she didn't get invited to her baptism and is later assaulted by a prince



**Cloud Study** is at **Dance Limerick** this Thursday



**Paddy Casey** is **Upstairs in Dolan's** on Saturday



**Tommy Tiernan** is at the **UCH** for two nights this week

while she's taking an extended nap. And they lived happily ever after. There's a performance at 7.30pm each night and matinees at 2pm on Saturday and Sunday. Tickets are a very reasonable €10 for adults and €5 for children.

**Mike Scott and The Waterboys** play the **UCH** this Friday night. Forty years on the road have taught singer Mike Scott a thing or two - mainly that he needs a new set of bandmates every two years - and his fusion of folk and rock still sounds as fresh as it did when the band released *This Is The Sea* in 1985. Nobody has ever left a Waterboys gig disappointed. 8pm, tickets are €40.

The ever-reliable **DIY LK** present their final gig of the year this Friday night at **Pharmacia**. Garage-rock trio Fonda headline a night of catchy indie-rock, sounding like Neil Hannon with fire in his shoes. Shrug Life and Badhands, both from Dublin, round out the night. Doors at 9pm and tickets are the usual fiver.

## Saturday (Dec 8)

You can catch an afternoon of free music and festive cheer on **Bedford Row** this Saturday, as the annual **Musical Treats** event arrives on the street. Six hours of music and street performance to amuse and entertain you. It's part of the city's drive to get people shopping in Limerick this Christmas. First you get the shoppers, then you get the money, then you get the power and in Ireland that usually finishes with a tribunal. It will run from

since his 2003 album *Living* set the Irish charts alight. I'm guessing that his entire fanbase feels thoroughly teased by the repeated rescheduling of his forthcoming fifth studio album but you can presume that he'll be playing some tracks from it on Saturday. Doors at 8pm, tickets are €22.

There's a stage adaptation of **A Christmas Carol** at **Friars' Gate** in Kilmallock this Saturday night. The production, starring Michael James Ford, has sold out its entire run at Dublin's Viking Theatre for the past three years, so you know they must be doing something right. 8pm and tickets are €15.

Riot grrrl punk takes over the **Kasbah Social Club** this Saturday, with all-female indie outfit **Pillow Queens**. The Dublin four-piece manage to underpin catchy guitar riffs with genuinely compelling lyrics, while refreshingly retaining their natural accents as they sing. They'll be supported by Limerick's own **PowPig**. Doors at 9pm, tickets are a

tenner.

## Sunday (Dec 9)

Over forty artists will be exhibiting their work at the **Art Limerick Christmas** exhibition in the **Milk Market** this Sunday. Limerick artists will be happy to talk about their art and will be even happier if you give them money in exchange for taking a piece home. Remember: art is not just for Christmas but, unlike a puppy, you don't have to bring it for walks unless you really want to. It will run from 11am to 4pm and it's free to see.

## All weekend

The Limerick Printmakers winter exhibition is at the **Belltable** until December 17. The Maud Cotter and Anita Groener exhibitions run at Limerick City Gallery until January 6. *Blurring The Edge* is at the Hunt Museum until January 20. All free to visit. That's your lot for this weekend and, as always, if you go to things, there will be more things!



**Pat Kinevane's** *Before* is at the **Belltable** this week

# The WATERBOYS

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# BIG NIGHT OUT @

AT THE SAVOY BAR, HENRY STREET



James and Sinead McCarthy enjoying cocktails at the Savoy Bar



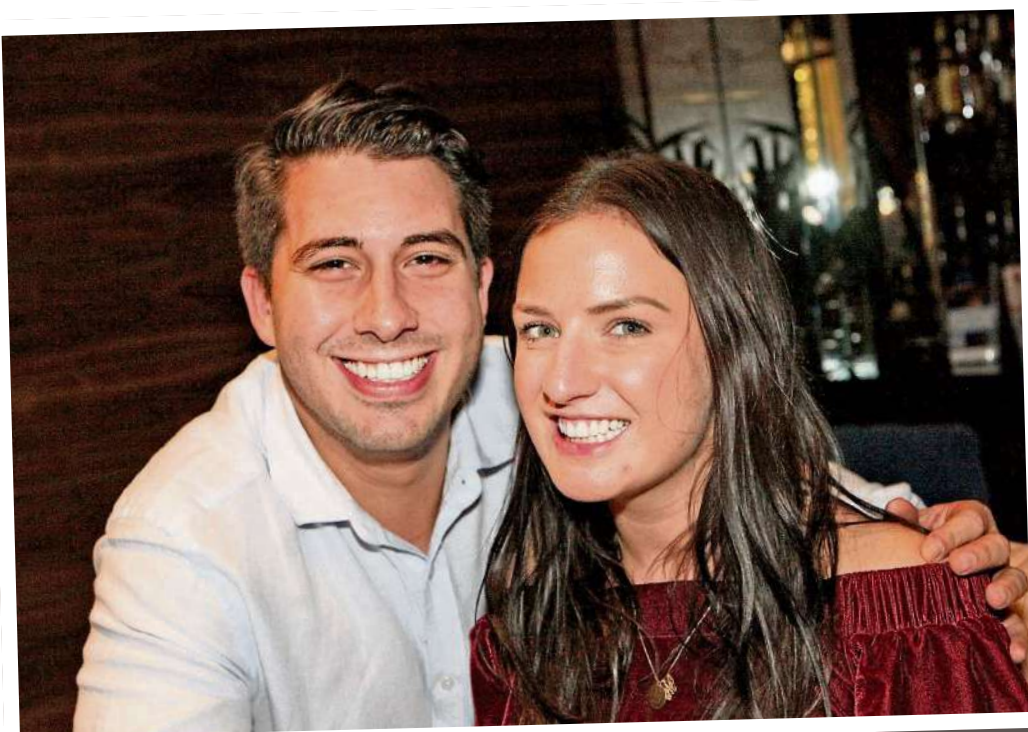
Frances Halpin and Marian McGregor at the Savoy Bar



Anne and John O'Connor at the Savoy Bar



Karen Capher and Louise O'Brien at the Savoy Bar



Billy and Laura De Lucia also at the Savoy Bar



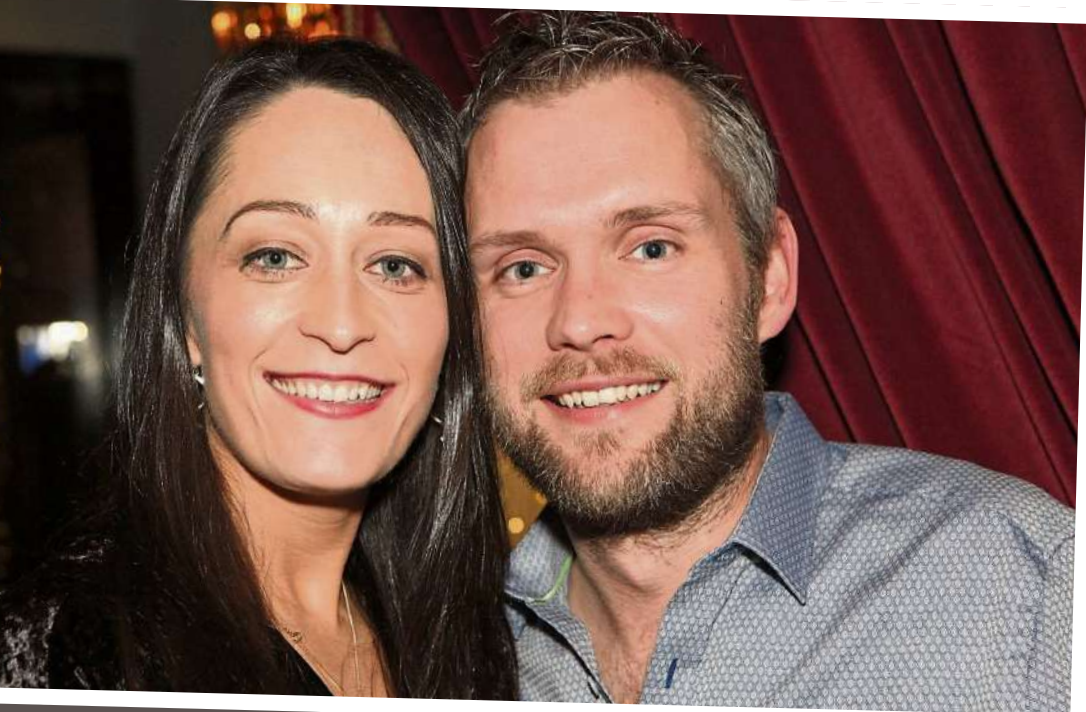
Catherine McCarthy and Lorraine McCarthy



Mary Fitzsimons and Grainne Kelly



Lauren and Dermot Murnane were also at the popular city hotel venue



Caitrín Dennehy and Brian Kissane at the Savoy Bar



Deirdre Laide and Zita O'Dwyer enjoying their night out at the Savoy Hotel bar



Helen Bowe and Alicia Bowe at the Savoy Bar



Louise O'Connor and Aideen McAuliffe at the Savoy Bar



Jacqui and Perry Meskell at the Savoy Bar



Stephen, Audrey and Grace Ruschitzko, Monaleen, at the Santa Cycle which began at the Hurlers bar, Castletroy

# Out & About

**SANTA CYCLE FROM THE HURLERS BAR,  
CASTLETROY, IN AID OF CHARITY**

**Pictures:** GARETH WILLIAMS



Valerie Dunne, Cycle for Sick Children and Shirley Gibbs, Pallaskenry, took part in the cycle



Terry and Moira McMahon, Castletroy, looked the part in Santa suits for the cycle



Aisling and Dave Frawley, Lisnagry, were among those who saddled up for the cycle event



**LEFT: Attending Ireland's Biggest Santa cycle at the Hurlers Bar, Castletroy, were Geraldine Burke, Monaleen, Brigid McGrath and Noreen Campbell, Newport**

**ABOVE: Alan, Jamie and Eileen Kavanagh, Castletroy**



**Vera, Evan and Thomas Campion at the Santa cycle**



**Derek Parratt and Brian Aherne, Castletroy, suited up for the charity cycle**



**John Noonan and Barry Sullivan, Monaleen, all ready to take to the road for the charity cycle**



**Natasha Cosgrave, Lisnagry and Edel Durack, Annacotty, had a laugh at the charity event**



Leah O'Carroll snapped this sunset while on a walk in Patrickswell



Sunny morning on the Shannon by Mary O'Farrell, Westbury

# 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](mailto:NEWS@LIMERICKLEADER.IE) WITH READERS' PICTURES IN THE SUBJECT LINE**

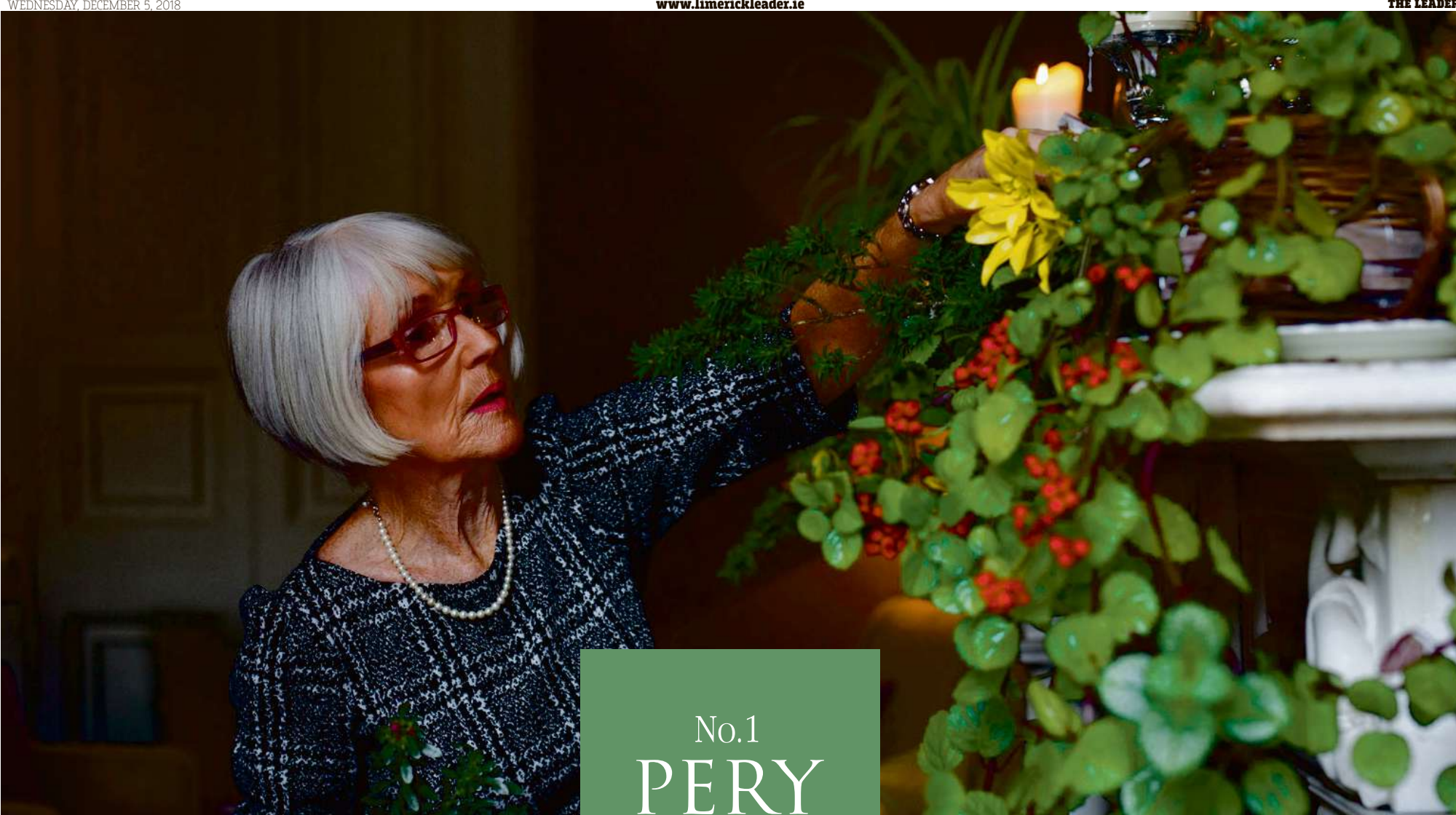


Welcome to Limerick by Terence Keehan



Get your ducks in a row: Denis Hickey snapped this group out at Lough Gur





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Ryan Tubridy and co produce another Christmas tradition with the Late Late Toy Show last Friday night

# Your tribe of little elves makes for a great holiday



## MENTAL HEALTH MATTERS

### DR EDDIE MURPHY

Clinical Psychologist

IT'S my favourite time of the year. I am already excited. The fire was on and we waited for Ryan to allow himself be open to a night of fun and extravaganza.

