

GUESS WHO BOUGHT THIS SITE FOR €6M?



4.8 acres on the NCR, former home of the Ardhru Ryan is sold
See page 4

The Leader

www.limerickleader.ie
Wednesday, December 12, 2018

FREE

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Setting the agenda in Limerick



▲ GOOD WEEK

Munster

Team go to France for return fixture with Castres having beaten the French champions at Thomond



▼ BAD WEEK

Ormston House

Property housing popular city gallery to be auctioned online later this week, causing more uncertainty



☀ QUOTE OF THE WEEK

"I will come to your home and will cook/clean/dust/hover - do whatever household chores you see fit for 30 minutes while in the buff"

Naked butler service proves popular

INSIDE THIS WEEK



UNIVERSITY PENSIONS

Taxpayer won't foot bill
Page 8



TRIAL FOR 'FOILED HIT'

Two up after gun seized
Page 6



ORMSTON AUCTION

Culture house under hammer
PAGE 16



YELLOW PALETTE

City artist paints French protests
Page 18

Enjoy the Xmas party: But take precautions!



Enjoy your Christmas party in town this year, but mind yourself, especially on the way home



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

THE Christmas party season is in full swing and it is great to see so many people coming into the city for their office parties.

The next two weeks will be extremely busy and thousands of people will be converging on the city centre.

At this time of the year, criminals make hay, stealing coats and handbags in pubs and also confronting easy

prey as people walk home alone. I don't want to sound like a party pooper, but every year we unfortunately have to report on crime, where some innocent victim is attacked on their night out.

Crime prevention officer at Henry Street, Ber Leetch, has offered plenty of sensible advice to plan your night out, how to get there and back, to avoid walking alone in dark

places and to make sure if you are out with a gang, that no one is left alone. Never attempt to reason with drunk or aggressive people and when someone asks you for a light, be very, very careful as it is normally a precursor to an attempted robbery.

Ninety nine per cent will have a great night, just make sure you are not the one percent who doesn't.

WEATHER FOR THE WEEK



WEDNESDAY

Some rain in the afternoon and a temperature peak of 9°C



THURSDAY

Short spell of rain in the afternoon, top temperature of 8°C



FRIDAY

Intermittent rain and drizzle and breezy also, high of 9°C



SATURDAY

Windy with periods of rain but warmer with a 12°C peak



SUNDAY

Drier today with some sunny spells and a high of 8°C



MONDAY

Rain settles in after morning showers, high of 9°C

WEBTOP TEN

1. Sadness as final pints pulled at landmark Limerick city pub
2. University Hospital Limerick patient claims she was 'badgered' into procedure without sedation
3. Man 'chose to ignore' signs as oversized truck caused €115k Limerick Tunnel damage
4. Woman arrested and charged by Limerick gardai with multiple thefts from cars
5. Four men arrested in Limerick by gardai investigating vintage car scam
6. New Limerick feud fears as 'substantial' quantity of drugs stolen
7. WATCH: Limerick musicians combine to release stunning Dolores O'Riordan tribute
8. Inquest hears cause of Limerick teen's sudden death 'remains undetermined'
9. Butler in the Buff Limerick proves a big hit but 'no camera phones allowed'
10. Limerick man jailed for knocking down pensioners withdraws his appeal



Landmark city pub the A1 Bar closed its doors for the final time on Sunday night. See story online

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MyLimerick

Celia Holman Lee

Model agent and fashion guru

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

For me the perfect weekend consists of spending time with my five amazing grandchildren, taking them for a pizza and feeding the ducks and swans from the boardwalk on the Shannon River. That area brings back great memories of my own childhood where I sat with my mother and watched my uncles rowing for St Michael's Rowing Club on the river. I also enjoy strolling around the city enjoying the atmosphere visiting the shops and restaurants and meeting friends for coffee.

What's your first Limerick memory?

My first memory as a child would have to be Irish dancing as I danced from the age of six to 14. I participated in feiseanna throughout the city and pantomimes like Panto Frolics which was held in the CBS Sexton Street every year and of course Tom and Pascal which was held in the City Theatre. Another great memory for me was when I started modelling at the age of 15 and walked the ramp in the old Cannocks Department store on O'Connell Street. Little did I think that 53 years later I would still be in the same fashion and modelling industry and loving it just as much!

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

As I spent most of my childhood in Carey's Road, the People's Park on Pery Square along with the old Milk Market stand out in my memory as a good time in my life, especially the People's Park as it was my backdrop for fashion photo shoots when I was a young model.

A lot of those black and white shots are been requested by different establishments and I am very proud of that.



What about a favourite local walk or view?

I love to walk in my own area of Ballysheedy and one of my other favourites is Curraghchase. One of my favourite views would have to be from the top of King John's Castle looking over the majestic River Shannon and our beautiful Limerick city.

What do you think gives Limerick its unique identity?

The layout of the city, the big wide streets that gives the city its uniqueness. I also think that Georgian Limerick is something we must treasure and look after.

Do you have a favourite local restaurant?

A few years ago if I had been asked that question I could probably name only a few, but I really think that Limerick has become a hotspot when it comes to restaurants, there are so many that have opened and there is such a variety for all our palates that I find it hard to make a choice.

How would you describe the people of Limerick?

I would say proud and hard-working. I travel so much with my work that when I meet Limerick people who have found a life in different parts of the country and beyond, it is always with great fondness that they ask me about their city.

How important do you think sport is to Limerick?

Limerick is renowned for sport and I never felt so proud as I did on August 19 when we were in the Dome in Tralee rehearsing for the Rose of Tralee fashion show and those young Limerick lads did so much for Limerick and hurling and made us all feel so proud.

Make Christmas wishes come true



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FRONT PAGES OF THE PAST

**13 YEARS AGO
DECEMBER 10, 2005**

The city edition of the Limerick Leader on December 10, 2005 carried the front page headline 'Mackey cuts business rate'.

The exclusive reported that the then City Council was to make history by becoming the first local authority in the

country to reduce its commercial rate. City manager Tom Mackey recommended that the rate be cut by half a percent in the book of estimates for 2006.

Elsewhere, a house in Raheen had been turned into one of the country's most spectacular Christmas displays with almost 13,000 bulbs.



UHL strongly refutes accusations of bullying

FINTAN WALSH

fintan.walsh@limerickleader.ie

THE UL Hospitals Group has expressed disappointment with a senator over “derogatory” remarks in Seanad Eireann, where he claimed “nurses are running out of” University Hospital Limerick.

In a scathing attack on human resource management, Sen Paul Gavan said that he was contacted by a nurse who claimed that “nurses are running out of the

hospital” and that they are “seeking employment elsewhere and are leaving in droves”.

The Sinn Fein senator said that the reason is the “complete lack of people management from the human resources department” at UHL. Calling for a specific debate on UHL, he said that the nurse wrote that she rang “six different people” in HR “but none of them would help her as they said it was not their area”.

Sen Gavan added that UHL is

losing skilled nurses because it is “turning a blind eye” to bullying.

But a spokesperson for the UL Hospitals Group told The Leader that it “strenuously refutes the allegation that the group are not dealing with reports of bullying.

“It is very disappointing that Senator Gavan would make those comments without contacting the hospital management team in relation to specific cases. It is also surprising that Senator Gavan would make such derogatory

statements about a management team that he has not met.”

She added it “has an active recruitment policy and it is damaging to the Group and the region when sweeping statements are made on the record that do not reflect our organisation.” She added that recruitment is ongoing and it has “successfully recruited” nurses over the past 18 months, and that the nursing turnover “is in line with other hospital groups in the country”.



Sinn Fein senator Paul Gavan delivered a scathing speech on UHL



The 4.8 acre Ardhu site on the North Circular Road and inset, developer Aidan Brooks

Sold! Aidan Brooks buys Ardhu for €6.2m

Property: Developer wins battle for former hotel site

EUGENE PHELAN

eugene.phelan@limerickleader.ie

HIGH-profile developer Aidan Brooks has bought the Ardhu Ryan site on the North Circular Road for €6.2m. The Leader can exclusively reveal.

The businessman is set to go ahead with his first major development in Limerick in over 10 years following confirmation from business sources that his company has bought the site. It is understood that Tribeca Holdings, the investment company owned by the Brooks Family, is the buyer of the former hotel property.

While his family home is still on the North Circular Road, Brooks' business has been based in London for the past decade, where he has masterminded multimillion euro deals in New York, Paris, London and other locations around the world.

The developer returns home on a very regular basis and was very keen to purchase the property, in which there are understood to have been very keen bids by other big players in the property game.

The 4.8 acre site was put on the market by receiver Eoin Ryan on behalf of NAMA in September with an asking price of €5.5m. The sale is understood to have attracted up to 10 strong bids and was eventually sold to Tribeca Holdings for €6.2m. It was marketed by local auctioneer JC Gubbins and Knight Frank and went for more than was expected in a strong sign that the property market is continuing a strong upturn.

The site comes with planning permission for 59 residential units and 7 sites for detached residences on Roses Avenue. Ardhu House was built in 1850 for the family of Thomas Revington and was converted to a Hotel in the 1960s by the Ryan Group.

A source said: “It not known what Brooks' plans is for the site is but it is likely local residents will be happy with the news as Aidan is known as a high quality operator and his family home Portland House is just around the corner.”

The source added: “This will be seen as a positive indicator for the Limerick property market as Brooks has not invested here in over a decade and has now re-entered the market, indicating confidence in the local market.”

Brooks started his career in the mid 1990s with the development of the former Bedford Garage on Howley's Quay and he went on to transform much of Henry Street. Soon after the crash in 2008/2009 he moved his family and business to London where he successfully navigated his way through the downturn, unlike many Irish property developers.

Council ‘smart’ bins to rubbish metro litter

FINTAN WALSH

fintan.walsh@limerickleader.ie

LIMERICK City and County Council is replacing all street bins in the city with new “smart bins” that will issue alerts when they are full, it was announced this week at County Hall.

The news came at a environment strategic policy committee meeting this Monday morning, after Fine Gael councillor Elenora Hogan called for recycling bins to be installed across the city.

In response to Cllr Hogan's motion, director of service in physical development Brian Kennedy said they “will look at the cost implications” of the project.

“Limerick City and County Council has commenced replacing all street bins in the city and its environs (Castletroy and Dooradoyle) in the current year and is currently in the process of completing this. The new smart bins contain a sensor that alerts collection teams when the bins are full,” he said in a statement.

Mr Kennedy said, at present, there is no system for separating different materials in litter bins. He added that implementing this would involve changes to bins and to the fleet that collect the rubbish.

He said the council will “undertake a study to establish the cost and resource requirements of providing segregated litter

bins, and will report back to the environment strategic policy committee on the outcome of the study to advise on the cost of same”.

Cllr Hogan welcomed Mr Kennedy's response to her motion.

“I think it's a good idea. It's obviously something that is new to the council. But at the same time, we might want to look at trialling recycle bins around the city.”

“We heard David Attenborough talk about

we're doing an awful lot of damage to the world. It's

our own

responsibility

to save

the

world.

We have

to be

sensible

about

what we do

in relation to

recycling,” she

told The Leader.

Independent

councillor John Gilligan seconded Cllr Hogan's “timely motion”, and opined that “one of the biggest problems” is the disposal of batteries.

He called for a “ban on single-life batteries”, adding: “It's no longer acceptable. Millions of batteries will be used over Christmas and they will be dumped on a landfill somewhere.”

Fine Gael councillor Marian Hurley said: “We really need to highlight to the people, to the public, that they are really doing something good when they are recycling.”

This motion followed a presentation on the council's policy of pollination of plants by senior executive engineer, Anne Goggin.



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LEADER NEWS BULLETIN

CRIME

Jailed over gun threats at boutique

A DRUG addict who threatened a shop worker with an imitation firearm has been jailed for three years, writes David Hurley.

David Foran, aged 35 who has an address at Gratton Court, had admitted his role in the incident which happened at a fashion boutique on Catherine Street on February 26, last.

Detective Garda Neil O'Gorman told Limerick Circuit Court the defendant, who had his face covered with a scarf, entered the premises at around 12.35pm and told the teenager to "open the f***** till" before demanding that she give him the money.

He threatened her with a realistic-looking imitation firearm during the incident and fled afterwards on a pedal bike.

Detective Garda O'Gorman said CCTV footage was obtained from the store and that a colleague observed the defendant wearing the same clothes two days later.



Following his arrest, Foran made admissions telling gardai he had "f***** up" before being identified as the culprit during a formal identity parade.

Pat Whyms BL said his client has a "history with drugs" and had committed the offence to get money to pay for his daughter's confirmation dress. "He is shocked at himself, he repeatedly and profusely apologised," he said.

Judge Tom O'Donnell, pictured, was told Foran, who also escaped from Mayorstone garda station following his arrest, is attempting to deal with his problems in prison and recently ran more than 200kms on a treadmill for charity. The judge said the boutique was an easy target offence and he accepted the offence was opportunistic to a certain extent. He imposed a four year prison sentence, suspending the final 12 months.

LITTERING

Conviction over dog fouling on footpath

THE owner of two dogs who were observed fouling on a public footpath in the city centre has been fined €150 for littering, writes David Hurley.

Thomas Glynn who has an address at Catherine Street, Limerick was prosecuted by Limerick City and County Council in relation to an incident which occurred at Bishop's Quay on April 27, last.

At Limerick District Court, a member of the public described how he saw the two dogs being let out of a Nissan car which had pulled up and parked.

He said when he observed the dogs fouling the footpath he confronted the driver who "got aggressive" with him before leaving with the dogs.

The man noted the details of the car and made a complaint to the council about the incident.

Michael Walsh, a litter



warden with the local authority said, he later established the identity of the registered owner of the vehicle and issued him with an on-the-spot fine which was not paid. A number of reminder letters were also sent.

A certificate of ownership was submitted to the court confirming the defendant was the registered owner of the Nissan car.

Mr Walsh told solicitor Ger Reidy, representing the council, that dog fouling is an "ongoing issue" and that four or five complaints are received every week.

Noting the evidence, Judge Marian O'Leary convicted Mr Glynn and fined him €150, giving him two months to pay.

The defendant, who was not present in court, was also ordered to pay the costs and expenses of the council which totalled €250.



Some of the probationer gardai with Assistant Commissioner Ann Marie McMahon and local garda management

Policing plan is rolled out for Christmas

ALMOST 30 probationer gardai have been deployed in the city as part of a dedicated Christmas policing plan, writes David Hurley.

The 27 gardai, who recently graduated from the garda training college, will assist in the policing of the city and will participate in Operation Meirle - the high visibility operation, targeting shoplifting in the busy areas of the city.

"I am delighted to welcome the 27 probationer gardai who have been

assigned temporarily to assist in our Christmas management plan this year. The probationers will be deployed over the next few weeks in the city at key times that have been identified by the garda analysis services. Our aim is to tackle thefts from shop, public order and to help the flow of traffic in the city," said Chief Superintendent Gerard Roche.

As part of the Christmas policing plan, members from our divisional Roads Policing Unit will be

increasing checkpoints targeting drink and drug driving amongst other general road offences.

"There will also be an emphasis on driving the morning after. If you feel like you may still be over the limit the next morning, don't take the risk by getting behind the wheel. In general, the flow of traffic will increase in the city between now and Christmas and I would ask that where possible, people avail of public transport," added Chief Supt Roche.

Pair face trial over pistol and ammo

Loaded: Gun seized by gardai targeting organised crime

DAVID HURLEY

david.hurley@limerickleader.ie

TWO men who were arrested over the summer during a garda operation targeting organised crime have been charged with additional, more serious, offences on the instructions of the Director of Public Prosecutions.

John O'Donoghue, aged 30, who has an address at Cliona Park, Moyross and Paul Whelan, aged 25, of Dalgaish Park, Moyross were previously charged with suspicious possession of a loaded 9mm Colt semi-automatic pistol which was located in a car at Park Road, Corbally on July 30, last.

Both men have now been charged with possession of the same weapon on the same date with intent to endanger life under the provisions of the Criminal Justice Act 2006.

Both men also face a third charge of suspicious possession of eight rounds of ammunition.

During a procedural court hearing, gardai sought to amend the original charge to



The seized handgun

include reference to an ammunition magazine which was also seized by gardai.

All of the charges relate to an incident during which local and national gardai intercepted a silver saloon car shortly before midnight on July 30.

A number of garda vehicles were rammed during the intelligence-led operation when the driver tried to take evasive action.

A pistol and ammunition were found during a subsequent search of the vehicle.

At Limerick District Court last week, Detective Garda Cathal O'Sullivan gave evidence of formally charging John O'Donoghue with the additional charges while Detective Garda Ronan O'Rielly said Paul Whelan made no reply when he was formally charged.

Sergeant Donal Cronin, prosecuting, told the court a file had been prepared for the DPP who has directed trial on indictment in relation to all charges.

He requested an adjournment of the case to facilitate the preparation of the book of evidence.

There was no application for bail and the defendants were remanded in custody pending their next court appearance. Both were granted free legal aid.

If convicted of the more serious charges, the defendants face a maximum sentence of life imprisonment.

CHRISTMAS MARKETS



FRI 14 - 16 DEC | SUN 21 - 24 DEC



CHRISTMAS AT LIMERICK MILK MARKET

Christmas cheer is in the air at the Milk Market with a range of themed markets, crafts, gifts, sumptuous speciality foods, fashion and festive fun!

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www.milkmarketlimerick.ie

SUN 16 - 24 DEC | 11.30 AM - 5 PM



CHRISTMAS MARKET ON CRUISE'S STREET

Local artisan traders will showcase wonderful handmade craft, art, horticultural produce and seasonal treats to get shoppers into the Christmas spirit on Limerick's popular pedestrianised street.

Limerick.ie/Christmas

PARK & STRIDE

9 AM - 9 PM

Cleeve's, O'Callaghan Strand	07 - 31 Dec 2018
Council Car Park, via Nicholas St.	08 & 09 15 & 16 22, 23, 24 Dec 2018
Irish Rail Depot, Roxboro Road	08 & 09 15 - 24 Dec 2018

PARK & RIDE

9 AM - 9 PM

The South Court Hotel, Raheen	08 & 09 16 22 & 23 Dec 2018
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Youth work pilot project for teenagers in city

NICK RABBITS
nick@limerickleader.ie

LIMERICK Youth Service has put in place a detached youth work pilot project for teenagers.

The scheme will provide evening and weekend support for local teens who have no place to gather with their peers, and the move has been welcomed by Cllr Daniel Butler.

He said: "Often a small element in large groups can be a catalyst for activity considered to be anti social and hopeful this project can support these young people to make positive choices."

Workers on the project, it's anticipated, will go and meet young people where they hang out, giving them a chance to look at some sort of youth work supports for them within their community.

The team is made up of two workers who have



Welcome: Cllr Daniel Butler

completed the research part of the pilot project.

"This type of project is a new modern fresh approach to youth work showing the commitment by Limerick Youth Service to professional excellence. A similar project is currently active in Garryowen and initial results are very positive," said Cllr Butler. "I am fortunate to work in this area of expertise and I plan to work closely with the guys to ensure we reach all that need to be reached and hopefully support young people who need that support and additionally address some of the anti social activity that concerns a lot of people in our community."

Taxpayers won't pay for pensions: report

FINTAN WALSH
fintan.walsh@limerickleader.ie

UNIVERSITY of Limerick has written to the Higher Education Authority (HEA) to inform it that private funding will be used to pay for more than €1m worth of pensions, according to a report this week.

Last month, the Comptroller & Auditor General (C&AG) released a report that revealed UL added two employees from its subsidiary company, Plassey Campus Centre (PCC) to UL's pension scheme, with benefits amounting to €1.2m.

The report, published in late November, also stated that UL "misrepresented the circumstances" surrounding severance deals and "withheld relevant and material information" from the C&AG, the Dail's Public Accounts Committee (PAC), the Department of Education and Skills and its own legal team.

UL has insisted that public money will not be used to fund the pension scheme, the Irish Times reported this Monday.

In the report, it said that UL recently wrote to the HEA to say that funds involved will be drawn from commercial activity and not from



UL has insisted that public money will not be used to fund the pension scheme

public funding.

The C&AG report found that two senior executives, who were not employees of the university, from PCC had their individual employees' and employer's contributions, totalling €708,000, transferred from the PCC pension fund to the university.

PCC, operating as Campus Life Services, is responsible for the development of student accommodation, sporting facilities

and conferencing, through its subsidiaries including Plassey Campus Arena Ltd and University Concert Hall Limited.

UL said that it "does not condone what happened, and new management are very much working on the task of finding a solution. University of Limerick and Plassey Campus Centre (PCC - trading as Campus Life Services) are distinct entities, no public money has ever gone into PCC."

Christmas at the Dominicans

Get into the holiday spirit with 'Christmas at the Dominicans,' a concert at the Dominican Church in Limerick on Friday, December 14th beginning at 7:30pm.

Enjoy performances by the St. Saviour's Choir, the Adare Choir, and other local performers followed by a reception with sport prizes and festive treats.

All proceeds will benefit young adult ministry at the Dominican Church.

Tickets are €15 for general admission (or 4 for €50), €10 for Seniors and Students, children 12 and under are free. Bookings can be made each day from 12:00 - 12:45 in the Dominican Church or ring

085 2255796.