Maybe some year I might get lucky and win a ticket in the draw! Of course Christmas has started in the shops but for me The Late Late Toy Show is the true starter point for Christmas.

#### FAMILY MEMORIES

Creating family memories is central to the story of Christmas and the Toy Show is one such event. It's all about connecting with each other. It's All-National slumber, toy, singing, and dancing



## Family traditions nurture and foster children stability and security

party. This time of year is your chance to forge family memories. Family traditions become part of the 'language' of the family; they help keep us connected, an expression of unity that strengthens family bonds. They

provide a sense of continuity and feelings of belonging. Family traditions nurture and foster children stability and security all supporting family wellbeing and emotional health.

December and the lead up to Christmas is your chance to openly bring out that most essential thing for wellbeing your Inner Child. We were all once children and still have that child dwelling within us. For many it's forgotten, yet it's a healthy part of our creative adult personality and knows that fun can be free and spontaneously with no guilt or anxiety. Over the year it is often suppressed, denied, neglected rejected or even abandoned.

Society told us to grow up and reject childish things such as our inner child's capacity for awe, innocence, joy, empathy, sensitivity and playfulness. But hey presto, the magic of the Toy Show is that it allows you to become psychologically, not just chronologically an adult by allowing your inner child soar.

With no judgement, your inner child can be a great source of positive energy and you can carry

forward this positivity to all aspects of your life. This positive attitude towards life is the foundation of living a contented authentic life where you are your real self.

#### UNSCRIPTED MOMENTS

For me it's the unscripted moments that make the Toy Show magical. It's the same in life. Allow yourself to charter the unscripted water, get beyond your comfort zone for that's where the magic happens. For me the toys are only the props for the real magic dust of the Toy Show, which is its ability to bring the nation's families together and enhance our relationships and wellbeing. It's a national institution for positivity.

Take the opportunity to create other family traditions. You can use every day routines such as bed time, taking a moment to talk, read pray, snuggle up, or reflect on 3 good things that happened today.

This '3 Good Things' tradition helps you or your children orientate towards a positive and grateful outlook. Positive Psychology shows that grateful people tend to be happier.

healthier and more fulfilled.

When we strip it all back to memories and feelings then these memories centre around love, warmth, safety and nurturing. As a parent, grandparent, uncle, or aunt this is what is the key emotional experience you are trying to create for your children to thrive. It's what as a society we need to blossom. Thankfully, it's not only for children. I love that my parents Joanie and Billy, parents who have almost 160 year between them will also let their inner child out. They can't wait.

#### A TRIBE OF ELVES

I see all of Ireland that night in a synchronicity with the spirit of Christmas; a tribe engaged in magic making. So sprinkle so Christmas magic dust and let your inner child soar.

**\* 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/>**

# POSITIVE PARENTING

LOVE PARENTING 

## Top Tips

### For helping fussy eaters

Picky eating is one of the most common issues for parents and the quest for nutritional balance often leads to dinner time drudgery. Many children find some foods unpalatable – vegetables are usually top of the offender's list, while sweets rarely are. There are a few ways to reduce the stress of those broccoli battles:

#### Avoid forcing food on a child

This only creates negative associations. If something goes down like a lead balloon, just retry at a different time and in a different way (maybe baked instead of boiled).

#### Offer choice

Put carrots and peas on the plate and explain that while it would be great if both were eaten, only one can be left. Choice makes children feel empowered and they generally react well.

#### Let children help themselves

Sometimes placing food in the centre of table and allowing children to help themselves can also help give a child a sense of control as they can choose their portion size.

#### Set a mealtime routine

Small tummies respond well to knowing when to expect food so keep meal times as consistent as you can.

#### Respect your child's appetite (or lack of)

Learn to read the cues so that you know the difference between when a child won't eat and when they just doesn't feel like eating.

#### Try not to encourage or bribe

Talk about anything but food at the table. Distraction is a vital tool in the parenting kit!



As the days get darker and colder, it helps to spend some time nurturing our senses and giving ourselves and our children a sense of comfort

# Mind yourself and your children on dark nights

**W**e're now in that funny time between Halloween and Christmas. The days have gotten shorter, and many of us may be feeling the effects such as low moods or energy.

We're well and truly in to the school year, and the routines can become tiring for both parents and children. We start to look ahead with anticipation to the Christmas break, but Christmas can often be a time of stress for many of us.

We might be worrying about how to cope with the extra financial pressure; it might highlight some stresses and strains in our family relationships; we might create pressure on ourselves for everything to be perfect (the surest way to start a family argument!)

So, during this in-between

period, how can we make sure that we mind ourselves and our children? Below are some ideas about how to ensure that this time of year is tranquil and safe and a time for connection rather than isolation.

#### 1. GET COSY

A little bit of effort (a cosy fire, a warm pot of soup bubbling on the stove, some soft throws on the couch) can make a big difference.

As the days get darker and colder, it helps to spend some time nurturing our senses and giving ourselves and our children a sense of comfort and security.

#### 2. GET ACTIVE

The crisp, sunny days are made for outdoor adventures and enjoying the changing colours and light.

Those cold, rainy, drizzly days can prove more challenging. It really is worth the effort to throw on the rain gear and get out outside, even for a short time.

The exposure to light (even grey light) and the exercise can make a big difference in your mood.

Have the raincoats and the wellies handy and encourage the whole family to get involved. The promise of big mugs of hot chocolate on your return may help!

#### 3. GET TOGETHER

This past summer, with its long stretches of warm, dry weather was amazing for children to be out and about, playing and having fun. There is something to be said, however, for this time of year, when people tend to retreat inside.

Think about simple ways to

make this time together inside fun for all of the family - board and card games, simple activities like an obstacle course in the hallway, movie and pyjama nights can make the long nights feel special.

#### 4. GET SOCIABLE

Welcome your child's friends in to your home as often as you can. Even if what you are craving is quiet and peace (and a refrigerator that is not emptied daily!), opening your home to your children's friends allows you to stay connected to them and get a better understanding of their world. Young people need a sense of privacy, but they also need safe, comfortable spaces.

FOR MORE INFORMATION, PLEASE SEE [WWW.LOVEPARENTING.IE](http://WWW.LOVEPARENTING.IE).



# FIT4LIFE

## LEANNE MOORE

### CONTACT LEANNE

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**Email:** leannemooreofficial@gmail.com **Twitter:** Leannemoorefit **Snapchat:** Leanneacmoore

# Tips for a better night sleep

**F**ROM time to time I go through bouts of poor sleep. Night after night of not being able to switch off and totally recharge. This can often come hand in hand with stressful periods - for me this can have a direct impact on my sleeping patterns.

And sleep, whether you know it or not, has a direct effect on everything you do during the day. Being tired not only affects performance and mood but it also leaves you feeling hungrier and less inclined to exercise. Getting a quality nights sleep is honestly the starting point to looking after yourself. So what little things can you do each evening to put you in the best position to get a good nights sleep? Here are a few.

#### 1: STICK TO A ROUTINE

It may be one you'd easily overlook but sticking to a good routine can really go far to helping you get a good night sleep. What ever your routine may be, putting in place and following it night after night will really serve to helping you catch sufficient sleep. A warm bath, 30 minutes of reading and lights out at the same time each evening programmes the body to "know" that it's time to wind down and sleep.

#### 2: NO SCREENS IN THE BEDROOM

This is a very hard rule to implement but it honestly does bring a lot of benefit. Phones, laptops, iPads and TV's are part of many of our bedrooms and they

really can have a huge impact on our sleeping patterns. Not only do the bright lights keep us awake and alert, but we also have to remember that what we think about last matters. At this point every evening we really should be concentrating on a little self reflection and meditation. Bedtime is usually my time for a little dose of gratitude. Writing or just thinking about the things I am grateful for is a lovely way to wind down the mind and set yourself up for a peaceful sleep.

#### 3: LEAVE NEGATIVE THOUGHTS ASIDE

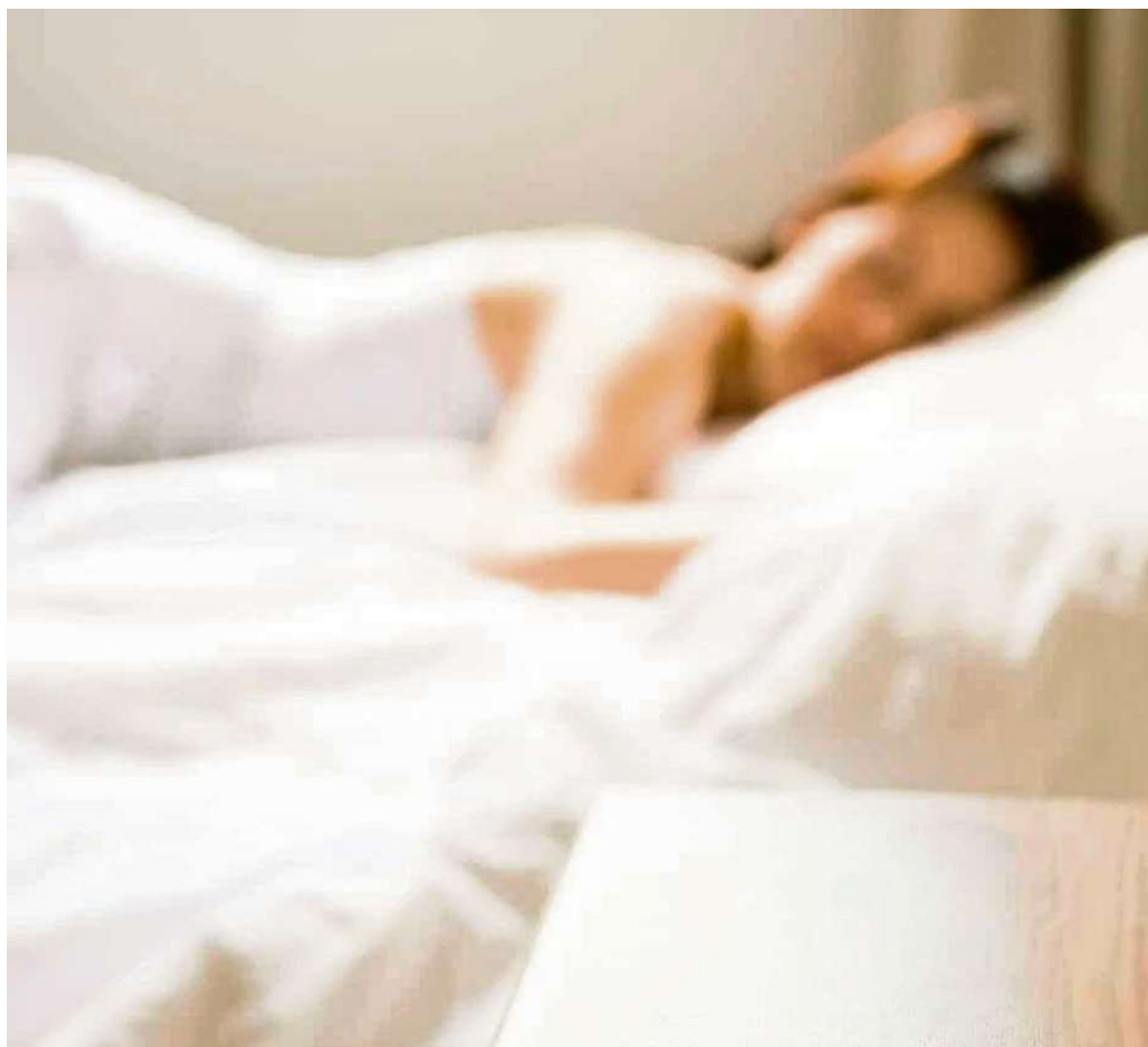
This is another big one for me. I often find that spending time on my phone at bedtime leaves me open to taking in a lot of negativity. Be it from news programs or social media, we can unknowingly be digesting a lot of negative feelings and thoughts. Your bedroom should be your haven. A space where you feel relaxed. Don't invite negative feelings or thoughts into that space.

#### 4: DE-CLUTTER THE SPACE

Clutter or "busy" rooms can lead to poor quality sleep too. The best tip I can give you is to keep the decor and storage in your bedroom to a minimum.

You know that feeling when you've tidied your room and changed the bedsheets? Keeping your room clutter-free will allow you to keep that relaxed feel.

Four simple little tips you can keep in mind to help you wind down in the evenings. Give them a go.



**Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke**

## Healthy Recipe

### Emily Skye's Loaded Sweet Potato Skins

#### What You Need

- 1 medium to large sweet potato
- ½ tbsp. olive oil
- 100g lean chicken or turkey mince
- ¼ cup baby spinach leaves
- 1 clove garlic, minced
- ¼ tsp. cumin
- ¼ tsp. chilli powder
- 1 tbsp. chives, chopped
- 1 tbsp. cottage cheese
- Salt and pepper to taste

#### What To Do

Preheat your oven to 180c and prepare your sweet potato by poking some holes in it using a fork. Place on a baking tray and bake for about an hour or until tender. Remove from oven and let cool.

Once cool enough to touch, cut the sweet potato in half length-ways and scoop out some of the flesh to leave approximately a 2cm thick casing. Put the flesh into a bowl and mash with a fork.

Heat the oil in a frypan and add the mince, making sure to break it up as it cooks. Add the garlic and cook it through evenly until the mince starts to turn golden. Add the cumin, chilli and chives, and the mashed sweet potato flesh, and stir through as it cooks for 2-4 minutes.

Remove from heat and stir in the cottage cheese, then fill evenly into the potato skin casings.

Put the filled skins back into the oven for 5-10 minutes.

Serve on plates with a side salad, and enjoy!



## Moore2Life

What I'm loving this week

### GO GYM GIFT VOUCHERS

Give the gift of health this Christmas! At Go Gym Limerick we are offering special discounted memberships in the form of Christmas vouchers. There are three "set price" options available but of course you can also get gift vouchers for any amount you want to spend. The set price offers are: Three Months Membership for €129; Six Months Membership for €229 or Twelve Months for €399. Call in to us to grab your loved one a gift they really will be delighted with.