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By Seán Curtin

VOL. EIGHTEEN

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'ANOTHER BENCHMARK MOMENT FOR LIMERICK': CITY EXCELS AT EUROPEAN CITIES OF THE FUTURE CEREMONY

@JanOSullivanTD

Good news, there has been a fundamental shift in Limerick in recent years, working together, building on our great educational institutions, need to keep it going

@leo_Limerick

"There's an ambition and hunger about Limerick today in that it rightly wants to be a city that is considered to be among the most attractive in Europe when it comes to inward investment." - @LimerickCouncil CEO Conn Murray. Well done Limerick! #TeamLimerick#MakingitHappen



UNIVERSITY HOSPITAL LIMERICK PATIENT CLAIMS SHE WAS 'BADGERED' INTO PROCEDURE WITHOUT SEDATION

Annette Mc Namara Haran

Disgraceful, but I'm not surprised. There's something seriously wrong in that hospital. There are so many horror stories.



Stephen Neill

I had this procedure (with my consent) without any sedation a couple of years ago - longest and most terrifying 5 mins of my life - don't let anybody talk you into it - it is horrific

OIREACTHAS REPORT: LIMERICK TO VOTE ON DIRECTLY ELECTED MAYOR NEXT MAY

Stephen McMahon

Same people complaining about electing the mayor would also have complained if they were denied the right to vote for the mayor!



Gerard Kelly

Mayor's are a pure waste of space

Maxwell O'Rian

More shinnanigans by fg, trying to buy votes ahh no thanks not voting for these.....

SOLD OUT: TICKETS FOR MUNSTER'S THOMOND PARK CLASH WITH LEINSTER SNAPPED UP IN 'RECORD TIME'

Niall Counihan

To be fair, they were very easily got and the price is the same as the European games. Seeing as this is the best game in European club rugby that weekend its an absolute bargain



Ger Doran

Tickets were available to buy 3 months ago and at a discounted price. I got mine 10% off.. this game sells out every year if you had intentions of going you'd have your tickets secured already

Jamie Tuohy

I got mine woووо can't wait

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Garda concern over break-ins to cars

Thefts: Chief Superintendent says trend is not good

DAVID HURLEY

david.hurley@limerickleader.ie

THE head of the Limerick garda division says the number of break-ins to parked cars across the city is a concern as is the number of cars which are not being locked by their owners.

Chief Superintendent Gerard Roche made his comments at a public meeting of the Limerick Joint Policing Committee which took place at County Hall, Dooradoyle on Monday night.

"We have a lot of thefts from cars, it's a concern," he said adding that he and a number of colleagues have met with the CEO of Limerick Chamber, Dee Ryan, to discuss the matter recently.

Chief Supt Roche says some people are forgetting to lock their cars outside their homes at nighttime while others are not checking the doors after pressing the lock button on their keys.

He also warned that thieves are watching people as they are carrying their Christmas shopping and putting it into their cars.

"People think they are being safe by putting it in the back of their car but they are being watched and it is concerning," he said.

"We keep saying it, people have to take care," said Chief Supt Roche in response to Deputy Jan O'Sullivan who raised the issue in the context of a spate of break-ins to cars in Rhebogoe at the weekend.

"People are concerned," she said

welcoming the fact that a suspect has been arrested and charged in relation to the break-ins.

According to gardai, the number of burglaries across the city has also increased significantly since the clocks changed at the end of October.

Homeowners are being urged to use timer lights in their homes and to ensure that all doors and windows are properly secure – even when they are at home.

While there has been an increase in property crime in recent weeks, an analysis of the overall figures for the year suggest it is on a par with recent years.

"The figures are pretty much exactly the same," said senior analyst Linda Breen.



Launching the online remembrance portal for the Limerick-Thomond Rotary Club are James Shivman, Mary O'Dea, Ger Lynch, Barney O'Callaghan, Mayor James Collins, rotary club president John Kelly, Pat Kearney, Tom Tierney, Stephen O'Connor and Noel Walsh. See more photos on page 51 PICTURE: BRENDAN GLEESON

Limerick's yellow-ribbon tree goes global

LIMERICK's popular remembrance tree has gone truly global thanks to a new initiative launched at the weekend.

The yellow-ribbon Christmas tree was launched by the Limerick-Thomond Rotary Club in 2009, and in that time, thousands of Limerick people have paid tribute to their loved ones at the junction of Bedford Row and O'Connell Street.

Now, people who are not able to

get home for Christmas will be able to have a ribbon tied onto the tree, with the launch of a virtual ribbon.

John Kelly, the rotary club's president, said: "We get a lot of people coming to the tree each year telling us they are remembering someone who is abroad. Now the people abroad have the chance to take part in this wonderful project which touches so many people. This online initiative has allowed us now

to take this local community project and turn it into a global community project, allowing people all around the world to take part."

On January 4, all the ribbons – including those submitted online – will be untied and placed on an altar at the Augustinians Church for a special remembrance service.

The online portal can be found at <https://thimbleprojects.org/mrcpower/586898/>.

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Cars stolen by thieves who found keys inside homes

DON'T leave car keys where they can be found is the message from gardai following the theft of several vehicles from outside houses.

In one incident, a house was entered when the home owner left the front door closed but unlocked and left her handbag and keys on the kitchen table while she ran upstairs.

"A thief walked into the house and took her handbag, car keys and then the car," said Sergeant Ber Leetch.

In another incident, a man entered his home on the Ennis Road and left his



The thieves located the car keys in victims' homes

car keys on the hall table.

"He went about his business in the house, the front door was closed but unlocked. Less than an hour later he went to get his car keys but they were gone as was his car," said Sgt Leetch.

"In both of these cases the front door was not locked, it is very important that you lock your doors even while you are in the house."

Woman's handbag stolen during night out in pub

GARDAI are appealing to women to mind their bags and wallets when socialising over the festive season.

The appeal follows an incident Saturday night during which a bag was taken from a pub in the city centre.

"A lady was enjoying a night out and hung her handbag on a hook next to her, unfortunately in the hustle and bustle of the busy pub, a thief removed her handbag without her noticing the loss until she was ready to go home," said Sergeant Ber Leetch

Keep your handbags with you at all times, these thieves look like you and I and are very, very quick," she added.

Man attacked and robbed while walking with friend

GARDAI are seeking witnesses after a young man was attacked while walking at Cathedral Place.

The man, who is aged in his early 20s, was walking with a friend at around 7.15pm last Wednesday when they were approached by three males who engaged them in conversation.

"These three males subsequently left via a side street but then reappeared in front of the two young men a few minutes later. These three males started to assault one of the young men before removing



Appeal: Sergeant Ber Leetch

several items of property from his person including his wallet and his phone," said divisional crime prevention officer Sergeant Ber Leetch.

"This is a busy area and investigating gardai at Henry Street are looking for any witnesses who may have seen this assault and robbery to please contact," she added.

Thief confused shop worker

A THIEF escaped with a significant amount of cash after he managed to confuse a worker at a store in the city centre.

According to gardai, after the man produced a large amount of €20 notes and asked for them to be changed into €50 notes, the worker became confused and flustered.

"In the end he walked out of the store with a lot more cash than he came in with," said a garda spokesperson.

Fisherman protests prison sentence

Unfair: Defendant criticises ban on Salmon fishing

DAVID HURLEY

david.hurley@limerickleader.ie

A SAINT Mary's Park man who has been fishing most of his life was sentenced to one month's imprisonment after he admitted using an illegal net to catch salmon on the river Shannon.

Ger Molloy of St Senan's Street was prosecuted by Inland Fisheries Ireland in relation to an incident at the Mouth of the Tailrace, near Ardnacrusha Dam on July 3, 2017.

Solicitor Sarah Ryan, prosecuting, told Limerick District Court the case related to a breach of Section 97 of the Fisheries Act.

She said Mr Molloy, who has a number of previous convictions for fishing-related offences, does not have a permit to fish.

She added there is a total ban on fishing in the area where the offence was detected "for conservation reasons".

The defendant told the court he could not understand why he was summoned to court for such a minor offence when there are other more serious crimes being committed. "If every person did a bit of fishing there would be no need for prisons," he said.

"Every time I got caught I paid (the fine). I always had a licence and fished with worms," he added.

Mr Molloy, who was not legally represented, said he has been fishing all his life and that he believes it is "unfair" that fishing is banned on certain stretches of the river Shannon.

Judge Marian O'Leary said there was nothing she could do and she told Mr Molloy he was "breaking the law every time".

Accepting the judge's point, Mr Molloy replied: "I'm fishing since I was a boy. I can go to Galway and fish anywhere there and there is (no problem). I was told to go and fish in Kerry, but why should I go down there?"

The judge imposed a one-month prison sentence.

She fined Mr Molloy €250 and



Ger Molloy of St Senan Street, St Mary's Park leaving Limerick District Court after he lodged an appeal against the severity of the sentence

ordered that he pay of the costs of Inland Fisheries Ireland which totalled €763.

An appeal has been lodged and he was released on bail pending the determination of that appeal.

Clubs benefit from dormant account funds

Some €76,200 in Dormant Accounts Funding will benefit a wide range of sport and physical activity measures in Limerick.

Limerick Sports Partnership will receive €6,200 for Youth Leadership, €20,000 for the Community Sports and Physical Activity Hub in Croom, €15,000 for the Volunteer Training & Support Programme, according to Senator Maria Byrne

"Following on from the initial pilot called 'Garryowen Get Active' in

2017 which received €145,000 funding from Dormant Accounts; LSP will receive €35,000 to continue to develop innovative participation programme interventions there.

"LSP will participate in the ASPIRE Graduate Programme and will share in funding of €250,000 with nine other organisations. This will allow LSP to directly employ a graduate for 11 months and will ensure the participant gains experience and skills development to

ensure their likelihood of securing long term professional employment in the Irish sports sector"

"The investment will be administered by Sport Ireland and will aim to engage with communities across Limerick targeting people with disabilities, people who are educationally disadvantaged and from disadvantaged communities"

Senator Byrne said: "This funding will be welcomed by everyone involved in sport in Limerick.

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Keeva's efforts draw praise from Schmidt in book backing charity

ANTHONY GEOGHEGAN

anthony.geoghegan@limerickleader.ie

A PACKED Dunnes Stores in Childers Road saw shoppers and rugby fans alike line up for eleven-year-old Keeva Delaney's book signing with special guest Joe Schmidt.

Ms Delaney from Ballycarney Co. Carlow, released her book *The Dolls' Complaints* last month and has generously donated 100% of the proceeds for Limerick-based charity Cliona's Foundation.

The Irish rugby head coach who was in attendance for Munster's victory over Castres on Sunday, chatted with rugby referee and ambassador for Cliona's Foundation Joy Neville about his admiration for the charity and his experience raising his son Luke who is diagnosed with epilepsy.

"I just go to work, but my wife has done an unbelievable job keeping the family together and as well as looking after Luke and the three kids,

"What's helped us really, is that Luke has been incredibly resilient and positive as well, despite the number of times he's been in hospital, and that has made it easier for us," Mr Schmidt added.

The *Dolls' Complaints* is a story about a girl named Melissa who is diagnosed with a long-term illness, and while she is in hospital, she leaves her dolls to her sister Anne.

The book chronicles the complaint letters the disgruntled dolls send to their owner about the treatment



Brendan Ring, Joe Schmidt, Joy Neville, and author Keeva Delaney at the book signing of *The Dolls' Complaints* PICTURES MICHAEL COWHEY.

they are receiving from Melissa's sister.

Mr Schmidt commented: "Her drawings are already better than mine, the illustrations are very good."

The author who hasn't even finished primary school yet is delighted that her dream came true, and was

able to help a good cause in the process.

"What inspired me to write the book is I just love reading I thought it'd be great to have a book of my own.

"My mam suggested a few charities and I just thought it'd be great to donate the sales to charity, so I picked

Cliona's Foundation because it doesn't just help the child but it helps the families as well," Ms Delaney explained.

Speaking at the event, Cliona's Foundation co-founder Brendan Ring acknowledged: "Today an eleven-year-old child can help us so much in promoting

what we do, attract people to listen to our message and create funding for us as well," Mr Ring added.

Cliona's Foundation is a charity founded in 2007 by Terry and Brendan Ring following the death of their daughter Cliona in 2006.

Its aims to provide

financial assistance to families who have children undergoing long-term treatment for critical illnesses.

The *Dolls' Complaints* is available on the shelves of Dunnes Stores or online at for €8; all proceeds go towards Cliona's Foundation.



Irish rugby head coach Joe Schmidt and Keeva Delaney signing books



Rugby referee Joy Neville chatting with Joe Schmidt and Keeva Delaney

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PET RESCUE



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

Looking for a new home



First this week we have a four-year-old black and white cat named Fionn. Fionn is a friendly companion who would sit on your lap all day. If you do decide you would like Fionn in your life, make sure you stock up on cat treats because he loves them! Please phone our cat unit on 087 2295669. All cats are neutered, wormed and vaccinated. Adoption fee is €100.

Next we have Andrea, a shy little girl, who came to us only a couple of weeks ago. At first she was very scared, but with plenty of tender love and care, we have her purring in our arms now. She is white and tabby and approximately five months old. Currently her paw has a bandage, but as she showed us before, patience and tender love and care will pay off!



The third stray is a gentle female terrier called Angel. Angel is about two years old. She came to the sanctuary with her six puppies, all of whom have found their homes so now Angel is looking for hers. She gets on great with other dogs and people. She would be suited to all family types. Come visit Angel at the sanctuary any day between 12 noon and 3pm or phone us on 087 6371044.

An active family wanted

Lastly, we have Betty. Betty is an adorable terrier mix who needs an active family to live with as she has loads of energy to burn. She is a very well behaved dog, she walks well on the lead and will sit on command. If you are interested in Betty you are welcome to come and visit her at the sanctuary any day from 12noon to 3pm.



Students of Expressive Arts Theatre School will host a fundraiser for Limerick Suicide Watch this Saturday

Break a leg for a good local cause

THIS Saturday students and staff of the Expressive Arts Theatre School in North Circular Road will host a fundraiser in aid of Limerick Suicide Watch.

The young performers will be sure to get all attendees into the Christmas mood, with their festive caroling.

There will also be delicious snacks available including cupcakes, and some cups of coffee to keep you warm

from the December chill.

All are welcome to attend. The Expressive Arts Theatre School is also calling for any past pupils to return for a wholesome afternoon, on Saturday, December 15 from 11am till 2pm in Villiers Secondary School, North Circular Road.

Proceeds raised will go towards the Limerick Suicide Watch.

Ormston House to be auctioned online

Saga: BidX1 to host auction of property later this week

FINTAN WALSH
fintan.walsh@limerickleader.ie

THE ORMSTON House saga may soon come to an end, as the renowned cultural centre goes under the hammer later this week.

The prominent Patrick Street site has been through a turbulent period for close to two years, as question marks have been hanging over its future existence.

Ormston House is now closed for the winter period as temperatures are too cold to operate. Though it has been awarded more than €12,500 in grants for the purchase and installation of a heating system, it cannot draw down the funds due to tenancy issues.

The Limerick Leader first reported in July that US vulture fund Cerberus Capital Management, which purchased the loan book from the National Asset Management Agency (Nama) in 2017, was close to striking a deal on the site in a matter of weeks.

Now it has emerged that the Ormston House - comprising 9 and 10 Patrick Street - and neighbours 11 Patrick Street will go under the hammer on BidX1 this Thursday afternoon.

Number 11 is currently occupied by River Deep Mountain High, a retail unit.

BidX1 describes the site as a "city centre commercial investment" with a guiding price of €450,000. It is expected to sell for north of

There is huge demand for space to host and support meetings, events...



that price.

It said that 9 and 10 are let to Limerick City and County Council, with a one-year licence from July 11, 2011, while there is a 35-year lease on the neighbouring retail unit since September 2004.

In October, Ormston House directors indicated they were seeking a long-term lease in order to continue their community engagement programmes, which have been suspended in 2019.

In a statement in October, co-director Mary Conlon said their focus in 2019 is to secure the venue on Patrick Street, specifically for the community engagement programme.

"We are currently booked through to the end of the year and we are turning away requests almost on a daily basis. There is huge demand for space to host and support meetings, events, projects, and other activities mostly for or by young people in the city." She said at the time they were looking at alternative sites in the city, but there are "no solutions forthcoming".

"We have been given permission to pitch for a derelict building with great potential owned by Limerick City and County Council. We are waiting for the briefing document to proceed to open competition."

Ms Conlon said Ormston will continue with its professional development strand of the programme, which will include its membership scheme and a new adult education and resource programme with national partners.

She added securing tenancy is "vital for any arts and culture organisation to create a sustainable model and new jobs".

High praise for Limerick artists' Dolores tribute

FINTAN WALSH

fintan.walsh@limerickleader.ie

A SPECIAL tribute music video, dedicated to the late and legendary Dolores O'Riordan, has received tremendous praise after it appeared online this week.

As we approach the first anniversary of the rock star's untimely death, the cream of the crop of Limerick's music scene joined forces to deliver a powerful music video to the tune of The Cranberries hit song When You're Gone.

Artists featured in the video, which was directed and edited by Shane Serrano, include Windings, Bleeding Heart Pigeons, Brad Pitt Light Orchestra, Emma Langford, Fox Jaw, Limerick Gospel Choir, PowPig, The Hitchers, Paddy Dennehy, Parliament Square, Limerick Jazz Society, PostPunk Podge, and many, many more from the local music scene.

Proceeds raised from the project,

delivered in association with Limerick Self Storage, will go to Mid-West Simon Community.

A spokesperson for the project explained: "Each and every week, dozens of musicians load their equipment in and out of rented units at Limerick Self Storage, honing their craft, with the dreams and aspirations of one day bringing their music to the world like The Cranberries once did.

"On January 15 2018, Limerick lost their most beloved daughter. From Limerick Self Storage and Limerick artists of every genre, this is our tribute and thank you to Dolores O'Riordan and The Cranberries."

Folk musician Langford was among many to praise the project.

She said: "So so proud to have been involved in this project."

Former Limerick-based journalist and Hot Press deputy editor, Stuart Clark said: "Good job Limrock! Fab tribute to Dolores O'Riordan."



Billy Brett, Irish Freestyle Kayak Team member, winner of the men's K1 event at the weekend
PICTURE MARK KEARNEY

Curragower's wild side creates a major buzz among kayakers

It is a well-kept secret that located in the heart of the city, just under the shadow of King John's Castle, there is a world-class standing wave on the river Shannon suitable for freestyle kayaking.

Not that everyone is unaware, as each year the Irish Freestyle Kayaking committee, in association with Canoeing Ireland, host an event here.

The wave forms on the river Shannon at a spot known as the Curragower rapids, and only appears when the river is at high flow, during low tide.

The aim of any freestyle kayaking event is to complete as many tricks as

possible in short order whilst surfing on a white-water feature.

This year the event which was entitled 'Gower Jam' was held on Saturday, December 8, and it did not disappoint.

Limerick-based Irish women's team member, Gill Crawley was delighted to be back and competing locally.

"Curragower is my favourite kayaking destination in Ireland, and I was thrilled to get an opportunity to compete here again," said Gill.

"Hopefully, we can get more Limerick kayakers involved next time," she added.



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City artist captures 'intense' yellow vest protests

Riots: Limerick man paints scenes of upheaval in France

RYAN O'ROURKE

ryan.orourke@limerickleader.ie

A Limerick artist is using his talent for painting to capture dramatic scenes from the yellow vest protests in France.

What started as a protest over a rise in fuel tax, has spiralled into a social storm which has brought France to a standstill. The yellow vests, or "Gilet Jaunes," are motivated by rising fuel prices, the high cost of living and claims that a disproportionate amount of the government's tax reforms are landing on the working and middle classes.

Following four consecutive weekends of violent protests, President Emmanuel Macron addressed the nation on Monday when he announced wage rises for the poorest workers and tax cuts for pensioners, concessions to the protesters that have been challenging his authority.

Eric Duhan, who is originally from Wolfe Tone Street in Limerick, has been living in France for the past 30 years.

Mr Duhan has witnessed first hand the growth of the movement since its beginning in November.

He made the decision to capture in paint what he has seen in Avignon, in

South East France, where he currently resides.

"I am an artist. All art is political, otherwise, it is decoration for the bourgeoisie. I am 100% behind the protesters, but I am 100% against the looters and far right/left stone throwers," said Mr Duhan.

"I am 64 and not very mobile, but I do help out and support. I produce my artwork which is posted by the yellow vests and presented on the roundabouts," he added.

The protests have grown since November, seeing hundreds of thousands take to the streets across France. The yellow vest was chosen as a symbol because all motorists had been required by law to have high-visibility vests in their cars when driving.

Mr Duhan is from extremely creative stock. His brother Johnny Duhan is a songwriter famous for the song, The Voyage and his other brother Mike, is famous for his sculpture "The Dockers Monument" on Spokane Walk, opposite Bishop's Quay in Limerick. He described tension as "palpable all over France".

"It's deeply intense, like the All-Ireland final in hurling, Gaelic

football and the English Irish rugby matches all rolled into one," he said.

"People are more angry than frightened. The genuine protesters feel that justice is on their side," he said.

Many of these protests have seen violent clashes with police, with thousands being arrested, hundreds injured and one person dead.

Mr Duhan says the violence is due to a minority of protesters and looters, and that majority are peaceful protesters without political links.

"I don't think that more than 1% maximum of the protest falls into the far right or left lunatic fringe, the ones who throw things at the police.

"The yellow vests are not a homogeneous movement but they all agree on one thing, the arrogance of Macron," he said.