# HEALTHY LIVING

**EVA HILL HAMILTON**

**CONTACT EVA**

**Facebook:** @evahillnutrition **Web:** www.evahillnutrition.com **Email:** info@evahillnutrition.com

## Can chocolate really be good for you?

As Christmas is drawing near, shops are packed with treats. And although the cheap selection boxes are bad for your health, there is good news for chocoholics.

A recent study published in the Journal of American Cardiology confirmed that intake of high quality dark chocolate (72% cacao) buffers stress reactivity significantly blunting Cortisol and Adrenalin levels after an acute stress situation.

This study clearly shows that a single dose of flavonoid-rich dark chocolate can help to protect you from the damages associated with acute stress, if you are in general good health.

The number of benefits now associated with the cocoa bean are really quite impressive, including benefits to your heart and blood vessels, brain and nervous system, improved insulin sensitivity – protect



**Consume small amounts of chocolate at intervals**

against pre-eclampsia in pregnancy. Cocoa beans have also been shown to improve endurance, improve liver function, lower the risk of Alzheimer's disease and even possibly slow down the rate at which you age.

Cacao's benefits are related to compounds naturally occurring in the

bean, including epicatechin and resveratrol, both powerful antioxidants also found in green tea and red wine. Epicatechin is thought to help shield your nerve cells from damage. Norman Hollenberg, a professor of medicine at Harvard who has spent years studying the Kuna people of Panama who

consume up to 40 cups of cocoa a week, believes epicatechin is so important it should be considered a vitamin.

The Kuna have less than a 10 percent risk of stroke, heart failure, cancer and diabetes, which are the most prevalent diseases ravaging the Western world.

The closer your cocoa is to its natural raw state, the higher its nutritional value. Commercial chocolates and cocoa powder are raw cacao that's been roasted at high temperatures and treated with chemicals.

When selecting chocolate, you can optimize its nutritional punch by looking for higher cacao and lower sugar content.

Check what type of fat your chocolate bar contains.

Naturally occurring fat in chocolate (cacao butter) is good for you. It slows down the absorption of sugar, lessening the insulin spike.

**DID YOU KNOW?**  
Over 7 million tons of chocolate confectionery is consumed worldwide each year.

The primary fatty acid in cocoa butter is stearic acid, which is the only saturated

fat that favourably affects HDL, without adversely affecting LDL.

Processed cheap chocolates often have this butter removed and replaced by vegetable oils or dairy fats.

In general, it seems preferable to consume smaller amounts of chocolate at more frequent intervals, much like the principle of split dosing for supplements, in order to ensure a steadier stream of nutrients in your bloodstream.

## The Glen Tavern

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What our customers say

***"The Food was great, classic pub grub"***

Catherine 937 24/09/2018

***"Delicious Food, great local beer selection and friendly staff"***

Sarah G 03/06/2018

***"Very happy customer"***

Pat O 25/04/2018

**The Glen Tavern**  
**1-2 Lower Glentworth Street, Limerick**



**061 411380**



**Notice is hereby given that the Annual General Meeting of Tipperary Credit Union will take place in**

**Ballykisteen Hotel and Golf Resort, Tipperary, on Tuesday the 11th December 2018 at 8 p.m.**

During the meeting three vacancies are to be filled on the Board of Directors, two vacancies on the Board Oversight Committee and the position of Auditor.

The Nominations committee are required under the Central Bank Act 2012 and the Fitness and Probity regulations to undertake a due diligence process on all nominees for controlled functions.

**(All members are asked to bring their membership number)**

**TIPPERARY CREDIT UNION LIMITED**  
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**www.tipperarycu.ie**

**Merry Christmas to all our members.**

*Free member draws will take place for members present at the AGM.*

*Secretary, Tipperary Credit Union Limited*

## CELIA SPOTTED

Looking good out and about in Limerick

**Name:** Megan McNamara  
**Occupation:** Student  
**From:** Galbally

**M**y style icon would be Alexa Chung. She's a model and always looks stunning and her style is very glamorous. In terms of shopping I really like New Look in Cruise's Street in the city. Their clothes are really affordable, and always suit me.

**Jacket from Penneys:** Add a timeless denim jacket to any outfit for an added edge. Dark denim is perfect for the autumn and winter seasons whereas white denim and stonewash are better alternatives for the spring and summer.

**Dress from New Look:** Megan is a fan of New Look and I can't say I blame her. It's a great high street store that does some excellent catwalk looks at a tiny fraction of the price. Megan's striped dress from New Look is a very versatile piece and can be dressed up for night with a pair of heels or pared back with flats for a more relaxed day time vibe.

**Bag from New Look:** While the backpack was never really considered to be a fashion accessory, in recent times it has become a statement piece. What I love about it is you can put all your essentials in it, and more. Whether you are going to college, work, the gym or to a concert your rucksack will have you covered. While Megan's bag is casual, there are more dressy rucksacks available, particularly in leather.

**Shoes by Schuh:** Canvas basketball-style trainers are a big hit this winter. They may not be the warmest but young people in particular love them for their comfort.



## STYLE & CELIA HOLMAN LEE

**CONTACT CELIA**

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## The perfect Christmas

**H**OW happy were we when Louise Cooney, the very successful influencer, blogger and style queen from Limerick invited the Holman Lee models to showcase some of the top fashion for her festive fashion show.

The event which took place in the Iveagh Garden Hotel, Harcourt Street, Dublin was a huge success for the young Limerick beauty who organised the event for the Irish Cancer Society and was produced by the Holman Lee agency. It was a festive fashion event with some great sparkle for the Christmas festivities as you can see from the different photos.

There was some sparkling 60s shimmering pieces, and a daring flare for 70s funk, some really fab evening wear in vibrant colours of emerald greens and ruby reds.

One thing for sure this season is that there is a new found love for sparkle and shine.

Enjoy your Christmas shopping and I hope you find the perfect party dress!



There is no better festive colour than red and this red blazer teamed with black leather trousers is a very stylish combination



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

# FASHION

EE

manlee.ie Email: celia@holmanlee.ie

## mas party attire

Metallics have also made a comeback this season as seen on the catwalk at Louise Cooney's Festive Fashion Show fundraiser in aid of the Irish Cancer Society



A little short sparkly number is always the go-to ensemble for the Christmas party



This mid-length shimmery black dress is more suited for a more formal Christmas party



An edgy little biker jacket can be teamed with most of your Christmas party dresses



Blazer dresses are all the rage this winter - expect to see a lot of them being worn throughout the party season



KARLIE KLOSS

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# MANABOUTTOWN

## PATRICK McLOUGHNEY

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Twitter: @iammcloughney Instagram: iammcloughney

# Every outfit you'll need this Christmas

**L**AST weekend I had the pleasure of hosting the men's style segments at the sold-out Sinead's Curvy Christmas shows in Bunratty Castle Hotel. The segments were built around showcasing outfit ideas for every important event that a guy will have between now and New Year's Eve.

The clothes on show were kindly supplied by Ted Baker in Brown Thomas Limerick and thankfully, the segments went down a treat. So rather than letting a good script go to waste, this week I've decided to combine my look of the week with my annual Christmas outfit guide and show you some of the looks from our festive fashion show in Bunratty.

### 12 PUBS

The only person worse than the overly excited friend that's forcing everyone to wear wacky Christmas jumpers is the miserable git that refuses to take part. Don't be that guy. However, there are a few things you should consider before choosing your festive garment. If you'd prefer a good night's sleep, scout out a jumper made from 100 per cent wool. Cheaper examples tend to be made from polyester, which really will put the 'sweat' into sweater. My advice is to opt for a design that is only subtly festive as some pubs are now refusing entry to large groups of people in Christmas jumpers. The Ted Baker sweater that Ronan is wearing in our main photo is festive enough to pass for a Christmas jumper, yet



**From wacky jumpers to casual attire Christmas doesn't have to be complicated. Patrick, Diarmuid and Ronan in their outfits**

subtle enough to be worn well into 2019.

### CHRISTMAS SHOPPING

If (like me) you do all your Christmas shopping online then you are free to do it in your pyjamas (also like me).

If not, chances are you'll need something smart, comfortable and warm to survive the busy shops in December. In our main picture,

Diarmuid is wearing a smart overcoat with a matching scarf and sweater, some tapered jeans and comfortable trainers. You could also get away with an athleisure look here and wear a smart hoody and tapered sweatpants under your overcoat.

The idea is to look presentable and stay comfortable while you're lugging the shopping bags back to the car.

## Christmas Eve

If you're headed to the pub or Midnight Mass, just wear what you'd normally wear.

A nice sweater and comfortable chinos are a good place to start. Layer up like Ronan has with this smart Ted Baker Pea coat and cap off the look with the ever-popular Peaky Blinders style Baker Boy hat. You'll feel comfortable and look great whether you're singing Silent Night with the choir or Fairytale of New York with the other merry people.



## Christmas Day



**There are plenty of mornings in the year when it's acceptable to stay in your pyjamas.**

**But not Christmas morning, make the effort and put on a nice shirt and trousers like the ones Diarmuid is wearing here and get to tearing wrapping paper. Button the collar all the way to the top pre-Christmas dinner before relaxing to give your gullet some room after dinner. Jeans are ok so long as they're smart and not ripped.**

## Christmas Party/New Years Eve Ball

A work Christmas party is only a cause for concern if you fail to judge to dress code correctly. If the word 'ball' is involved and you are going to an expensive-looking hotel then you'll need a suit or a tuxedo. Diarmuid is rocking a three-piece Ted Baker suit with a white shirt and floral bow tie. We've gone with a suit here rather than a tux simply because the suit is more versatile and can be worn far more often than a tuxedo. If the dress code isn't black tie, go for a smart blazer with dark trousers and smart shoes. You can dress up with a shirt and tie or even a roll neck or dress down with a t-shirt if it's a more casual vibe.



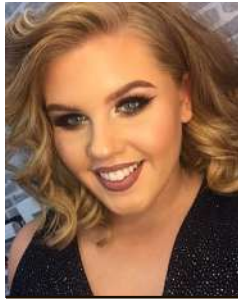
## St Stephen's Day

Christmas might be done and dusted, and you might be craving your sweatpants, but that post-dinner bloat isn't going to shift itself. Whether it's forced family fun or a solo breather, heading out on a walk is a wise (man's) move that is surprisingly pleasant to dress for. Ronan has found the perfect balance between comfort and style here with his matching hat and scarf and insulating overcoat. Best of all, it's a look that works just as well off the trail, should you get a second wind and end up rambling your way (back) into the pub.

**PS: A big thank you to Sinead O'Brien, The Bunratty Castle Hotel, Ted Baker and our models Diarmuid Whelan and Ronan Fahy**







# BEAUTY & MAKE-UP

## JESSICA HOCKEDY

CONTACT JESSICA

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# Keep your precious skin protected and hydrated this winter!



I was up in the French mountains last week - brrr. I definitely followed my own advice and kept my skin as protected as possible!

**W**INTER has well and truly arrived and there is no season like it to wreak havoc on your skin.

Even if you use a heavy duty moisturiser with shimmer, or get regular spray tans, you inevitably end up with dull or pasty winter skin. But you don't have to settle for a sallow complexion. I've got some fab tips for keeping skin super glowy during winter's gloom - here's what you need to know. Getting (and keeping) healthy, glowing, and touchable skin in winter starts with proper cleansing rituals, so skin is healthy.

Yes, it's a few steps and requires commitment but that dewy, soft flush will be

well worth the investment of time and energy. Say goodbye to chalky, flaky skin in favour of a gorgeous glow because, 'I want dry skin'... said no one E-V-E-R.

#### SKIP HOT WATER

Despite the instinct to seek heat when it's bitter cold out, a too-hot shower or dip in a steaming tub can do major damage to your skin in winter. Never wash your skin with hot water as it completely strips skin of all its moisture, natural oil and hydration. Instead, opt for lukewarm temperatures. If you take a bath, add a few drops of essential oil to the water to help moisturise the skin.

**Side note:** Post-shower, use a soft towel to gently pat off excess water, as opposed to harshly rubbing your skin, as it causes extreme discomfort and irritation in the long run!

#### 2. EXFOLIATE

Let me preface this by saying: if your skin is already irritated from the cold, do not start here.

But if you want to avoid winter skin dryness, this is a great place to start.

Exfoliating helps to remove dead skin cells, revealing the fresh skin underneath.

This is not only fantastic for cellular turnover, but it will help your skin to better absorb your follow-up skin care products.

#### 3. HUMIDIFY YOUR HOME!

Use a humidifier to keep moisture in your home and

workspace air, or keep a bowl of water on your radiators to add moisture to the air. The higher the heat indoors, the less humidity there will be.

(It's the humidity that helps keep skin from drying out.)

Humidifiers are so widely available now and are totally worth it!

#### 4. APPLY SUNSCREEN — EVEN ON GRAY WINTER DAYS

Winter sunscreen is counterintuitive, sure. But consider that the sun works in mysterious ways: If you stand in its direct rays, you

roast (particularly in the height of summer.) You can almost feel the UV rays diving into each pore on your body.

A simple sidestep into the shade spares you the agony of shriveling like a raisin. Thus, you'd conclude that sun damage results from direct exposure, right? By that logic, you're especially safe from the sun's skin-aging effects during those cloudier, grayer days of winter. Right?

Wrong! Most people want to ease up on sunscreen use during the winter, as the sun feels weaker and they are less likely to burn. But that's a mistake. Only one of the two UV perpetrators, UVB, is actually lessened by clouds and winter.

The other, UVA, is very much present year-round. Therefore, stay protected all year round peeps!



Don't skip the sunscreen this winter



Humidifiers are so worth it



Hot showers tend to strip the skin of all its moisture



# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

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Twitter: @richanthon

Web: www.richardknows.com

Email: Richard@ILoveLimerick.com



# New activist event explores decriminalisation then and now

**T**HE Hate and Hostility Research Group at UL is the only research group in Ireland dedicated to the study of hate crime. Conducting translational research on hostility towards difference, it is an interdisciplinary group led by Dr Amanda Haynes of the Department of Sociology and Jennifer Schweppe from the School of Law. They work closely with a number of NGO partners to progress policy and legislative change in hate crime in Ireland as well as being affiliated with the International Network for Hate Studies.