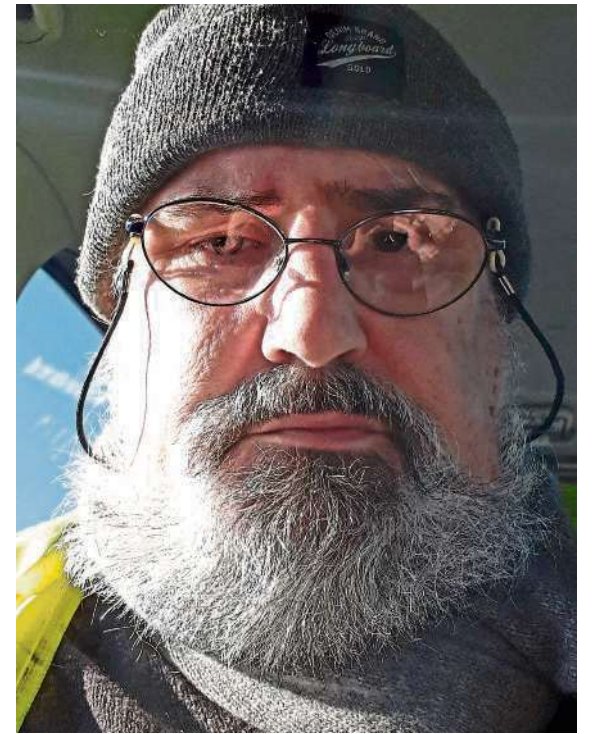
The Limerick artist believes that the protest could result in a change at the head of the French Government.

"This is a real revolution, do not be fooled into thinking otherwise.

"I am sure that Macron will try his best to spend his way out of the problem but I do not think it will work, it has gone too far," he said.



Below: Limerick born artist Eric Duhan and left and below again, his take on the yellow vest protests which have caused upheaval across France



Early school leaver Hayleigh wins top accolade

RYAN O'ROURKE

ryan.orourke@limerickleader.ie

Hayleigh Nugent, a student from Garryowen who achieved the top marks in Ireland in this year's Leaving Cert Applied (LCA) was presented with the Fergal Quinn Award at the Leaving Cert Applied National Conference in Athlone recently.

Hayleigh, who got 98% in the overall grade, was joined at the LCA National Conference by her family and staff from Limerick Youth Service (LYS) where she studied.

Hayleigh explained what led her to the LCA course.

"I left school in Fifth Year as I just didn't feel it was for me at the time," said Hayleigh.

"However, when I'd go for job interviews I would always be asked did I have my Leaving Cert and I started to feel I was missing out on something," she added.

After doing some research on the educational opportunities available to her, Hayleigh enrolled with LYS' former Abbey Youth Local Training Initiative in 2015 and from there, her pathway led to the LCA programme at LYS where she studied a variety of subjects, citing Maths and IT as her two favourites. Delivered over a two-year cycle, the LCA focuses on the talents of each individual student and helps them apply what they learn in the real world.



Hayleigh Nugent with the Fergal Quinn Award. Also pictured are Rachel Clifford, Claire King, James Connery, Noreen Murphy, Ian MacNamara, Sarah Clohessy and Graham Quantrell

Hayleigh was full of praise for the LCA programme saying that "more young people should be made aware of it (LCA) as a course option after their Junior Cert."

"I loved my time with LYS. The staff were very supportive and always encouraged us whether in class or during our placements," she said.

Hayleigh is currently studying Child Care in Central College Limerick and plans to study for a BA in Early Childhood Care & Education.

"My dream is to become a teacher and with the LCA programme I've just chosen a different way of getting there," said Hayleigh.

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New Sino dealer for Limerick and Clare

Isuzu Dealer



Clara Neary, 5, Ballybrown: Clare's picture depicts her best friend since Montessori, Elva. A niece of famous local artist Keith Hurley, Clara's mum Jean says that "she is going around telling everyone Keith is not the only award winning artist!"

Art coming from heart

'Someone Special', a competition held by the Childrens Grief Centre came to a close, with youngsters receiving their prizes

Pictures: Dermot Lynch **Words:** Nick Rabbitts



Right: Aaron Brohan, St Anne's Primary School, Ennis, with his father John

Like father, like son: The youngster printed his hands for his winning entry!

Left: Adam O'Leary Hanlon, 10, from Weston, a student at the Model School

'A picture of me on my grandfather's shoulders': Adam said: "It was taken a very long time ago when I was perhaps three. He sadly died when I was five. I received support from the Children's Grief Centre for it, so it's very cool to win something from them."



Ava Conway, 12, from the South Circular Road, and a student of the Model School

'She is very cute': Ava has had her pet dog Missy, a bijon frise for eight years, and paid tribute to her through her lovely painting. "She is small, but a lot of fun. She is very cuddly," says Ava.



Adam Gleeson, Essilor, sponsors, Katrona Morgan, fundraising Anne Fitzgerald, artist and judge, Senator Maria Byrne and Olive Foley, Grief Centre patron

Candid Comment

By SPARTACUS

● Only a handful of people turned out for a public meeting on crime this week. While crime, antisocial behaviour and garda resources are consistent talking points in communities across Limerick, just four members of the public took the chance to attend the Limerick Joint Policing Committee on Monday night. Spartacus wonders if the arrival of 27 probationer gardai for Christmas has made that much of a difference?

● There has been a lot of comment since the Leader featured a call by former secretary general of the department of finance, John Moran, for the council to take over the operation of Bus Eireann services in the city. It prompted strong reactions from unions and bus users in particular. Whatever about the debate, Spartacus thinks Bus Eireann should have proper signage on bus stops explaining where the different numbered buses will bring you.

Last week on a bus we noticed a lot of people, some foreign students, asking the bus driver, where they were going and where they should get off. So, better signage and maybe the traffic wardens and gardai could get tough on people parking their cars illegally on bus stops and in bus lanes.

It is hard enough for the drivers to do their job without having to negotiate an obstacle course as they do so.

● An important meeting on pollination and clamping down on pollution was convened at County Hall this week.

Cllr Elenora Hogan called for recycling bins to be placed in the city and, much to councillors' delight, the council stated it is rolling out "smart bins" that will issue alerts when they are full. Though small, this is a practical gesture being led by the council. But big change must be influenced at a local level,

Spartacus reckons, as the public need to take up the mantle here. But litter continues to be scattered in prominent places, such as bridges, bus stops (where there are large bins) and rubbish-laden streets after busy social nights. And we have been warned that our perilous actions are contributing to climate change and extinction of species.

Unfortunately, these inept people won't be extinct any time soon, so it's time to look to and be inspired by those who lead the way. There is a gentleman who, almost every day, sweeps and scrapes the pavement outside the Augustinian Church on O'Connell Street. This little gesture is vital, and well done to whoever follows suit.

● While we're on the issue of litter, here's one for you. A young lad told Spartacus that he was 30 cents short for the very reliable 304 bus, so he was naturally stuck. Averting all social interaction, he decided to check the ground for loose change. After scanning the bus stop like a metal detector, he found €1 in coppers. Success... except for missing the bus.

● The UL Hospitals Group has engaged in a bit of a war of words, indirectly, with the vocal Sinn Fein senator Paul Gavan, who scathingly attacked University Hospital Limerick for allegedly "turning a blind eye" on bullying.

It was quite the aberration when a spokesperson accused the senator of making "sweeping statements" on the record in Leinster House. This statement came just hours after the UL Hospitals announced a new policy of using "plain English" in communicating with patients.

Spartacus welcomes this cat fight as it's important that you, the public, get both sides of the story. Let's hope we get some plain English on their winter initiative plan...whenever they decide to announce it.



John Roche, 10, Mounccollins, of Meenkilly National School

"A tribute to my brother David": John wrote a heart-warming poem in memory of his brother, who tragically died when he was younger. John himself received support from the Grief Centre.



Conor Lane, 10 years old, from Mountcollins is a student of Meenkilly National School

'She was really nice to me': Young Conor paid this wonderful tribute to his late Nana, a sunshine in the sky. He remembered that "she always put sugar in my cups of tea!"



Oisín Walsh, 11, Caherdavin, a student of Christ the King National School

'He was very fun': Young Oisín drew this picture of his late grandfather Simon. "He was very fun, we'd always mess around. But sometimes he would be serious too!"

Get your house cleaned in the 'nip' of time

DONAL O'REGAN

donal.oregan@limerickleader.ie

A CHEEKY new Facebook page called Butler in the Buff Limerick has been set up this month.

Everybody wants their house looking spick and span for visitors over Christmas. This unique service could be the answer.

"Why not treat yourself? I will come to your home and will cook / clean / dust / Hoover - do whatever household chores you see fit for 30

minutes while in the buff. Get your house cleaned while you enjoy the view," was the invitation written on the page.

It costs €50 for 30 minutes. He is available in the city and county. There are two provisos - no group sessions or camera phones allowed.

The post has received 184 comments and 59 shares to date. Mr Butler in the Buff Limerick has been taken aback with the response.

"To the people who have messaged me with enquiries / booking requests / about pics please be patient, I will respond to you all over the coming days. I've a lot going on at the mo but I'll get there. I wasn't expecting to be so popular," he wrote.

One person wrote, "We need pics to see what's really on offer". While another said, "The boom is back". One lady joked, "I might get him to do the windows. Poor lad be freezing up on a ladder in this

weather".

Mr Butler in the Buff Limerick is set to be even more popular after a story went up on the Limerick Leader website on Monday. Many of those commenting on the Leader's Facebook suggest it would be a great Christmas present. As the identity of Butler in the Buff Limerick is not revealed on his Facebook page one person asks another, tongue in cheek, if this is what they are doing when they are "working from home".



Get your house cleaned by a man in his birthday suit

Limerick wins five gongs at Euro awards

NICK RABBITTS

nick@limerickleader.ie

LIMERICK has won five prizes at a major European business awards ceremony.

The city has enjoyed unprecedented success at the annual European Cities of the Future Awards, a ceremony backed by FDI Intelligence, a specialist division from The Financial Times newspaper.

Among the honours claimed by Limerick were its victory in the 'Ones to watch' category. It also won separate bespoke awards categories,

'Development Plan', 'Education, skills and training', 'Encouraging innovation', 'Incentives' and 'Project wins'.

Mayor James Collins said: "This is further international recognition of the remarkable transformation in Limerick. The award is for city of the future and five years ago we as a Council looked into the future to see what type of Limerick we would like to have in 2030. The aim was to create 12,000 jobs in 15 years. Those 12,000 new jobs have been created in just five years. There has been over €1bn invested in Limerick's economy. We

are partners in pilot projects to make Limerick a Smart City that maximises technology, and clean energy."

Council chief executive Conn Murray added: "This is another benchmark moment for our city. Being selected as the winner of the 'One to Watch' category, in particular, is a head-turner for us when it comes to the FDI market - awareness as to what Limerick offers. There's an ambition and hunger about Limerick today in that it rightly wants to be a city that is considered to be among the most attractive in Europe when it comes to inward investment."



Maureen Sparling with Cllr John Gilligan and Cllr John Costello at the launch of her book, Under the Upside-down Saucer

Under the Upside-down Saucer: A hit from Maureen!

EUGENE PHELAN

eugene.phelan@limerickleader.ie

OLD values, love and greed are among the themes explored by acclaimed Limerick writer Maureen Sparling, whose latest book with the delightful title of Under the Upside-down Saucer has just been published.