They recently held the latest in their 'Academic Meets Activist' series of events, which marks the 25th Anniversary of Decriminalisation in Ireland, also looking at the struggle for decriminalisation in Jamaica.

Jennifer Schweppe said, "25 years ago, on June 24, 1993, the Criminal Law Sexual Offences Act was passed decriminalising homosexuality in this

jurisdiction. Following many years of struggle and a decade of legal challenges brought by Senator David Norris and former President Mary Robinson, the 1993 Act finally removed legislation, which had been in place since the Victorian period, and which criminalised sexual acts between men specifically. We don't know with certainty how many gay and bi-sexual men were criminalised under this law, but between 1940 and 1978 an average of 13 men a year were jailed for homosexual offences, and in the ten year period from 1962 to 1972, there were 455 convictions."

The evening consisted of a panel discussion with Jamaican lawyer and LGBT rights activist Maurice Tomlinson, Vanessa Lacey, Health and Education Manager with the Transgender Equality Network Ireland, award-winning poet and writer Mary Dorcey, Dr Geraldine Moane, Senior Lecturer in the School of Psychology at University College Dublin, and



**Pictured are the Academic Meets Activist' panelists - Vanessa Lacey, Maurice Tomlinson, Mary Dorcey, Dr. Geraldine Moane and Karl Hayden.** PICTURE: BAOYAN ZHANG/ILOVELIMERICK

filmmaker and photographer Karl Hayden, who also discussed the impact and legacy of criminalisation on the LGBT community.

Dr Amanda Hayes commented: "The HHRG were pleased to host this panel discussion to mark this anniversary year of decriminalisation, a year in

which the Irish state has formally apologised to those affected by this legislation and acknowledged the harm done to those convicted and to the wider

LGBT community. As academics, we valued this opportunity to learn from this panel of distinguished activists." See [www.ulsites.ul.ie/hhrg](http://www.ulsites.ul.ie/hhrg).

## Film 'Free' raises awareness

THE world premiere of a short film 'Free' by ADAPT Domestic Abuse Services was unveiled at the Life Centre, Henry Street, as part of the 16 days of Action against violence against women movement.

The Film 'Free' was written and produced by The Road to Recovery Group. It tells the story of one woman's decision to break the cycle of domestic abuse.

Director of the film, Karen Fitzgibbon explained how the cast and crew "aimed to demonstrate the subtlety of domestic violence without showing the actual violence."

Following the performance, six female performers from The Northside Misfits read



**Pictured are Karen Fitzgibbon, Director, Siobhan O'Malley, Producer, Emma Murphy, Domestic Violence Activist, and Jess Angland, ADAPT Training and Development Coordinator**

PICTURE: BAOYAN ZHANG/ILOVELIMERICK

excerpts from Helena Enright's award-winning play 'Walking Away', which were transcribed from the interviews of nine domestic violence survivors.

The 16 Day Campaign Opposing Violence against

Women is an important opportunity to raise awareness and call for changes at an international, national and local level to make women and children safe from abuse. See [www.adaptservices.ie](http://www.adaptservices.ie).

## Children's Grief Centre awards

THE Children's Grief Centre based in Westbourne Avenue in Limerick city has won its category in this year's IPB Pride of Place Awards 2018 at a gala ceremony held in Cork.

Limerick's two other nominees Limerick Civic Trust and Kilmeedy Community Development Group both finished in runners-up spot in their respective categories - Creative Place Initiative for Limerick Civic Trust, while Kilmeedy Community Development Group were in the 0-300 population category.

The Pride of Place awards, described as the 'Oscars of the Community



**Ann English and Sr. Helen Culhane (centre) representing the Children's Grief Centre at the Pride of Place awards**

PICTURE: DAVID KEANE

Sector', celebrates the often unsung work of community groups that selflessly work to make local neighbourhoods a better place to live in, work in or visit.

Founded in 2009 by Sr. Helen Culhane, the

Children's Grief Centre has a long history of providing support services to children and young people who are affected by loss through bereavement, separation or divorce. Congrats to Sr. Helen and all involved!

# THINGS I ♥ THIS WEEK

## TAIT HOUSE INSPIRE

### Social Enterprise Schools Programme

THE Tait House Inspire Social Enterprise Schools Programme which was piloted with Colaiste Nano Nagle in late 2017 was officially rolled out this week with CBS Sexton Street. The purpose of the programme is to teach students about what a social enterprise is and how they operate to benefit their local communities. The initiative was the

enterprises that range from an escargot farm project, an Urban Co-operative, a company that retrofits houses to a steel supply company.

The visit is for almost 3 hours and the social enterprise managers chat about the pro's and cons and share their own experiences. These are local leaders from Limerick who sought to make a difference in their lives and also the lives of



**Orla O'Sullivan, CBS TY Coordinator, Kelly Fitzgerald, Tait House Community Employment Assistant Supervisor, Simone Dillon, Mr Tait's Cafe, and Deirdre MacMahon, Urban Co-op Chairperson pictured with students.** PICTURE: BAoyan zhang/ILOVELIMERICK

brainchild of Tracey Lynch, CEO Tait House Community Enterprise after successfully running the Inspire conferences in UL in 2014, 2015 and 2016 which saw the likes of Bobby Kerr, Paul O'Connell speak to over 600 students.

Tait House Community Enterprise has 160 employees with twenty social enterprises and is part of a large network of social entrepreneurs in Limerick. The Inspire Social Enterprise Schools Programme is now expanded with a one to one opportunity for each school to have an on-site visit to meet four of the twenty social enterprises involved in the programme with

the people living in their community.

Students will also learn a little bit about Sir Peter Tait, as the programme is held in what used to be his personal music room at the Tait House Community Enterprise location on the Roxboro Road.

Kelly Fitzgerald, Tait House Community Employment Assistant Supervisor tells me, "There is a strong focus on stimulating the visual, auditory and kinesthetic sensory receivers of the students, to ensure active engagement in the programme.

The use of I.T and social enterprise site visits, ensure a fun day out is had by all." See [www.taithouse.ie](http://www.taithouse.ie).



**All Ireland Scholarship recipients, Joseph Foley, Limerick and Megan Hamill, Portadown, Co. Armagh with JP McManus.**

PICTURE: ALAN PLACE

## All Ireland Scholarships 2018

THE 2018 All Ireland Scholarships awards ceremony at University of Limerick, saw 125 students from across the island of Ireland awarded full academic financial support for the duration of their third level studies by the sponsor, JP McManus.

The educational scheme is awarded

to a minimum of two high-achieving students from each of the 32 counties. JP. Established in 2008, the scholarships are valued at €6,750 per annum in the Republic of Ireland and £5,500 in Northern Ireland and continue for the duration of the undergraduate programme chosen by

each scholarship winner. JP McManus said, "To our successful scholars I offer heartiest congratulations. Their hard work and commitment have been rewarded and they will no doubt build on their success and continue to strive for excellence in their ongoing studies and future careers." Congrats to all!

## HEROS OF THE WEEK

### Limerick Thomond Rotary Club



**Pictured at the Remembrance Tree are Limerick Thomond Rotary members Pat Kearney, Ger Lynch and Breda Deedigan with Phil Deegan (far left) and Terry Ring (centre) from Cliona's Foundation.** PICTURE: BRENDAN GLEESON

THE official launch of the Limerick Thomond Rotary Club Annual Christmas Remembrance Tree took place last Saturday on Bedford Row. The project was launched by Metro Mayor Daniel Butler.

The Remembrance Tree Project has been running in partnership with Limerick City and County Council since 2009 and has raised over €140,000 over that time. The tree is open each day from 10.30 am to 5 pm until December 23 and people may write a name on a yellow ribbon of some person who has passed away or is unable to be at home this Christmas. The ribbons are free and the public may make a donation if desired for the benefit of the nominated charities. This year's recipient charities are Clionas Foundation, Cuain Mhuire, and Oesophageal Cancer Fund. Well done to all involved!



*Love to all,  
Richard x*



# MEGHANN MIX

## MEGHANN SCULLY

CONTACT MEGHANN

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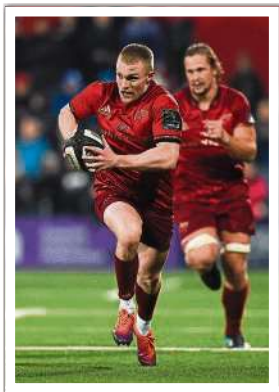
### Pick'n'Mix

Happenings  
about town



#### Young writer has great promise

The Dolls' Complaints is a book written by 11-year-old Keeva Delaney with all proceeds going to Cliona's Foundation. It's available in Dunnes Stores nationwide and is well worth a read this holiday season



#### Crunch time for Munster

It's a big weekend for the red army who face Castres on Sunday in the Champions Cup. Kick off is at 1pm in Thomond.



#### Gavin James gig in Limerick

Gavin James played in Dolan's on Monday night to promote his new album Only Ticket Home. It's one for the Christmas list for sure.

# Why go abroad with the great Christmas markets in Ireland?

**A**S it is now December I feel I can start to discuss Christmas in detail. I'm a traditionalist when it comes to the festive season and the tree won't be put up in my home house until December 8. That doesn't mean I can't test out Christmas markets before that time.

#### LIMERICK

Our city is certainly getting into the festive spirit. The ice skating rink is now open in Arthur's Quay. King John's Castle is host to Santa. You can see the castle in all its magic and meet the elves who are on the grounds for the month of December. From December 14 the Milk Market will turn into a Christmas hub with loads of events taking place in the build up to Christmas. The fabulous Saturday market continues as always.

#### GALWAY

My hometown has become a very popular place for Christmas as it now has a Christmas market every year in Eyre Square. There's loads of shops and stalls along the pathways and then the famous beer tent is the big attraction. Music and steins (beer mugs) are popular at this time of year.

#### CORK

The rebel county names its Christmas Market Glow. It takes place every weekend up until Christmas. Take a trip on the ferris wheel and take in the magic of Christmas in Cork. Bishop Lucey Park has been transformed into an



From December 14 the Milk Market will turn into a Christmas hub with loads of events taking place

unbelievable light show and is something spectacular to show the children.

#### WATERFORD

They say it's home to Ireland's largest Christmas Market. Loads of stalls, ice rink and a horse-drawn sleigh are some of the attractions on

offer in the country's oldest city. Winterval is the Christmas market in Waterford and there is loads of free events for all the family.

#### BELFAST

Up North, Belfast is home to a great Christmas market. Feast on international cuisine and buy hand

crafted goods. Not only can you experience the Christmas festivities, you can make a trip of it and visit the Titanic attraction. There is also Game of Thrones attractions and film sets to visit.

It's the most wonderful time of the year so we may as well take advantage of the festivities.

### Volunteer group's mighty work

**LIMERICK** Treaty Suicide Prevention had a launch recently which Pieta House founder Senator Joan Freeman attended.

They are one of the groups that patrol the river at night and do an amazing job.

As Christmas approaches, it can be a very tough time for people and these volunteers are needed more than ever.

It's an important time to check up on friends and family. Send a simple text, sit down for a cup of tea and check on neighbours.



Treaty Suicide Prevention vice chairman Stephen Ring, Deputy Mayor Vivienne Crowley, Senator Joan Freeman, group chairperson Declan Crowe and Cllr John Costello at the Treaty Suicide Prevention launch

# Classifieds

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

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Monday 2:00pm

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**SITUATIONS VACANT**

**A RECEPTIONIST** is sought by Hospital Food Units Ltd. For a full job description contact info@innovatelimerick.ie Closing date for applications is Friday December 14th 2018.

**BREAKING NEWS**

Contact **061 214500**



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

**GERALDINES A.F.C.**

WEEKLY LOTTO DRAW HELD ON 3/12/18

This Week's Jackpot: €4800 No's: 11-19-26-27  
Lucky Dips: Joe Ryan c/o Dave Connolly, Eddie O'Mara c/o Martin Byrnes, Jan O'Donoghue c/o A Team Promoters Prize Morgan Clancy and Jimmy McCarthy

Next Week's Draw held 10/12/2018  
Next Week's Jackpot: €4900

**FAIRVIEW RANGERS LOTTO RESULTS 3RD DECEMBER 2018 JACKPOT €10,800. NUMBERS DRAWN 4-5-10-24**

No winner  
Lucky Dips; Mrs McInerney c/o 114 Lynwood Park, Jack Hannon c/o Pa Ryan, Michael Downey Flood Street, Annie Mulchay St Patricks Rd, Miriam Hartigan c/o B Greaney  
Next weeks jackpot €10,100 Promoters Prize Noel Whyte

**ST. MARY'S R.F.C.**

Lotto Draw held Monday 3rd December 2018  
Winning Numbers: 5-7-11-28, No Jackpot Winner  
4 Winners €40 each: Sandra Guerin c/o M Ryan, Shane Cosgrove c/o C Cosgrave, Garry Cropper c/o C Mullins, Martin Coughlan c/o C Mullins  
Next Weeks Jackpot €5050 Draw will take place in The Gate Bar  
Vouchers Teresa O'Brien c/o Bob O'Brien, Gerry Barry c/o Joan Hurley, Niall Griffin c/o Katie Daly

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**PN ANNOUNCEMENTS**



**PUBLIC NOTICE**

**LIMERICK JOINT POLICING COMMITTEE**

The Limerick Joint Policing Committee wishes to inform you that a public meeting will be held on :

**Date:** Monday, 10th December, 2018  
**Venue:** Council Chamber, Limerick City and County Council, Dooradoyle, Limerick

**Time:** 7.00 p.m.

The Joint Policing Committee consists of members of An Garda Síochána, Elected Members of Limerick City and County Council, Oireachtas Members representing Limerick, Officials of Limerick City and County Council and Community Representatives. The Function of the Joint Policing Committee is to serve as a forum for consultation, discussion and recommendations on matters affecting the policing of Limerick. The purpose and focus is on strategic themes as outlined in the Limerick Joint Policing Committee Strategic Plan 2016 – 2021 as follows :

- Strategic Theme 1 Enhancing governance and communication supported by information and effective use of data
- Strategic Theme 2 Enhancing the role of local communities in crime prevention and response
- Strategic Theme 3 Working with communities to improve cohesion, social inclusion and reduce anti-social behaviour
- Strategic Theme 4 Improving traffic flows and road safety

Members of the public are invited to attend, to express their views and any person affected by the Policing of Limerick City and County may put questions to the Joint Policing Committee on general policing matters affecting the policing of Limerick City and County.

All questions concerning the policing of Limerick City and County should be submitted in writing to reach the Administrator of the Joint Policing Committee no later than Friday, 7th December, 2018, by post or e mail and must include the name and address of the person submitting the question, which will not be published.

Post to: Elizabeth Creamer, Corporate Services Department, Limerick City and County Council, Corporate Headquarters, Merchant's Quay, Limerick

Email : [liz.creamer@limerick.ie](mailto:liz.creamer@limerick.ie)  
Tel. : 061 557337

Those who require alternative arrangements for submission of questions may contact the above named official.

The public are advised that in some circumstances, for legal reasons, it may not be possible to answer specific questions for example :

- Information that may relate to a specific investigation
- Information that relates to an individual
- Information received by An Garda Síochána or the Local Authority in confidence

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## IN MEMORIAM



### † CONISIDINE

(37th Anniversary)

**In loving memory of a dear Husband, father and grandfather Michael Considine late of 15 Galvone Road, Kennedy Park, Limerick who died 7th of December 1981. Mass offered. R.I.P.**

To my precious husband  
Each day I miss you more  
As I picture you at the kitchen table  
Or coming through the front door  
I miss our talks and the special way  
That you would always understand  
I miss the closeness that we shared  
And how you'd hold my hand  
My love is always with you  
Even though you went away  
I find myself looking back daily  
To so many happy days  
But I have been a real trooper  
Trying to get by the best I can  
Just know know that even from heaven  
You'll always be my man  
**Sadly missed by your loving wife Phyllis, family and friends xx**

Happy anniversary to a special dad, grandad and great grandad  
If we could visit heaven even for a day

Maybe for a moment our pain would go away  
We'd put our arms around you  
And whisper words so true  
That living life without you  
Is the hardest thing to do  
No matter how we'd spend our days  
No matter what we do  
No morning dawn or evening falls  
When we don't think of you  
**Sadly missed by your loving daughter Lorraine, grandchildren Jamie and Savannah and great grandchildren McKenzie and Faith xx**

There is a lonely feelings in our hearts

An ache we can't explain  
There is a picture of our loving Dad  
Locked in a golden frame  
Of all the gifts in life  
However great or small  
To have you for a dad  
Was the greatest gift of all  
**Sadly missed by your sons John and Ducky xxx**

Dad those we love don't go away  
They walk beside us everyday  
Unseen, unheard but always near  
So loved, so missed, so very dear

**Sadly missed by your son Pat, daughter in law Pauline and grandchildren Shona and Aaron.**

A father is a special a special gift  
One you think will stay  
You never dream the day will come  
When he will be taken away  
If there is another life  
And we are born once more  
I pray that God will give me  
The father I had before  
**Sadly missed by your loving daughter Cora, son in law Pat, grandchildren, great grandchildren. P.S Look after our little angel A.J XX**

## IN MEMORIAM



### † BYRNE

(10th Anniversary)

**In loving memory of our beautiful sister Annette Byrne nee Meehan, late of Kileely and Carew Park, whose 10th Anniversary occurs on the 7th December. Mass offered.**

No matter how life changes  
No matter what we do A special place within our hearts  
Is always left for you  
Annette, no words can heal our heartache  
Or take away our memories  
Of a sister we loved do dear  
**Never forgotten by your sisters, brothers, Theresa, Thomas and family, Mary, David and family, Dessie, Mary and family, Willie, Rose and family, Martin, Ca and family, Michael Sandra and family, Pauline and family**



### † MCNAMARA

(24th Anniversary)

**In loving memory of Patrick McNamara, late of Donoughmore Crescent, Kincora Park, whose anniversary occurs on December 9. Masses offered.**

We tried so hard to write these words,  
Oh Pat, how much we miss you,  
Little did we know that day,  
That sadness was so near,  
No last farewells were spoken we know,  
And only God knows why,  
At night when all is silent,  
And sleep forsakes my eyes,  
My tears are on a lonely grave,  
Where my dear Pat lies.  
We wander to your graveside Pat,  
Flowers we arrange with care,  
It breaks our hearts when we turn away,  
And leave you lying there.  
When nights are long and friends are few,  
We sit alone and think of you.  
All our lives we will miss you,  
As the years come and go,  
But in our hearts you will live forever,  
Because we love you so,  
You have crossed a flowing river,  
To a shore that is always green,  
Each day we long to see you,  
But the river flows between.  
**Sadly missed by your Mam and Dad, Mary, your brothers and families.**

## IN MEMORIAM



### † KEANE

(33rd Anniversary)

**In loving memory of our dear mother, grandmother and great-grandmother, Teresa (Biddy) Keane, late of 25 St. Munchin's Street, St. Mary's Park, Limerick who was called to Heaven on December 6, 1985. Rest in Peace. Masses offered.**

Thirty Three years on  
Our memories are still clear  
As time unfold another year  
When we were all young  
And all together  
We used to think that  
It would be forever.  
We didn't want to lose you  
We loved you 'till the end  
We will always love and miss you  
You were Mom and our best friend.  
Mom's words are few  
Feelings are deep  
No matter how we spend our days  
Regardless of what we do.  
Before we close our eyes at night  
We will always think and pray for you.  
You showed us love and kindness  
You taught us how to care.  
You supported us throughout our lives  
With a love that was very rare.  
Time may hide the sadness Nan  
There is a plot of land  
No one knows its worth  
That is where our Nan lies  
The richest soil on earth.  
Call her name our softly Lord  
And when she looks your way  
Tell her that we love her  
And miss her everyday  
There is a star in Heaven  
The first one out at night  
We know it's you Nan  
You've come to say goodnight.  
**Always remembered and never forgotten by your loving sons, daughters, sons-in-law, daughters-in-law, grandchildren and great grandchildren.**

### † KENNEDY

(18th & 41st Anniversaries)

**In loving memory of our dear parents Thomas and Josephine Kennedy, late of Fort Mary Park, Ennis Road and Clonconnane Road, Ballynanty Beg, who died on the 10th December 2000 and the 6th December 1977, respectively. May they Rest In Peace.**

**Also remembering our dear sister, Madeleine at this time.**

Will those who remember Mam & Dad and Madeline today  
A little prayer to Jesus say  
**Always remembered and sadly missed by your loving daughter Cecilia, son in law Tom, grandsons David Shane and Thomas and families**

## IN MEMORIAM



### † MEAGHER

(14th Anniversary)

**In loving memory of a dear husband, father and grandfather Jack Meagher, late of 22 Seven Oaks, Old Cork Road, Limerick who died December 12th, 2004. Rest in Peace. Mass will be offered on Saturday**

**December 8th at 6pm in St. John's Cathedral**  
I sit alone some evenings  
And think about our life Jack  
And all those lovely, happy years  
We had as man and wife.  
My evenings are quite different now  
That you're no longer there  
If only, I keep thinking  
When I see that empty chair  
We didn't have to talk that much  
We were both content just knowing  
That we had one another  
With the fire gently glowing  
To some it may seem boring  
But I don't really care  
I'd give everything I have in life  
If you could be back here.  
**Always loved, never forgotten by your loving wife Marie. Also thinking of my mother whose birthday occurs around this time.**

We think of you in silence  
We often speak your name  
But all that's left are memories  
And your photo in a frame.  
The parting was so sudden  
We often wonder why  
The saddest part of all  
You never said goodbye.  
Time may hide the sadness  
Like the smile that hides the tears  
But precious memories hold you close  
Despite the passing years.  
Sometimes when we are sad and lonely  
And everything goes wrong  
We seem to hear you whisper  
Cheer up and carry on  
Your life was one of kindly deeds  
A helping hand for others needs  
Sincere and true in heart and mind  
Beautiful memories left behind.  
Will those who think of him today  
A little prayer to Jesus say  
**Always loved, never forgotten by your sons Robert, Brian, John and daughter Lisa, daughters-in-law, son-in-law, grandchildren and great grandchild Robbie**

## 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.

## IN MEMORIAM



### † O'CONNELL

(7th Anniversary)

**In loving memory of a dear father, grandfather and great grandfather Peter (Nuxer) O'Connell, late of 34 Island Rd who passed away the 9th December 2011. R.I.P. Mass offered on Saturday 8th December at 7.30pm in St. Mary's Church.**

We think of you in silence Dad  
We often speak your name  
But all that's left are memories  
and a photo in a frame  
The parting was so sudden Dad  
we often wonder why  
The saddest part of all, you  
never said goodbye  
Time may hide dad but the  
sadness is the smile that hides  
the tears  
But precious memories hold you  
close despite the passing years  
Sometimes when we are sad and  
lonely and everything goes  
wrong  
We seem to hear you whisper  
dad "cheer up and carry on"  
Your life was one of kindly  
deeds a helping hand for others  
needs  
Sincere and true in heart and  
mind  
Beautiful memories left behind  
Will those who think of you Dad  
today  
A little prayer to Jesus say  
**Sadly missed by your son John, daughters Marie Teresa, Andrea and Vanessa, sons in law, daughter in law, grandchildren and great grandchildren**  
A smile for all, a heart of gold  
One of the best this world could  
hold  
Never selfish, always kind  
These are the memories you left  
behind  
**From your friend Frankie xx**



### † REDDAN

(18th Anniversary)

**In loving memory of my dear brother John Reddan, late of 24 Ballynanty Road, Ballynanty, Limerick who died on 5th December 2000. R.I.P**

Time may pass and fade away  
But silent thoughts and  
memories stay  
Quickly and sadly came the call  
Without farewell you left us all  
**Always remembered by his sister Margaret, brother in law Martin and family**

## THANKSGIVINGS

**GRATEFUL THANKS** to the Sacred Heart, our Blessed Lady and St Joseph for all favours received. Also thanks to St. Padre Pio, A.O.D

## IN MEMORIAM



### † THOMAS & MAY POWER

(8th Anniversary & Birthday Remembrance)

In loving memory of Thomas whose eighth anniversary occurred on December 1st and May whose birthday occurs on December 6th. Mass offered on Saturday December 8th at 6pm in Our Lady of Lourdes Church  
**There are 2 people in Heaven So precious & so rare Those people are our parents The best beyond compare. Sleep peacefully dear Mam & Dad You have earned your rest Take care of them Lord They were the best. Happy Anniversary Dad**

Happy Birthday Mam. Never forgotten and loved always, from your loving sons and daughter, daughters-in-law, grandchildren, great grandchildren, sister-in-law, nieces and nephews.

## AFTER GLOW

*I'd Like The Memory Of Me To Be A Happy One.*

*I'd Like To Leave An After Glow Of Smiles When Life Is Done.*

*I'd Like To Leave An Echo Whispering Softly Down The Ways.*

*Of Happy Times And Laughing Times And Bright And Sunny Days.*

*I'd Like The Tears Of Those Who Grieve, To Dry Before The Sun*

*Of Happy Memories That I Leave When Life Is Done.*

*Rest in Peace*

## IN MEMORIAM



† **O'DONNELL**  
(8th Anniversary)

**In loving memory of a loving son, brother, uncle, nephew and cousin Joseph O'Donnell, late of 49 St. Ita Street, St. Mary's Park, Limerick. Mass offered in St. Mary's Church on Friday 7th December at 10am.**

8 years you were taken from us son

Our loving son Joseph  
You are not just an memory or part of the past

You are ours to remember as long as life lasts  
We really don't know where to start

That day you left it broke our hearts

Not just a crack it broke in two  
Filled with love for you  
That loves not gone it's kept safe inside

But when you left part of us died

We want to remember the bond we share

But the pain in our hearts is so hard to bare

We miss you so much and more than words could ever say  
We still can't believe you're gone

We will never forget you  
**Love always and forever your broken hearted Mom and Dad**

Twinkle twinkle little star  
Up in heaven is where you are  
Flying high and twinkling bright  
My guiding star. my shining light

Twinkle twinkle little star,  
My perfect angel is who you are  
**Love from your little friend, I love you so much uncle Bo, Ariel xxxx**

Dear Joe  
I can't believe it has been 8 long years since you were gone  
If I could have a lifetime wish  
A dream that would come true  
I would pray to God with all my heart

Just to see and speak to you  
A thousand words won't bring you back

I know because I cried  
Neither will a million tears  
I now because I've cried  
You left behind my broken heart  
And precious memories too  
But I never wanted memories  
I only wanted you  
**Love and miss you always, your heartbroken baby sis Donna, Conor and bump xx**

My heart still aches in sadness  
And secret tears will flow  
What it meant to lose a brother  
No one will ever know.

It only takes a little space  
To write how much we miss you  
But it takes the rest of our lives  
To forget the way we lost you bro.

**Miss and love you always, your only bro Patrick, Nickola and kids xxxxxxx**

My Godfather cuz  
My beautiful shining star  
I miss and love you so much  
Keep watching over us.  
**Your god-daughter Ailish xxx**

## IN MEMORIAM

I never knew that morning,  
The sorrow that day would bring.  
When your little heart stopped beating,

And I couldn't do a thing,  
The parting was so sudden,  
I often wonder why,  
But the saddest part of all Joe,  
Was we never said goodbye,  
So in Gods arms you rest above,  
And in my heart you rest with love.

**From your loving sister Jennifer, Tuddy and family xxx**

Twinkle Twinkle little star,  
Boe we wonder where you are,  
Up above the stars so bright,  
Our Angel in the sky.  
**From Jamie, Calum, Darragh and Sarah xxxx**

No farewells were spoken  
We did not say goodbye  
You were gone before we knew it  
Only God knows why  
**From your sister Valerie, Matt and Kids xxx**

Joe  
If I could write a book  
It would be called ..Laughter  
Because of all the good times we had together  
You had a smile for all to see  
But in my heart your memories are kept xx  
**Miss you truly, Posha, auntie Annette**

Cousin Joe  
Deep are the memories, precious they stay  
No passing of time can take them away  
**Deeply missed, cousins Maria, Kevin, Denise and families x**

They say that times a healer  
But as the times goes on I seem to find it just as hard  
To face the fact that you're gone  
And today is your anniversary  
Of the day you went away  
And we're standing at your grave-side

And believe me when I say Joe  
You'll never be forgotten  
Time has not healed the heartache  
Nor dimmed the silent tear  
Nor will it dim the memory  
Of a nephew we loved so dear  
**Sadly missed and never forgotten by your aunty D'ethel, Patrick and family R.I.P Joe xxx**

There is a bridge of golden memories  
From here to heaven above;  
It keeps you within all our hearts  
It's called the bridge of love.  
**Loved and missed by Michelle, Ruben and Brian**

**Please God**

*Take this cloud of darkness away.*

*Shine your light upon me.*

*Give me the courage and*

*strength to start*

*to feel joy in*

*my life again.*

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## Big things in a little package

**Toyota Aygo:** Upgraded city model packs a lot of tech into a stylish and affordable bundle

TRISH WHELAN  
www.CarAndTravel.ie

TOYOTA chose to launch its Aygo city car back in 2005 in the Eternal City of Rome renowned for its awful traffic congestion and for its fearless drivers, and all that honking of horns. It's where most cars bear scrapes and dents as badges of honour.