The book is Maureen's twelfth publication in a collection that also included the equally fascinating title Ten Lamb Chops for a Pound.

Over the years Maureen has won many plaudits for her different literary pursuits and her work is for the most part concentrated around poetry and short stories with a few novels thrown in for good measure.

Her latest offering includes some wonderful illustrations from the very talented Patrick Collins.

A teacher for many years, Maureen was one of the main champions who campaigned for a life-sized statue of the Bard of Thomond, Michael Hogan, which was erected adjacent to King John's Castle.

Two novellas are included

in her latest book. The first, Victorious in Life's Battle, concerns the story of a young man who refuses to be moulded into the same shape as his rich and very popular father. As he tries to find his own way in life, plough his own furrow, he heads for England while still a teenager.

The second is titled Bertha the Bovine Wonder, and features a beloved bovine, born with only three legs, much to the inquisitive wonder of the villagers in Corofin, County Clare, an area Maureen knows only too well.

Poetry is Maureen's first love, and as she explains in the book, she began writing in 1990 after a visit to the Silvermines in county Tipperary, with her very first two lines of poetry crafted in recognition of the beautiful Tipperary countryside.

"Carpeted square of pastures green, such fine lush grass I've never seen," she writes.

This was the start of it all and Maureen is still going strong 28 years later. The book is in O'Mahony's and all good local bookshops.

Mayor launches annual coal appeal

NICK RABBITTS

nick@limerickleader.ie

MAYOR James Collins has launched the traditional coal appeal to help some of Limerick's neediest families this festive season.

More than 1,000 people have already applied to the scheme, known as the mayor's coal appeal.

"It's a tradition that's quite unique to Limerick," he said, "It's unfortunate that we have to do this, but it's a reality of the times we live in."

As part of the appeal, local businesses donate money to the mayor's office, which is then used to buy coal and fuel for people who most need it to keep their homes warm over the Christmas season.

"We'd prefer if Limerick was in a situation where we didn't have to do this. But it's a necessity and we do," Mayor Collins said, "It's nice that we can. We are thankful to businesses who are able to make donations."

Limerick's first citizen is urging businesses to continue to step up to the mark, in order that more Limerick people can be helped.

"We'd love it if we were able to do a bit more," he said, "We've had phenomenal demand from people who need that little bit extra help at Christmas."

Applications are still open for the mayoral coal appeal.

If you would like to apply for support, you can contact the mayor's office by telephone at 061-407347, or on email at mayor@limerick.ie



Mayor James Collins has launched the annual coal appeal, which has had 1,000 applicants so far PICTURE: ADRIAN BUTLER

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The cost of an individual BPro test is €50 per adult with a 10% discount (€90) for a couple.

There is also a 20% discount for groups of 12 or more people e.g. Sports Clubs, Business Screening etc.

Heartfelt Cardio Screening will bring the BPro to the following venues during the next few months. Appointments are essential and are available from 11.00am until late.

Tuesday 18th December - Radisson Blu Hotel, Ennis Road, Limerick

Wednesday 19th December - Rivercourt Hotel, The Bridge, John St., Kilkenny

Wednesday 9th January - Clonmel Park Hotel, Clonmel, Co Tipperary

Thursday 10th January - Radisson Blu Hotel, Ennis Road, Limerick

Thursday 17th January - Rivercourt Hotel, The Bridge, John St., Kilkenny

Tuesday 22nd January - Clonmel Park Hotel, Clonmel, Co Tipperary

Thursday 24th January - Radisson Blu Hotel, Ennis Road, Limerick

Thursday 31st January - Rivercourt Hotel, The Bridge, John St., Kilkenny

For further information or to make an appointment, please contact:

Anna on 0864135555 or Jimmy on 0862566422

Email: heartfeltcardioscreening@gmail.com

Website: www.bproheartfeltcardioscreening.com

LIT welcomes book donation

Domestic abuse charity donates books to LIT

RYAN O'ROURKE

ryan.orourke@limerickleader.ie

HAVEN Horizons, a charity which focuses on the prevention of domestic abuse, has donated a series of books on the topic of gender-based abuse to the library at the Limerick Institute of Technology.

To mark the end of the '16 Days of Activism against Gender-Based Violence 2018', Haven Horizons handed over the books to the Genders and Sexualities research group at LIT.

Dr Patrick Murray, Head of Research and Technology Transfer at LIT welcomed the donation.

"LIT is delighted that Haven Horizons has agreed to donate 30 books on topics relating to the prevention of gender-based abuse. This additional database of information will further strengthen our scholarly activities within the Genders and Sexualities research group at LIT led by Dr Lisa O'Rourke Scott."

Madeline McAleer, Research and Development Director Haven Horizons was delighted to be able to give the donation.



Presenting the books. Sean de Bhuilbh, LIT library, Madeline McAleer, Haven Horizons, and Dr Lisa O'Rourke Scott, LIT PICTURE BY ALAN PLACE.

"Haven Horizons is delighted to be working in partnership with the Genders and Sexualities Research group at LIT and to donate books on gender-based abuse to the library," said Ms McAleer.

16 Days of Activism Against Gender-Based Violence is an international campaign to challenge violence against women and girls. The campaign runs every year from November 25, the International Day for the Elimination of Violence against Women, to December 10, Human Rights Day.

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Can Save your Life



Left the fourth year and MA students of Journalism at UL who produced the paper, plus invited guest, and above, Frances Watkins, Voice editor PICTURES: OISIN MCHUGH/TRUE MEDIA

Giving a Voice to 'stories of people behind the headlines'

Media: Eleventh edition of the Limerick Voice is launched at University by journalism students

THE Limerick Voice student newspaper has looked at the 'ordinary people living extraordinary lives' in its latest edition, according to its editor.

The eleventh edition of the paper, distributed with last weekend's Limerick Leader newspaper, was produced by fourth year and MA students of Journalism at University of Limerick.

Professor Helen Kelly Holmes, Dean of Arts Humanities and Social Sciences was on hand to launch the latest edition of the Voice last week in UL.

The paper prominently features the courageous story of Vicky Phelan and her ongoing campaign after uncovering the CervicalCheck scandal and also reveals how 200 men have sought help from Rape Crisis Mid West in the past five years.

Limerick Voice Editor for 2018, Frances Watkins, said the students wanted the paper to "focus on people and their stories" and has done so on its pages and on its website, which has been live since September, covering daily breaking news and sports stories.

"Many readers will agree that 2018 has certainly been a historical year for Limerick," she said.

"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 nationally, but internationally, too.

"This edition aims to bring you stories about the people behind these headlines," Ms Watkins explained.

Other stories featured include an investigation into the number of reported sexual assaults in Irish third level institutions; the latest trolley figures at University Hospital Limerick and one man's experience of living in Direct Provision accommodation.



Limerick has made headlines not only nationally, but internationally too

FRANCES WATKINS, EDITOR OF THE LIMERICK VOICE

Limerick's historic success on the sporting field is celebrated in the sports page in a special interview with All Ireland winning brothers Tom and Dan Morrissey Junior All-Ireland Winning footballers and sisters Olivia and Martina Giltenane.

The Limerick Voice also celebrates the power of community spirit with four pages dedicated to stories about people and projects in Limerick's regeneration areas.

Limerick Leader editor Eugene Phelan said at the launch that the newspaper was "very proud to be associated with this fantastic project again this year."

"It is great to see the end result of a lot of dedicated work put in by the journalism students at UL and they have produced a very strong paper again this year with plenty of excellent stories," he said.

Speaking at the launch, Mr Phelan commended the students involved on their hard work and offered some career advice, stressing that despite the decline in the industry, there will "always be jobs for journalists' as people had a craving for news and in particular news sources they could trust.

Also speaking at the launch Professor Holmes, said the Limerick Voice - and its website - was "the capstone project for our Journalism students; it is the 'icing on the cake' of their educational



Federica Montella, Frances Watkins and Rebecca Laffan of the Limerick Voice with Alan Owens and Eugene Phelan of the Limerick Leader

and professional development, where they get the chance to bring all of their accumulated skills and learning together.

"I am constantly amazed at the quality that they produce, and this year is no exception. It is the very best kind of learning-by-doing and shows them that they can make it in the profession."

UL Head of Journalism, Mary Dundon, said the production of Limerick Voice on a multi-media platform provided the students with important practical skills.

"The editors of local and national media have told us that they need graduates with good analytical skills who can write across a range of digital platforms - we are producing those graduates at

UL," she pointed out.

UL Course Director in Journalism and New Media, Kathryn Hayes, who oversaw the project, said the experience of working on Limerick Voice provides vital real life experience for students entering the highly competitive journalism jobs market after graduation.

"Experiential learning is a key element of our journalism teaching in UL and working on Limerick Voice means our students now have experience of the skills required to run a news website and bring a newspaper from concept to print," she said. "We are particularly grateful to the Limerick Leader newspaper for their continued support of this project," she added.

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Senator Kieran O'Donnell



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ADVICE CLINICS FOR DECEMBER

Friday 14th December

- 1.00pm St. Munchin's Comm. Ctr., Kileely
- 1.45pm Woodfield House Hotel, Ennis Road
- 2.30pm Greenhills Hotel, Caherdavin
- 3.15pm Browne's Pub, Parteen
- 4.00pm O' Driscoll's Pub, Corbally
- 5.00pm The Hurler's, Castletroy

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Always involve yourself in the household finances

I was approached by a woman in a shop last week who recognised me, and we began a conversation which started off about a mutual friend of ours. She later admitted that talking about that person we had in common was just an excuse to approach me – she really wanted to talk about her finances.

When we started talking, I noticed right away she had an unsettled look on her face - something troubling her.

She began by saying how overwhelmed she had been feeling in recent months, from having to deal with financial matters, something she never had to deal with or face in the past, but that all changed eight months ago, when her husband of 20 years, passed away unexpectedly at the age of 52.

You see, ever since they were married he had looked after anything to do with their finances.

There were no immediate cash flow problems, but she initially found it very difficult changing bank accounts and letting utility providers know everything now had to be in her name. These were small things she needed to do, but aside from the challenge in doing them, she said it was very difficult emotionally for her. Even though it was just name on a piece of paper, not seeing his anymore was very painful for her.

When the first bill arrived with just her name on it, she said two things happened (1) she didn't stop crying for two days and (2) when she did, it dawned on her she was now responsible for her financial affairs and that worried her because when it came to money, she admitted she didn't know very much.

She was clueless about charges,

online payments, social welfare entitlements and so on. She knew her husband had investments, but didn't know what they were or how they were doing. How would she know this, and what type of account would suit her?

She had a raft of questions that were keeping her awake at night, and she knew she needed answers to them. But trying to find that starting point and that person to help her was where she was coming up short.

Regardless, of your age, you are never too young to know about your partner's finances. It's a lesson I keep telling my own girls; when they are older, never become financially dependent on anyone and always be involved in the decision making and running of your household's finances.