At that launch, we had witnessed an even smaller two-seater Smart car parked on a pedestrian crossing and seemingly getting away with it as nobody paid any attention to it. Anyway, Rome was an inspired choice as we got to drive around the city and even visit The Vatican being able to park in a tiny space on a nearby side street.

Aygo is part of a co-production with PSA Peugeot/Citroen - the Peugeot 107 and Citroen C1 - and all were introduced together at the Geneva Motor Show of that year.

Upgraded, of course, since then, this little Aygo hatchback is a big package in a small parcel. While billed as a four seater, the rear legroom is suitable really only for small adults or for children.

At just 3.45 metres long, Aygo proves its worth with a turning circle of just 10.2 metres, ideal for when you need to make a turn on a narrow street or as we did, fit into a small parking space.

It is offered in 3- and 5-door bodystyles and four grades: x-play (from €14,355), and x-play+ (from €16,010), x-trend (from €17,555), and x-cite (from €17,265 - the review car).

With its eye-catching front design and the choice of external colours, it lets you express your own personality.

My car was certainly a head-turner with its bright purple exterior colour which is unmissable in a car park. The purple was repeated inside on doors, vents, around the gearshift knob and on the upholstery. The



The new Toyota Aygo is priced from €14,355 or from €33 per week

interior is inviting and stylish with good quality fit and finish. Large dials are centred around the trip computer and are easy to read. Temperature controls are to hand when you need them. All in all, a smart and stylish environment with comfy seats.

My car came well specced with privacy glass, remote audio controls, Lane Departure warning, Bluetooth, and Cruise Control to name but some. Toyota are big on safety, and Aygo has Toyota Safety Sense which

### UNDER THE HOOD

**MODEL TESTED:** Toyota Aygo 1.0 VVT-i X-clusiv

**Engine:** 1.0-litre three-cylinder petrol

**Transmission:** five-speed manual, front-wheel drive

**Body style:** five-door hatchback

**CO2 emissions:** 93g/km

**Combined economy:** 68.9mpg

**Top speed:** 99mph

**0-62mph:** 13.8 seconds

**Boot space:** 168 litres (seats up)

features technologies like Pre-Collision System and Lane Departure Alert, Adaptive Cruise Control among others.

All grades are powered by a 1.0 VVT-i 3-cylinder petrol engine, which is eager to oblige when you press the pedal. Expect around 4.2 L/100kms; and 95g/km CO<sub>2</sub> (€180 in annual road tax). The five-speed manual gearbox matched the engine well and I thoroughly enjoyed the drive.

However, I found the thickish A-Pillar and the positioning of the

side mirror mounts somewhat blocked my view of approaching cars at roundabouts - most likely due to me having to pull my seat forward to get a good driving position. Taller people than me may not even notice this! The steering suited me perfectly, not too light or direct.

The boot is low which allows more luggage capacity for bigger items and my car had a skinny spare below.

Priced from €14,355 or from €33 per week.



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# SPORT

Leader

## LEAGUE ACTION RETURNS

Local soccer sides face crucial ties

For more see Page 69



# 'Winning Champions Cup is all I think about' - Earls

Keith Earls spoke to the media this week about his role in the 2006 Heineken Cup win and even though he has a medal he feels he did not play a part. Earls and his Munster team-mates are preparing to welcome Castres to Thomond Park on Sunday at 1pm



## Rugby: Keith Earls would love to win second European Cup medal

**COLM KINSELLA**  
ckinsella@limerickleader.ie

FLYING Munster winger Keith Earls says he doesn't consider his Heineken Cup medal from 2008 as a winners' medal because he didn't play in the final in Cardiff.

Earls is the only current member of the Munster squad to have a European medal from 2008, but while the 31-year-old was delighted to be in the matchday squad for the unforgettable win over Toulouse in the Millennium Stadium, in his eyes, it doesn't feel like he has a medal.

Earls said: "I think I'm the only one still from 2008 Heineken Cup squad, but I wouldn't consider it as a winners' medal, I had no

interest in keeping it, my old man has it somewhere.

"I never really got on the pitch but it was great to be involved. But in my eyes I've no medal, you know?"

Earls and his Munster team mates are preparing for the first of two crucial back-to-back Heineken Champions Cup Pool 2 fixtures with Castres Olympique, beginning with Sunday's clash with the French champions at Thomond Park, 1pm.

Munster have come agonisingly close to adding a third Champions Cup crown to those 2006 and 2008 successes in recent years, but have ultimately come up short.

Earls would dearly love to emulate the achievement of local rivals Leinster and win a

Champions Cup medal on the pitch this season.

"Ever since I saw the 2006 team winning, Europe was on my mind and we're a club with great tradition in Europe and it's been a long time.

"Leinster have been leading the way and speaking to the lads when we're in Irish camp, some of the stories they have and the bond they have from winning stuff, that's something we're looking for.

(Winning Champions Cup) "It's all I think about every day. I've ticked a few boxes the last couple of years with Ireland and more recently two weeks ago with New Zealand and we'll concentrate on every game there is, but Europe is the ultimate here as well so we'll work towards that.



**Limerick's Calvin Nash, one of 12 to put pen to paper**

"The main thing is there's loads of lads who've signed up who all have the one goal as well."

Also this week Munster announced that 12 players have signed contract extensions with the province.

John Ryan, Niall Scannell, Rory Scannell, Darren

Sweetnam, Jack O'Donoghue, JJ Hanrahan, Alex Wootton, Rhys Marshall, Fineen Wycherley, Calvin Nash, Arno Botha and Jeremy Loughman have all signed contract extensions.

Prop Ryan, who has more than 130 appearances of the province, has penned a new three-year-deal, while brothers Niall and Rory Scannell, Darren Sweetnam, Jack O'Donoghue, JJ Hanrahan, Alex Wootton, Rhys Marshall and young guns Fineen Wycherley and Calvin Nash have all signed on for a further two years.

Meanwhile, back-row Arno Botha and prop Jeremy Loughman have signed one-year extensions and will remain with the province until June 2020.

## Hurling

Hickey calls time on his Limerick hurling days

**JEROME O'CONNELL**  
joconnell@limerickleader.ie

JUST over three months after winning the All-Ireland title, Limerick hurler Seamus Hickey has confirmed his inter-county retirement.

The 31-year-old Murroe-Boher man was the longest serving member of John Kiely's 36-man All-Ireland winning panel.

Hickey played 44 championship games across 12 seasons - just Mark Foley (48) and Timmy Ryan (46) have more championship appearances for Limerick.

Hickey played on the Limerick minor team that reached the 2005 All-Ireland minor final in Croke Park - losing to a Galway team that included Joe Canning.

Hickey was immediately elevated into the Limerick senior set-up, making his championship debut in 2006 against Tipperary in the Munster SHC.

Hickey played in almost every line of the field for Limerick from the full back line up to the half forward line; winning the 2018 All-Ireland, a 2013 Munster SHC and a 2011 Division Two Hurling League title.

In 2007, Hickey was Young Hurler of the Year and won a 2014 All Star. In 2012 he was selected on the Fitzgibbon Cup team of the century.

Limerick played 18 games this season and while Hickey didn't play on All-Ireland final day, he did play in 10 games across campaign, including three championship games - starting in the Munster SHC against Tipperary.



**Limerick hurling star Seamus Hickey**

# Friday's local derby tops bill

**ALL-IRELAND LEAGUE RUGBY  
REVIEW AND PREVIEW**

**COLM KINSELLA**  
SPORT@LIMERICKLEADER.IE

THE penultimate round of All-Ireland League fixtures prior to the Christmas break takes place this Friday and Saturday.

The action kicks-off with the mouth-watering Limerick Division 1A derby featuring old rivals Garryowen and Shannon at Dooradoyle on Friday night, 8pm.

Then, on Saturday, also in the top flight, Young Munster make the trip to Leaside to face high-flying Cork Constitution at Temple Hill, 2.30pm.

Also on Saturday, in Division 2A, Old Crescent travel to Stradbroke to face Blackrock College, while UL-Bohemian host Dolphin at UL 4G rugby pitch.

There is also a full round of fixtures in Division 2C, with Thomond entertaining Tullamore at Liam Fitzgerald Park and in-form Bruff travelling to Estuary Park to face Malahide.

Friday night's derby clash of Garryowen and Shannon is a crucial fixture for both sides.

Fifth-placed Garryowen come into the game on the back of a nail-biting victory over basement side in Terenure College on Saturday. Teenage out-half

Ben Healy kicked four penalties for the 'Light Blues' as head coach Conan Doyle made it back-to-back wins in Division 1A.

Healy, who captained Glenstal Abbey to their historic Munster Schools Senior Cup final win last March, is a member of the Munster Academy.

Garryowen sit just one point off Dublin University, who occupy the last of the top four play-off positions after seven series of fixtures.

The top three sides in Division 1A, Cork Con, Clontarf and Lansdowne, have moved clear of the following sides as the table-topping Leesiders enjoy a 12-point lead over Garryowen, while third-placed Lansdowne enjoy an eight-point lead over the Dooradoyle side.

Shannon sit in sixth place in the table, just one point and one place behind Friday night's opponents Garryowen.

Tom Hayes' charges suffered a disappointing 32-15 defeat to an impressive Lansdowne outfit in their most recent outing on Saturday.

The Parish side were outscored four tries to two at Thomond Park with the home side's five-pointers coming courtesy of centre Robbie Deegan and winger Nathan Randles.

Shannon head coach Tom Hayes said: "I certainly hope

the boys will be energised by the prospect of the game on Friday night. That is all part and parcel of playing in the top division, the bigger occasions, the more exciting occasions.

"We want to go and give the best account of ourselves possible and see where it takes us."

In 2A, fifth-placed UL-Bohs will hope to get back to winning ways when hosting Dolphin on Saturday. UL-Bohs will look to bounce back from their defeat away to Cashel on Friday.

Weekend opponents Dolphin are seventh, four points behind the Red, Red Robins.

Also in 2A, Old Crescent made it two wins on the bounce with their bonus point success over Nenagh Ormond.

Their opponents on Saturday, Blackrock College, sit ninth in the table, with just two wins from their seven league games.

In 2C, basement side Thomond will be desperate record their second win when hosting fellow strugglers Tullamore. Also in 2C, Bruff, seeking seventh win on the bounce, travel to Malahide.

For more All-Ireland league action see [www.limerickleader.ie](http://www.limerickleader.ie) every Saturday afternoon for your results round up as well as using #LLSport on social media platforms.



**Bracing himself: Shannon's Charlie Carmody charges the Lansdowne defence with Samuel Karlsten and Tony Cusack in support** PICTURE: DERMOT LYNCH

## Stars descend on Manor for Murray

**LEADER REPORTER**  
sport@limerickleader.ie

GARRYOWEN FC rolled out the red-carpet last Sunday night as some of the stars of rugby gathered to pay tribute to one of the celebrated club's greatest ever players, Conor Murray.

Ireland's 'World Player of the Year' winners Johnny Sexton and Keith Wood, were joined by Irish captain Rory Best and Murray's teammates Rob Kearney, Peter O'Mahony, Keith Earls, Tadhg Furlong, Andrew Conway and Mike Sherry were present to recognise and honour the scrum-half's contribution to Irish and international rugby in a gala event at Adare Manor.

Past stars of Garryowen FC, including Tony Ward, David and Richard Wallace,

Rob Henderson, Philip Danaher, Pat Whelan, Damien Varley also attended.

Other sport spheres were also represented, including World Rowing Champion Garry O'Donovan and horse trainer JP Murtagh.

The night was not just a celebration of the lofty heights that Murray has reached in Lions, Irish and Munster jerseys but the early days of his career as an outstanding prodigy with the famed Limerick club and his school and the renowned rugby nursery, St. Munchin's College.

Humbled by the tribute, Murray said:

"I've been privileged in my career to have enjoyed magnificent moments at the highest level, with Ireland, the Lions and, of course,

Munster. But none of this would have happened were it not for my club Garryowen.

The same applies for all international players; it starts with your club and I can certainly say that I got the best possible start with Garryowen and owe so much to everyone here.

He added: "I'm a bit awkward about tonight; you come into a room like this in Adare and see people who were your heroes growing up, see people also who perhaps may not be household names as well but people who played a key part in everything you've been lucky enough to experience. I'm the one that's thankful tonight."

To round off the night, which also saw the Garryowen Legacy Fun launched, The Stunning entertained the crowd.

## GARRYOWEN vs. Shannon

Friday,  
December 7th,  
Dooradoyle,  
Kick-Off: 8pm

Two local rivals face off in the top-flight of Irish rugby for the first time in five years.

Join us for a celebration of Limerick rugby and the holidays with the decorated clubhouse offering festive treats for all.

# Celtics through to final four in President's Cup after overtime win



Limerick Celtics players and fans celebrate their overtime victory in the President's Cup quarter final against St Paul's Killarney PICTURE: TOM SHANAHAN

## Basketball

Limerick Celtics were on hand to cause the big upset in the Hula Hoops President's Cup quarter final on Saturday evening as they won out in style in an overtime showdown with Scotts Lakers St Paul's Killarney in Kerry.

With nothing separating the sides at the end of regulation (70-70), Celtics' stepped up through American Turrell Morris (who finished the game on 39 points) and Alvaro Martinez to win out 81-83.

Speaking afterwards, Celtics' head coach Tony

Hehir stated: "We are absolutely delighted to get the overtime win in Killarney and advance to the semi-final round. The entire squad of players did a super job on both ends of the court in the first two quarters, but we lost our way in the third. We dug deep in the fourth and Turrell and Fabio hit some big shots to seal a super win in overtime."

Also in the Hula Hoops Presidents Cup meanwhile, reigning Presidents Cup champions, Tradehouse Central Ballincollig won out their big showdown with DBS Éanna in Dublin on Sunday afternoon, 73-87.