Ignorance isn't bliss when it comes to money. What if their partner dies, contracts a serious illness, becomes incapacitated, or even if they leave them for someone else. What then?

A client of mine is very particular about his finances and one area he pays a lot of attention to, is exactly what I have been talking to you about i.e. he looks at 'what if scenarios' and one of them is his death or inability to work if he contracted a serious illness.

They had the uncomfortable conversation, which was fine by the way, and afterwards he put together a file, listing all his different accounts and who they were with, life policies, benefits paid from his employer, names and numbers she should contact in the event of his death.

I'm on that list, and he said Liam, you have no idea how comforting it is to know my wife can call you if anything



Never become financially dependent on anyone



DID YOU KNOW?

The Rubik's Cube is the biggest selling single toy of all time, with more than 350 million sold since its launch in 1980.

happened to me, and you will help her with our finances. It is beyond reassuring for me.

Some might think it's a bit over the top putting a file together and listing what the next steps should be in the event of your death, but it's really not.

This gentleman does it because he loves his wife and young daughter. They are his everything, and he wants to make sure if anything happened to him, financially they would be fine, that's all.

I encountered a family of five earlier this year, where the father had contracted cancer. He was going through some pretty rough treatment, and even if successful, the long-term prognosis wasn't clear. They never had the 'what if' conversation and maybe they both chose to ignore it because they wanted to stay positive.

I understand that, but unfortunately he suffered a heart attack and died unexpectedly.

The financial mess, she was left to deal with was incredible and is still ongoing and is taking its toll on her and her young children – it's truly awful.

So, let me leave you with a question.

How would your partner deal with your finances if anything happened to you? Have they a trusted person they can get advice from?

So you need to front up. Have the unpleasant conversation that if anything was to happen this is what you need to do, this is who you need to speak to, this is where you will find this investment or life policy.

If you're into making financial resolutions, please make this your number one for 2019, it's more important than you realise.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I want to gift a site I own to my son, so he can build a house next year. If I do, are there any implications for either of us? Thanks, Steven.

A: Ordinarily, you would be liable for capital gains tax if you sold or transferred a site, even if you received no payment in doing so.

The sale or transfer are deemed to be sold at market value and capital gains tax (CGT) which is charged at 33% is charged on that value.

However, you can escape having to pay CGT in this instance if certain conditions are met:

The site you are transferring is being used by your son to build a house that is going to become his principal primary residence, where he will reside in it for a minimum of three years.

The site does not exceed one acre in size.

The market value of the site is not over €500,000

If your son, didn't build a house on the site you gifted him, or if he did, but sold it 12 months later, the CGT exemption you availed of when gifting the site becomes liable in both scenarios, but must be paid in this instance by your son, and not you.

If he does accept the site he must be sure of planning permission, as if he didn't get it, he would be liable to pay the CGT bill.

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Four firms share in disruptive tech funds

Services: Local scientific firm secures over €8m of a boost

NICK RABBITTS
nick@limerickleader.ie

FOUR cutting edge companies across Limerick have shared in €17.2m funding for so-called 'disruptive technologies'.

Of these, Raheen-based company Curran Scientific has received the highest allocation of €8.4m.

The firm, headed by Gencell founder Dr Kieran Curran, has been given the sum for a project on the replacement of viruses in the treatment of genetic conditions.

Cala Medical, based at the University of Limerick (UL), has received €5m for a disruptive technology it is trialling for the treatment of sepsis, psoriasis, arthritis and Chron's disease.

Another UL based firm Hooke Bio has secured €1.9m for a new drug screening platform it is developing in conjunction with Cork Institute of Technology and NUI Galway.

The fourth and final project getting money under the Disruptive Technologies Innovation Fund is E-Bambi, which is being spearheaded by Stryker based in Limerick.

Being given €1.9m the project will develop biocompatible, metallic components for the medical device industry, focusing on the creation of implants.

Senators Kieran O'Donnell and Maria Byrne have both welcomed the multi-million euro boost, which was announced this Monday.

"This fund is about ensuring that Ireland - especially Limerick and the



Mid-West region - can stay ahead of the game to secure the jobs of the future.

"It's the first of its type in the world, and its targeted towards tackling national and global challenges to future-proof our economy," Mr O'Donnell said.

Ms Byrne added: "The government already has plenty of support programmers through SFI, the IDA,

Dr Kieran Curran, of Curran Scientific in Raheen, won a lifetime achievement award from Chamber president Dr Mary Shire at the Chamber president's award earlier this year PICTURE:

SHAUNA KENNEDY

Enterprise Ireland and InterTrade Ireland. But never before have we had a fund to support company-to-company collaborations working with public research bodies. I'm delighted Limerick will benefit from such an initiative."

In total, 27 projects nationwide will share in some €75m worth of funding under this scheme, the first of its kind in the country.

Collins welcomes VAT plan

FIANNA Fail TD Niall Collins has urged local charities to make preparations to avail of a new VAT compensation scheme, launching in January. Mr Collins was speaking after a parliamentary question answered by Finance Minister Paschal Donohoe confirmed its start.

"Fianna Fáil has been calling for the establishment of a compensation scheme for charities for quite some time and was to the fore in



Niall Collins: initial €5m to be refunded to charities

securing the inclusion of the scheme in the Budget over a year ago. I welcome the fact the preparations for the scheme are at an advanced stage and that an initial overall fund of €5m will be available to be refunded to the charitable sector in 2019 in respect of their 2018 spend."

Traders urged to go online

LIMERICK traders are being urged to develop their online shopping presence after the lifting of geo-blocking.

The call has been made by Ireland South MEP Deirdre Clune, who has welcomed the lifting of the practice, which sees territorial licensing restrictions in online and offline transactions of physical goods. In simple terms, it can stop customers in one country accessing web sites in other countries.

"We are living in a digital age and it is so important with the amount of competition in the market now that retailers ensure they have an effective online offering. The figures show that Irish consumers are spending a lot of money online and with the festive season now in full swing it is vital that retailers ensure they are fully prepared," Ms Clune said.

Jewellers win Tidy Towns award

LIMERICK Tidy Towns has presented its final monthly award of the year to Keanes Jewellers, for its shop at O'Connell Street-William Street junction.

Maura O'Neill, Limerick Tidy Towns, said the committee this month focused on businesses which had fetching festive lights and decorations.

"For many years Keanes shop frontage has been one of the most attractive in the city and adds greatly to the wonderful appearance of the heart of Limerick's retail district at Christmastime, especially given their very prominent corner location at the junction of William Street and O'Connell Street.

Even at other times of year, it is a beautifully maintained attractive building, so this award is fully-deserved and we are delighted to acknowledge the effort they make," she said.

The landmark jewellery retailer is



Maura O'Neill, Limerick City Tidy Towns with Keanes Aidan Lyddy PICTURE: BAOYANZHANG/ILOVELIMERICK

marking its 70th anniversary of trading, having started out as a watch and clock repair shop in Cork back in 1948.

Keanes also has a base in Killarney, Co Kerry.

The firm becomes Limerick Tidy Towns 11th and final monthly winner for 2018 following St Michael's Rowing Club in January, Foot Solutions in February, La Fromagerie, Catherine Street, in March, Portleys Bar in April, Be Your True Self in May, Jack Mondays Coffee House in June, the Limerick City Council Parks Department in July, Flanagan's Town House in August, Noonan Dental Care in September and The Life Centre in October.

All these are in with the chance of winning this year's overall prize at the Tidy Towns Group's annual event to be held early in 2019.

If you wish to volunteer with Limerick City Tidy Towns they meet every Sunday morning at 11 am at the corner of Thomas Street and O'Connell Street.

For more information and to volunteer, please visit www.limericktidytown.com, or email limericktidytowns@gmail.com

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BY KEEVA DELANEY

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Interview date:
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'More tackle boxes, less X-Boxes' as anglers hold Christmas event

NICK RABBITTS
nick@limerickleader.ie

IT was a case of fishing for success off the Shannon as the Limerick Anglers Association held its annual Christmas competition.

Doon Lake in Broadford, Clare, was the venue, and a number of hardy souls were present, in spite of chilly temperatures and frequent showers.

The catch of the day was small pike, and angling group manager Mikey Kiely reported: "Everyone went home happy, every child got a prize regardless, as the effort of turning out alone today was worth something."

The turnout was a bit down in numbers but the Munster game clashed with the group, and some Christmas parties being held also had an effect on the amount of anglers.

Limerick and District Anglers Association has a long tradition of pike fishing in the winter months, coinciding with the salmon closed season.

Mikey added that in an effort to attract some new members, the club is trying out a few different initiatives.

He said: "The Shannon is on our doorstep and it is a wonderful amenity and should be enjoyed in every way possible.

"Besides angling, it is important to teach our young members to respect and value their environment. Being able to catch a fish is just a small part of the overall experience of learning watercraft, understanding various weather conditions and to be safe and very aware that the water must be



The fishermen (and women) with their prizes: Triona Hannan, Holly Hannan, Jack Kiely, Ronan Hannan, Conor Cahill and Kieran Kelly PICTURES: MIKE KIELY

respected at all times."

He said one of the club's key mottos is "more tackle boxes, less X-Boxes".

"We want to help our kids get outdoors and enjoy nature and all it has to offer. Being outside in the open and enjoying what our beautiful place has to offer is conducive to creating positivity and general wellbeing in any person," he said.

Next month, the club will start a pike fishing league, and new adults and junior members are welcome.

All are welcome: call 087-6926510 for more information.



Peter Hannan presents his son Ronan with his winning hamper for finishing first place in the junior section



Lone laker: Kieran Kelly



Peter Hannan presents Thomas Hogan with first overall prize



Sisters Holly and Triona Hannan sitting on the Limerick Anglers Club boat

P O'CONNELL

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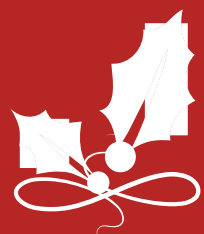
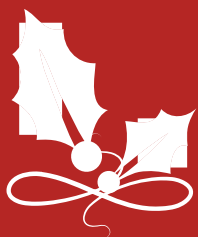


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Limerick hurlers, Andrew La Touche Cosgrave and Mike Casey, with junior infants, Rosie, Ethan, Edward and Zoya

Out & About

LIMERICK SCHOOL PROJECT LIAM MACCARTHY CUP VISIT

Pictures: ADRIAN BUTLER



First class students, Soniya and Grace



Best of buddies: Matthew and Karin also from first class



Limerick hurlers, Mike Casey and Andrew La Touche Cosgrave with twins from junior infants class, Alex and Josh and of course the MacCarthy cup



Limerick hurler, Mike Casey with Robert, Lucy and Robert Flahive



LEFT: Limerick hurler, Andrew La Touche Cosgrave with first class pupils, Lillian and Caoimhe and the famous cup

ABOVE: Limerick hurler, Mike Casey with junior infants, Areesha and Soha

RIGHT: Limerick hurler, Andrew La Touche Cosgrave with Danny from 6th class



Limerick hurler, Mike Casey with sisters, Emily and Holly

Senior infants, Ronan, Holly, Mihrab and Oscar

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



Future hurling stars greet Liam MacCarthy

This week: The pupils of Gaelscoil and Raithín go all-green for the visits of All-Ireland hurling champion Darragh O'Donovan with the Liam MacCarthy Cup

ANTHONY GEOGHEGAN
anthony.geoghegan@limerickleader.ie

THE PUPILS of Gaelscoil an Raithín were treated to an early Christmas present yesterday afternoon.