A stunning display from

Andre Nation was the talk of Oblate Hall on the day, as he finished out with 32 points, but had a superb supporting cast in Ian McLoughlin and Ciaran O'Sullivan.

The Cup action continues this weekend for Limerick Celtics as their women's side host Maree in the National Cup. The tie, this Saturday, December 8, tips off at 4pm in St Munchin's.

Also this weekend, there is a double set of fixtures of LIT who host Fr Matthews at 6pm and travel to the Waterford Vikings on Sunday at 3pm.

The UL Eagles are also in action this weekend, when they travel to Carlow on Saturday for a 12.30pm start.



Carolyn Hayes in action for Ireland in Morocco on Sunday

## Gold for Limerick's Hayes in Morocco

LIMERICK'S Carolyn Hayes is celebrating winning Gold this week following her first place finish in the 2018 Dakhla ATU Sprint Triathlon African Cup in Morocco.

The race entailed a swim of 750m 4 laps of 5 km on the bike and 2 laps of 2.5 km of a run and had Olympic 2020 qualifying points on offer.

Hayes finished the course nine seconds ahead of Spanish star Sarah Perez in a time of 1:05:24

Hayes, 30, is currently ranked 396th in the ITU World Ranking, 179th ITU Individual Olympic Qualification Ranking and is also 177th on the Continental Ranking

## UL sees return of Collingwood Cup

### Soccer

ONE OF the oldest Irish soccer competitions will return to UL for the first time in seven years, this February.

The quarter and semi-finals of the 2019 Rustlers Collingwood Cup will be contested by eight third-level soccer teams across Ireland in the grass and 3G all-weather pitches in UL.

The Markets Field could become the venue for the final on Wednesday, February, 6 but that has yet to be confirmed.

Acting as this year's hosts the Castletroy campus were gifted an automatic place in the quarter-final on the grass pitch, and will face the winner of the Maynooth University v Trinity College first round tie.

Advancing to the quarter-final will see Ian Sullivan's side face either NUI Galway, Ulster University or the Royal College of Surgeons in the semi-final, in search of UL's first Collingwood Cup win.

Mary Immaculate College's fortunes weren't as fruitful as their neighbours who were drawn in the first round tie against defending champions UCD.

UCD who play the same team that was recently promoted to the League of Ireland Premier Division will aim for their record forty-seventh Collingwood Cup win since the competition's inception in 1914.

Noel O'Connor, former Limerick FC manager and current Mary I head coach believes that a partnership

similar to his opponents UCD and the partnership UCC share with Cork City FC should be considered by his former club to return to the top-flight of Irish football.

"Absolutely, even now when I chat to young lads I always tell them the best pathway to professional football is the universities; a lot of lads who play in the League of Ireland now came through this system," Mr O'Connor added.

### RUSTLERS 2019 IUFU COLLINGWOOD CUP QUARTER-FINAL DRAW:

NUIG/Ulster Uni v RCSI  
QOB v Mary I/UCD  
DCU v UCC

UL v Maynooth/Trinity

The Collingwood Cup will run from Monday, February 4, to Wednesday, February 6, first round ties will be played before January 23.

# Limerick star Ryan in AFL trial

## Aussie Rules

LIMERICK footballer Josh Ryan has attracted interest from AFL scouts.

The towering 20-year-old Oola man was one of 20 footballers from across Ireland that were put through their paces in UCD in front of Australian Rules talent spotters last weekend.

On Friday, Ryan and his fellow Irish hopefuls had a series of fitness tests and on

Saturday they played a trial game and had skill tests.

The 20 rising GAA stars from 12 counties took part, watched by of AFL officials and former AFL and Down footballer Marty Clarke.

It is understood that a number of the GAA stars will be invited to a further International Academy in Florida in January.

A multi-talented sportsman, Ryan was quickly elevated into the Limerick

county senior football set-up and made his debut as a teenager in 2017.

Only turning 21 next Summer, Ryan already has two years senior inter-county experience under Billy Lee's Limerick.

Back in 2016, Ryan played minor hurling and football with Limerick. This season he played club senior football and hurling with Doon and Oola - he was midfield when Doon lost the Limerick SHC

final to Na Piarsaigh back in October.

A past pupil of Abbey CBS in Tipperary Town, Ryan played hurling, football and rugby with the school. He played in an All-Ireland Post Primary Schools Senior Football final in Croke Park in 2015 and the following year won an All-Ireland Post Primary Schools Senior Hurling title.

He has played rugby with Kilfeacle.



Oz bound? Could Limerick's Josh Ryan have an AFL career?

# Tuohy Cup leads the way

**PAT SHEEHAN**  
sport@limerickleader.ie

TOMORROW, Thursday, the Tuohy Cup throws up a real treat for fans when the two in-form teams in town meet in a mouth watering game as Pike Rovers clash with Regional Utd in Jackman Park at 7.00pm.

Both teams come into the tie on the back of weekend FAI Junior Cup victories that saw them reach the last 32 of the competition.

A goal in injury time by Jonathan Grant gave Pike Rovers a win in Dublin against St Kevins Boys.

Regional Utd stole the limelight with a superb performance, beating a fancied Killarney Celtic by six goals to one in Kerry on Friday evening.

The sides met earlier in the season when a goal by former Regional player Evan Patterson gave Pike Rovers a last gasp winner.

It was a game that could have swayed either direction and the Dooradoyle club will be hoping to balance the scales on Thursday.

After the success of Limerick sides in the FAI Junior Cup last weekend when four from five progressed to the last 32, Ballynanty Rovers will be hoping to join the party if they can beat Dundalk side Muirhevna Mor.

'Balla' went down to Janesboro last Sunday on a day when their luck was out and manager Donal McGee will be hoping the 'Blues' can bounce back in time for Sunday's game.

Dermot Fitzgerald is due to return to the side which is a huge plus.

Muirhevna Mor are in second place in the North Eastern League and while little is known of the opposition there is a great soccer tradition in the area so any result 'Balla' get will be well earned.

In the PJ Matthews Premier League, leaders Janesboro will be looking to maintain their four point lead at the top of the table when they host Aisling Annacotty on Sunday morning.

The 'Boro' took full points in their game with 'Balla' on Sunday but by their own standards they were way off the pace.

Solid defence gave them the spoils after a fortuitous goal early on. No doubt Shane O'Hanlon and Aidan Ryan will ensure an improvement is seen.

They meet an Aisling side on a high after a 4-0 win in Blarney in the FAI last weekend. The form of Jason Lipper and Aaron Murphy has been a huge boost to the Annacotty side after the injury to top scorer Evan O'Connor.

How they fare against Thomas Clarke and Co will decide the game.

Second placed Pike Rovers travel to old neighbours Fairview Rgs looking to keep pace with the leaders.

Their rivalry with Fairview often ignores form as witnessed when the sides drew 1-1 in their League meeting back in August.

It's hard to see Pike



**Niall Hanley of Janesboro, goes beyond the falling Michael Guerin of Ballynanty Rovers. when the two sides met in the Premier League on Sunday** PICTURE: GARETH WILLIAMS

slipping up again, considering the form they are currently in.

Third placed Regional are still within touch of the leaders and they will be expected to take full points at Prospect if they can repeat the form they showed last

weekend against Killarney Celtic.

Prospect had a good win over Kilmallock last weekend and will make life difficult for the visitors but may find Sunday's opponents a tougher nut to crack.

Two sides who are too

close to the drop zone for comfort face off when Kilmallock host Nenagh while Charleville will be looking to edge towards safety at home to a Geraldines side still getting over 'jetlag' from last Sunday's trip.

## JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	13	11	1	1	34
Pike Rovers	11	9	2	0	29
Regional Utd	11	8	1	2	25
Ballynanty Rovers	11	8	1	2	25
Aisling Annacotty	12	6	2	4	20
Fairview Rgs	11	5	4	2	19
Geraldines	9	4	1	4	13
Nenagh AFC	11	3	0	8	9
Prospect Priory	11	2	3	6	9
Kilmallock	11	2	0	9	6
Charleville	12	2	1	9	7
Carew Park	13	0	0	13	-3*

DIVISION 1A	P	W	D	L	Pts
Moyross	13	9	1	3	28
Mungret Reg	13	8	3	2	27
Coonagh Utd	13	7	5	1	26
Athlunkard Villa	13	8	2	3	26
Fairview Rgs B	13	7	3	3	24
Holycross	13	6	3	4	21
Murroe	13	6	1	6	19
Cappamore	13	4	3	6	15
Corbally Utd	12	3	2	7	11
Aisling Ann B	13	1	5	7	8
Summerville Rvs	13	2	0	11	6
Castle Rvs	12	1	2	9	5

DIVISION 1B	P	W	D	L	Pts
Kilfrush	12	10	0	2	30
Hill Celtic	12	9	1	2	28
Newport	11	8	1	2	25
Geraldines B	12	7	2	3	23
Caherconlish	11	5	3	3	18
Shelbourne	12	4	5	3	17
Knockainey	12	4	4	4	16
Southend	12	4	3	5	15
Ballylanders	12	3	0	9	9
Caherdavin Celtic	10	2	1	7	7
Granville Rgs	12	1	2	9	5
Regional Utd B	12	2	0	10	3*

DIVISION 2A	P	W	D	L	Pts
Hyde Rgs	8	8	0	0	24
Star Rvs	8	7	0	1	21
Patrickswell	8	4	1	3	13
Caledonians	8	4	0	4	12
Kennedy Park	8	3	0	5	9
Charleville	8	2	1	5	7
Glenview Rvs	8	1	1	6	4
Corbally Utd B	8	1	1	6	4

DIVISION 2B	P	W	D	L	Pts
Pallasgreen	10	6	4	0	22
Mungret Reg	9	7	1	1	22
Newport	10	5	2	3	17
Holycross B	10	5	0	5	15
Aisling Annacotty C	9	3	3	3	12
Athlunkard Villa B	9	3	2	4	11
Caherdavin Cel B	10	2	2	6	8
Parkville	9	1	4	4	7
Ballynanty Rvs B	10	1	2	7	5

DIVISION 3A	P	W	D	L	Pts
Kilmallock B	10	8	2	0	26
Castle Utd	9	5	3	1	18
Wembley Rvs	9	5	2	2	17
Murroe B	9	5	2	2	17
Janesboro B	10	4	1	5	13
Prospect Priory B	10	4	1	5	13
Meanus	9	3	3	3	12
Knockainey B	10	2	1	7	7
Abbey Rvs	9	1	3	5	6
Aisling Annacotty D	9	1	0	8	3

DIVISION 3B	P	W	D	L	Pts
Herbertstown	9	6	3	0	21
Hyde Rgs B	9	5	2	2	19
Weston Villa	9	5	0	4	18
Brazuca United	9	4	3	2	15
Coonagh Utd B	9	5	0	4	15
Kilfrush B	9	4	2	3	14
Northside	9	4	1	4	13
Cappamore B	9	2	3	4	9
Dromore Celtic	9	2	1	6	7
Mungret Reg C	9	0	1	8	1

DIVISION 4	P	W	D	L	Pts
Lisnagry	8	6	1	1	19
Fairview Rgs C	8	5	1	2	16
Shelbourne B	8	5	1	2	16
Coonagh Utd C	8	4	1	3	13
Parkville B	8	4	1	3	13
Aisling E	8	3	1	4	10
Athlunkard Villa C	8	2	2	4	8
Murroe C	8	2	1	5	7
Newport	8	0	1	7	1

## FIXTURES

### THURSDAY DECEMBER 6

**JACK TUOHY CUP**  
Pike Rvs v Regional, 7.00, D.Power, J Hayes, N Casey

### SATURDAY DECEMBER 8

**PJ MATTHEWS PREMIER LEAGUE**  
Charleville v Geraldines, 7.00, R Broe

### OPEN CUP

Aisling v Kilmallock, 7.00, F O'Neill

### SUNDAY DECEMBER 9

**FAI JUNIOR CUP**  
Muirhevna Mor v Ballynanty Rvs, 2.00

### PJ MATTHEWS PREMIER LEAGUE

Kilmallock v Nenagh, 11.00, J McNamara,  
Janesboro v Aisling, 11.00, A Keogh,  
Fairview Rgs v Pike Rvs, 11.00, B

Higgins,  
Prospect v Regional Utd, 11.00, D Power

### GALTEE FUELS DIV 1A

Castle Rvs v Corbally Utd, 11.00, K Gorman

### GALTEE FUELS DIV 1B

Knockainey v Newport, 11.00, S Rooney,  
Kilfrush v Regional Utd, 11.00, M Bourke,  
Caherconlish v Ballylanders, 11.00, M Cuddihy,  
Southend v Caherdavin, 11.00, M Kiely

### MCGETTIGANS DIV 2A

Charleville v Caledonians, 11.00, M Murphy,  
Star Rvs v Glenview Rvs, 11.00, M Kennedy,  
Corbally Utd v Hyde Rgs, 2.15, Martin Monaghan

### MCGETTIGANS DIV 2B

Mungret Reg v Parkville, 11.00, J Rooney,  
Caherdavin v Athlunkard Villa, 11.00, D Downing,  
Holycross v Newport, 11.00, A Whelan

### STA FURNITURE DIV 3A

Aisling C v Wembley Rvs, 11.00, F O'Neill,  
Castle Utd v Abbey Rvs, 11.00, T O'Sullivan

### ALL TAN SUNBED DIV 3B

Northside v Coonagh B, 11.00, J Clancy,  
Brazuca Utd v Mungret Reg C, 2.15, Astro, T O'Sullivan

### EDEN HAIR DIV 4

Newport V Fairview, 11.00, P O'Brien,  
Athlunkard Villa V Lisnagry, 11.00, UL. M Monahan,

Shelbourne V Coonagh C, 2.15, J Clancy,  
Aisling E V Parkville, 2.15, Kilonan, P O'Brien

### OPEN CUP

Cappamore v Hyde Rgs or Kilfrush, 11.00, E Kenny

### WEDNESDAY DECEMBER 12

**OSCAR TRAYNOR TROPHY**  
Galway DL v Limerick DL, 8.00, Terryland

# #LLSport

# ON THE BALL

“Limerick to the core...”

COLM KINSELLA

## PRO14 stats make for worrying reading

ON the eve of the resumption of the Heineken Champions Cup this weekend, it is worth assessing where this season's Guinness PRO14 is at stands after 10 rounds.

The usual suspects are doing well in the two Conferences and are well placed to make the knock-out stages next May.

No surprises there you might think, but if you delve a little deeper into the results from the opening three months of the Guinness PRO14 season, the statistics make for worrying reading.

Take Munster, for instance. Seven wins and three defeats from their opening 10 league fixtures sees Johann van Graan's side sit in a comfortable second place in Conference A, seven points behind pacesetters, Glasgow Warriors.

Munster have won all five of their home PRO14 fixtures to date this season – four of those wins were routs, a 38-0 victory over the Cheetahs, a 49-13 drubbing of the Ospreys, a 64-7 hammering of Ulster and most recently a 44-13 thumping of Edinburgh on Friday night. The one exception to these sets of results was Munster's exciting 25-24 victory over Glasgow at Thomond Park in late October.

This was a genuine contest, one where the result wasn't a foregone conclusion at half-time. So what do fans make of it all?

It's not Munster fault, of course, if the vast majority of visiting teams target their own home fixtures more and opt to send 'understrength' sides to face Munster at either Thomond Park or Musgrave Park.

Munster supporters go along to see their side win and a good portion will be pleased to see Munster win by as many point possible. But a large chunk of supporters want to see a genuine contest, not a rout, when they have over their hard-earned cash to attend games.

They want to see how top class professional rugby players perform under pressure, how that tests their skill sets, their decision-making, they are looking for excitement, not a all-too-predictable one-sided contest.

Munster's opening two away contests this season in the Pro14 ended in two heavy defeats, a 25-10 reverse at the hands of Glasgow followed by a 37-13 thumping away to the Cardiff Blues.

The Munster management team



were adamant that, after winning their opening three home fixtures in the Pro 14 and then losing their opening three league fixtures on the road this season, they too were targeting home wins more than those on the road.

Munster have since won two games away from home – against the Cheetahs in South Africa and Zebre in Italy.

After their back-to-back Champions Cup fixtures with Castres, Munster will return to Guinness PRO14 action later this month with three inter-provincial derbies, beginning with an away date with Ulster.

In recent seasons, the inter-provincial derbies have lost some of their lustre as the provinces tend to field stronger teams for the home fixtures, their hands somewhat tied by

the absence of their Irish internationals due to player welfare management and the staging of an Ireland camp over the Festive period.

The PRO14s profile with a TV audience has also been impacted by the fact that games are predominantly shown on pay-per-view channel eirSport. Just two of Munster's 10 opening league fixtures were on TG4, for instance, with the rest of eirSport.

eirSport's presentation of the games is excellent and comprehensive, but the audience numbers are nowhere near what they would be if matches were shown on TG4. Die-hard rugby fans will have access to eirSport, but a lot of the general sporting public simply don't get to see games.

DONN O'SULLIVAN

## Lessons to be learned from Rolling Tides and Bulldogs

LAST Saturday night, Irish time, the Roll Tide of Alabama beat the Bulldogs of Georgia 35-28 in front of 77,141 people.

One of the biggest games in College American football saw Nick Saban's Alabama side confirm their number one seed for the upcoming College Football playoffs.

If you don't watch College American Football, you should.

It is like the NFL which may be more familiar to some, but it is a hell of a lot bigger.

You see, every state has a college football team, while not every state has a NFL franchise.

The NFL is not the be all and end all of people's week, their college team is.

Like with everything in life, lessons can be learned from the sporting melting pot that is the US of A.

I am not saying that college soccer or hurling or rugby will ever replicate 77,000+ crowds or anything like that, but we can take some lessons from the collegiate structures in the US.

They are basically breeding grounds for the tier above them. The best, each year from the college football landscape are 'drafted' into the NFL.

Is this something that might suit some sports in this country?

If we were, lets say, to draft players each season from club sides into the professional leagues, it might give more of a clear pathway for our professional sports.

Would it be possible for top Leinster Senior league soccer players or LDMC players, should they want to turn pro, to be offered contracts by the lowest ranking Airtricity sides? It is food for thought, no?

JEROME O'CONNELL

## A paltry five home ties for Limerick hurlers in 2019 season

THE fixture schedule for the Limerick senior hurlers in 2019 has taken shape and guarantees at least 11 games for the All-Ireland champions.

At a time when the Limerick sporting public can't get enough of hurling, John Kiely's heroes are to play just five initial games in the Gaelic Grounds.

And, those five are spread across six months – from December 14 to June 9, one a flood-lit Friday fixture, one a Saturday flood-lit fixture and three Sunday afternoons games.

Only three different counties will visit the Gaelic Grounds Tipperary and Cork twice and Clare once.

It's hardly an ideal marketing model.

Enroute to All-Ireland glory, Limerick's season totalled 18 games – December 30 to August 19. There were



Home Comforts? John Kiely will have just five home games in 2019

10 different venues for those 18 games with seven of the games in the Gaelic Grounds.

At least the new Munster SHC format ensures top championship games at home venues but the ratio of training to matches still remains totally unbalanced for inter-county hurlers.

A quick glance at other codes is vastly different.

Munster are guaranteed 14 home rugby games this season, while Limerick FC had a minimum of 18 home games in the 2018 SSE Airtricity League. Both are of course professional or semi-professional sports.

GAA fixture issues are nothing new but with Limerick hurling the 'in-thing' at present, just five home games across a season highlights one of the many problems that need addressing when top brass commence a major review of fixtures in 2019, as promised by GAA Director General Tom Ryan.

**COLM KINSELLA**

Ballyoptic can land 'Becher'

THIS Saturday's sees the highly anticipated running of the Becher Chase, one of the early highlights of the season over, run over the Aintree Grand National fences.

The Grade 3 Radox Health Becher Chase is run over the same fences as Aintree's most famous race, the Grand National, and it serves as an early-season trial for that event. Two winners have gone on to win the Grand National; Amberleigh House and Silver Birch. Earth Summit won the race in 1998 following his Grand National win the previous April.

Ante-post favourite

Ballyoptic is among 28 five-day confirmations for the big race on Saturday. Ballyoptic was just touched off in the Scottish Grand National over four miles at Ayr in April.

His trainer Nigel Twiston-Davies has won the race no fewer than six times.

The Gordon Elliott-trained Don Poli tops the weights for the Aintree contest on 11st 12lb and is one of eight Irish-trained contenders in line to take part.

The Gigginstown House Stud-owned nine-year-old won three times at Grade One level when trained by Willie

Mullins, including the RSA Chase at the 2015 Cheltenham Festival.

He joined Gordon Elliott two seasons ago, finishing second in the Christmas Chase and third in the Irish Gold Cup at Leopardstown.

The bookmakers have Ballyoptic as their 5/1 favourite ahead of Saturday's contest, with Blakclion at 6/1 and Theatre Territory and The Last Samuri next best in the market at 7/1.

Ballyoptic is a worthy favourite for the Aintree contest and at odds of 5/1 is a decent betting prospect to land the spoils.



**Wednesday**

**SNOOKER**

UK CHAMPIONSHIPS  
BBC2 1PM

**POOL**

MOSCONI CUP  
SKY SPORTS 6PM

**SOCCER**

MOTHERWELL V CELTIC  
BT SPORT 2 7.45PM

**SOCCER**

MAN UTD V ARSENAL  
BT SPORT 1 8PM

**SOCCER**

STRASBOURG V PSG  
BT ESPN 8PM

**Thursday**

**GOLF**

SOUTH AFRICAN OPEN  
SKY SPORTS 10AM

**HORSE RACING**

CLOMEL MEET  
ATR 12NOON

**SNOOKER**

UK CHAMPIONSHIPS  
BBC2 1PM

**RUGBY UNION**

OXFORD V CAMBRIDGE  
BBC2 3PM

**POOL**

MOSCONI CUP  
SKY SPORTS 6.30PM

**Friday**

**SNOOKER**

UK CHAMPIONSHIP  
BBC2 1PM

**GOLF**

QBE SHOOTOUT  
SKY SPORTS 6.30PM

**RUGBY UNION**

EDINBURGH V NEWCASTLE  
BT SPORT 2 7.45PM

**RUGBY UNION**

SCARLETS V ULSTER  
BT SPORT 3

**SOCCER**

WEST BROM V A VILLA  
SKY SPORTS 8PM

**Saturday**

**GOLF**

SOUTH AFRICAN OPEN  
SKY SPORTS 9.30AM

**RUGBY UNION**

EXETER V GLOUCESTER  
BT SPORT 2 1PM

**RUGBY UNION**

BATH V LEINSTER  
BT SPORT 2

**RUGBY UNION**

WASPS V TOULOUSE  
BT SPORT 2 5.30PM

**SOCCER**

LEICESTER V SPURS  
BT SPORTS 1 7.45PM

**Sunday**

**RUGBY 7S**

SOUTH AFRICAN SEVENS  
SKY SPORTS 8.25AM

**GOLF**

SOUTH AFRICAN OPEN  
SKY SPORTS 8.30AM

**RUGBY UNION**

MUNSTER V CASTRES  
BT SPORT 2 1PM

**RUGBY UNION**

SARACENS V CARDIFF  
BT SPORT 3 1PM

**RUGBY UNION**

RACING 92 V LEICESTER  
BT SPORT 2 3.15PM

**SOCCER**

NEWCASTLE V WOLVES  
SKY SPORTS 4PM

**GOLF**

QBE SHOOTOUT  
SKY SPORTS GOLF 6PM

**NFL**

NFL REDZONE  
SKY SPORTS MIX 6PM

**BASKETBALL**

PISTONS V PELICANS  
SKY SPORTS 8.35PM

**NFL**

STEELERS @ RAIDERS  
SKY SPORTS ACTION 9.30PM

*J.J. Bowles*

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**REA****O'CONNOR  
MURPHY****MUNSTER & CONNACHT****Auction Date: Wednesday, 31st October 2018****Venue: The Limerick Strand Hotel**  
**Auction Time: 11.00am****To Include Properties in Limerick, Clare, Cork,**  
**Tipperary, Waterford, Kerry, Leitrim, Mayo, Donegal****A Selection from our 41 Properties.... Full Listing Available at...www.reaocm.ie****2 Adamswood Avenue,  
Croagh, Co. Limerick**

Well presented 4 bed semi detached house, small residential estate in Croagh village, c. 7km from Adare

Agent: **REA O'Connor Murphy** 061 279300

AMV €175,000

**BER C2****71 The Paddocks,  
Newcastlewest, Co. Limerick**

Attractive 4 bed semi detached house, spacious living accommodation, walking distance to town centre

Agent: **REA O'Connor Murphy** 061 279300

AMV €126,000

**BER C2****23 Castlepark,  
Dooradoyle, Limerick**

Appealing 4 bed detached residence on a large corner site, sought after residential location

Agent: **REA O'Connor Murphy** 061 279300

AMV €195,000

**BER D2****9 Glendara, Kilteragh,  
Dooradoyle, Limerick**

Attractive 2 bed first floor apt., independently accessed, ideal investment/first time buyer property

Agent: **REA O'Connor Murphy** 061 279300

AMV €150,000

**BER C1****Apt. 1, 63/64 Georgian Manor,  
Clare Street, Limerick**

Independently accessed 2 bed ground floor apt., city centre location, good rental return, ideal investment

Agent: **REA O'Connor Murphy** 061 279300

AMV €47,000

**BER D1****Water Street,  
Bruree, Co. Limerick**

Unique 2 bed end of terrace residence overlooking the River Maigue, located in Bruree village centre

Agent: **REA O'Connor Murphy** 061 279300

AMV €27,000

**BER G****Banogue Cross,  
Banogue, Croom, Co. Limerick**

Detached 4 bed bungalow set on c. 0.5 acre site, perfect opportunity for first-time buyer/owner occupier looking for a spacious home

Agent: **REA O'Connor Murphy** 061 279300

AMV €140,000

**BER C3****25 The Lakes Retirement Village,  
Killaloe, Co. Clare**

Two bed first floor apartment, independently accessed, walking distance of the lakeside Killaloe village, ideal investment property

Agent: **REA O'Connor Murphy** 061 279300

AMV €81,000

**BER D2****8 Cnoc Cluain,  
Ballina, Co Tipperary**

Two bedroom ground floor apartment, walking distance of the lakeside villages of Ballina &amp; Killaloe

Agent: **REA O'Connor Murphy** 061 279300

AMV €85,000

**BER C3****Roslevan,  
Ennis, Co. Clare**

C. 5.144 Ha (12.71 Acres) development lands, c. 0.82Ha zoned low density residential &amp; remaining zoned open space, highly sought after residential location in Ennis

Agent: **REA Paddy Browne** 065 6841755

AMV €130,000

**BER EXEMPT****101 Bru na Sionna,  
Shannon, Co. Clare**

Spacious second floor 3 bed apt., well maintained and popular residential development within Shannon town centre

Agent: **REA Paddy Browne** 065 6841755

AMV €85,000

**BER C1****1 & 2 Bleasby Tce,  
Bleasby St, Cork**

2 bed end of terrace &amp; 3 bed mid terrace house, close proximity to Cork City Centre, ideal starter/investment property

Agent: **REA O'Connor Murphy** 021 2428938

AMV €61,000 / €71,000

**BER E1 / F****50 Irishtown Upper,  
Clonmel, Co Tipperary**

2 storey terraced house, walking distance of Clonmel town centre &amp; Secondary School, private enclosed yard to rear

Agent: **REA Stokes & Quirke** 052 6121788

AMV €50,000

**BER E2****Upper Green,  
Cashel, Co. Tipperary**

Spacious 2 bed semi detached house, large mature site, maintenance free year yard, offers great investment potential

Agent: **REA Stokes & Quirke** 052 6121788

AMV €55,000

**BER G****Apts. 413 & 414 Breaffy Lodges,  
Castlebar, Co. Mayo**

2 no. 2 bed first floor apts in the grounds of Breaffy House Resort, c.5 km to Castlebar town centre

Agent: **REA McGreal Burke** 094 9067600

AMV €45,000 p/unit

**BER G****Apt. 20 The Waterfront,  
Dromod, Co. Leitrim**

3 bed residence in the gated development "The Waterfront" by Dromod Harbour, views over Lough Boderg, c. 15km from Carrick on Shannon

Agent: **REA Brady** 071 9622444

AMV €120,000

**BER D1****REA**  
O'CONNOR  
MURPHY**Register your interest: auctions@reaocm.ie**  
**T: 061 279 300 - Full list available at: www.reacom.ie**