Instead of jolly Saint Nicholas carrying his sack of goodies, All-Ireland winner Darragh O'Donovan carried the glistening Liam MacCarthy cup to the halls of the Mungret School.

Before his arrival, we chatted with Mungret St Paul

future stars, Grace and Conor clad in the light blue GAA jerseys of their Gaelscoil.

Conor, who plays as a goalkeeper for his school and club and was proud of Limerick's victory, but his roots in County Cork stopped him from being too happy.

"My favourite player is Patrick Horgan, my Dad will probably kill me if I didn't say I was a Cork supporter.

"But, it was great to see Limerick win, there weren't any tears, but when Cork win

it next year there will be more tears, they'll win it next year, they better," Conor reckoned.

While Conor was at home with his family, Grace from fifth class who plays left wing in camogie, was on holidays with her family in Spain watching the final in an Irish pub.

Grace, whose favourite player is Hurler of the Year Cian Lynch, picked up her first hurley three years ago.

"My mam used to play, and

she brought me to one of the pitches, and when we played I really liked it, and it was something I wanted to do," Grace explained.

The young goalkeeper replied: "I've been playing since I was three years old, so about eight years now, my Dad and a lot of my ancestors played it.

"My dad brought me down to his local pitch in Cork, my granddad was the one who gave me a hurley and helmet, and I didn't know what I was

doing at first," Conor added.

The Gaelscoil, who moved into their new state-of-the-art premises last year, have been celebrating Limerick's All-Ireland win, from new players joining the hurling squad to designing posters during ealaín, the school is more than eager to supply the next generation of Limerick hurlers.

"Our senior infants are actually playing it, and they're really enjoying it, we have a priest who comes

down and teach them, so hopefully they will become great hurlers."

"Like us," Conor quipped, causing Grace to snort.

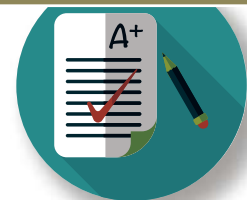
Much to the delight of Conor, Grace and the rest of the páisti, the dynamic Doon midfielder made this announcement during his speech: "I also heard, that there will be no homework this evening!"

O'Donovan's statement was met with rapturous applause.



Left: Fourth class pupils of Gaelscoil an Ráithín in Mungret with All-Ireland winner Darragh O'Donovan and the Liam MacCarthy Cup in front. See weekend Limerick Leader for more on the school visit
Above: Wearing the blue of their school's GAA team, is Brian, Conor, and Grace PICTURES ADRIAN BUTLER

SCHOOLS REPORTS



Arts and Culture



May O'Neill, from Thomond Primary School PICS: BRIAN ARTHUR

Young artists shine in their own exhibition

MARY IMMACULATE COLLEGE launched its Studio Classroom Art exhibition last week, showcasing the artwork of local children from three primary schools in Limerick.

Pupils from Our Lady Queen of Peace, St. Michael's Infant School and Thomond Primary School were beaming at the launch, witnessing their projects on display in the studio.

Since May of this year, the young artists were guided by their teachers and three visual artists Julie

Brazil, Mary Conroy and Sheila Richardson, to develop their art practice through innovative online workshops in their classrooms.

The initiative aims to promote innovative ways for artists, teachers and pupils to engage and respond to art practice.

The unique exhibition includes drawings, paintings, ceramics, and much more, and will be open for public viewing in the Art Room in Mary Immaculate College until January 18.



Acting Dean Angela Canny, with Gaelle Nseka



Makayla Cronin from Thomond Primary School

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

PADDY

"I was in Croke Park watching the final, it was unbelievable the atmosphere was amazing. When we won it, my mam and dad were crying, it was just amazing to be there"



JACK

"I was in my grandmother's house, she was overjoyed when we won it. She grew up with a family that loved hurling and never thought we'd ever win it again"



LIAM

"I was at UL for the tag rugby final in the community games, we won it and then when we went inside and watched Limerick winning the All-Ireland made us happier than us winning in the tag rugby"



JILLIAN

"I was in a hotel out in Ballycove, West Cork, with my family, it was unreal my dad was quite annoyed that there wasn't any commentary in the pub, but we were still really happy"



CLODAGH

"I was in Croke Park for the final, my aunt from Kilkenny won the raffle and got the tickets for us, the last five minutes we were so nervous but it was really great to see them win"



ANNA

"I was at a local pub, there was a great atmosphere it wasn't too packed and I literally jumped into my mam's arms and was crying when they won"





Attending the Mace Catherine Street official opening were Ken O' Connell, Sinead Roche owner of the new Mace shop, Tony Hickey, Mayor James Collins, Mary, Tony and Paul Roche, Shannagolden

Out & About

OFFICIAL OPENING OF THE MACE STORE ON THOMAS STREET/CATHERINE STREET

Pictures: GARETH WILLIAMS



Laura Gavin and Jessica Aherne with Santa



Daniel and Beibhinn Collins, O' Connell Avenue and Claire Markham, Mace



Stephen and Helen Smith, Clarina, Mary and Tony Roche, Shannagolden





LEFT: Sam McCarthy O'Connell, Ardnacrusha with Limerick hurlers Kevin Downes, Shane Dowling and Kyle Hayes

ABOVE: Lauren Walshe and Celeste Cervera, Ferndale

RIGHT: Bernie and Emma Roche, Curraghchase, with Santa



ABOVE LEFT: Kimberly McCarthy O'Connell, Georgia and Leah Hickey and Ashley McCarthy O'Connell, Murroe

LEFT: Aoife Ryan, Declan Ryan, BWG, Caitriona Cousins, Mace and Julieanne Prendergast, BWG



Seamus Woulfe, Attorney General, is flanked by Thomas Wallace O'Donnell and David O'Brien, Limerick Civic Trust, at the Trust's annual Christmas lunch in No. 1 Pery Square



Katie Foy, Yalia Lennon and Louise Riordan

Out & About

LIMERICK CIVIC TRUST CHRISTMAS LUNCH

Pictures: KEITH WISEMAN



Dr Des Fitzgerald, Margaret Fitzgerald and Hugh O'Donnell, Ingenium



Dr James Ring, Ingenium, Mel Cowan, Jim O'Donnell and Hugh O'Donnell, Ingenium



Cllr Bill O'Donnell and Lisa O'Brien



Mairead O'Dwyer, Theresa O'Donoghue, Caoimhe Keane and Ita Flanagan

ENTERTAINMENT

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

Top play for Dolan's stage

THE award winning play *The Morning After The Life Before* is to return to a Limerick stage in 2019, it has been announced.



The play, written by local theatre maker Ann Blake (**pictured**) and directed by Paul Meade, is to be presented in Dolan's Warehouse as part of the Limerick Literary Festival for one night only on February 23. A light-hearted, playful telling of a true story the show is a personal, entertaining tale of weddings, 'coming out' and arguments over who takes out the bins, set in the aftermath of the marriage equality referendum.

Ann Blake said she was "so excited to be returning home with the show for the first time since its opening in Belltable in 2017".

Tickets from www.dolans.ie.

Susie Q's 'powerful message of hope' in new song



Limerick native Susie Q has released a new song and video that offers a powerful message of hope.

Hold On by Susie Q - Susan Quirke, who hails from Oola - features the enchanting violin playing of Colm Mac Con Iomaire and recently hit no.1 in the alternative music category of the iTunes charts. It is also accompanied by an evocative music video that captures the cycle of love and life.

Quirke's debut track **Home**, released earlier this year, received extensive national radio airplay. Susie is also a meditation teacher and has worked in the area of mental health for several years. **Hold On** was written in Spanish Point and she says she felt called to offer a message of hope to those who are struggling.

See www.susieqmusic.com for more details.

LIMERICK LEADER



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Closing Date: 24/12/18



The main stage at last year's All Together Now festival in Curraghmore Estate, Waterford

The National announced as the headline act at All Together Now

THE National are to headline the returning All Together Now festival on the August Bank Holiday weekend next year.

The much loved American band, who are regular and popular visitors to these shores, will headline the returning Curraghmore Estate-hosted festival, which emerged to triumphant acclaim last year.

A spokesperson for the festival said: "Without further ado, we are thrilled to announce our The National will headline the second chapter of All Together Now on 2-4 August. Join us for a weekend of freedom, inspiration and escapism through music, spoken word, comedy, theatre, debate, art,

workshops, feasts of food and bespoke drinks," they added.

The Waterford festival, taking place on the leafy 3,000 acre estate, drew 15,000 revellers last year and was the brainchild of John Reynolds, the founder of POD, who passed away suddenly in October.

It has emerged on the Irish music scene as a welcome addition to the likes of Body and Soul and Electric Picnic. All Together Now will be set across 16 stages, featuring natural amphitheatres, the iconic Spiegel tent, secret woodland stages, the All Together Now Bandstand and more.

See www.alltogethernow.ie/tickets.



Violinists Lucia and Maria play a free gig at the Granary Library on Friday

THIS weekend in Limerick you can catch dancing mice, flying aerialists and some great music acts. It's an utterly packed few days, with only the best shows getting a mention in this week's lineup.

Thursday (Dec 13)

The **Irish Chamber Orchestra** and Italian counter-tenor Filippo Mineccia are at **St Mary's Cathedral** this Thursday with **Night At The Opera**, a night of operatic arias and instrumental music. It opens with the rather fine baroque overture from Handel's *Xerxes*, which was a complete failure when it opened in London in 1738. It ran for five performances and then wasn't performed for another 200 years. These days it's better-regarded but still rarely performed, so it's something of a treat to have it in Limerick. The show will also include more Vivaldi than you can possibly eat. 8pm, tickets are €25 for adults and €10 for students.

There's a rehearsed reading of Katie O'Kelly's **Displace** at the **Belltable** this Thursday evening. As the artist in residence at the Belltable for 2018, Ms O'Kelly has been working on a theatre piece to explore the dark side of Irish institutions from the Magdalene laundries to direct provision. This week is Human Rights Week so it's the perfect time to perform the final script from her year of work. It features two characters navigating through the isolation and violence wrought by a bureaucratic system and is sure to be an eye-opener. Show at 8pm, tickets are €8.

Friday (December 14)

If you feel like seeing two talented violinists perform for free in Limerick, you're in for a treat this Friday, as **Maria Ryan and Lucia MacPartlin** are playing a free show at the **Granary Library** at 6.30pm. Combining trad, folk and classical, the duo were at the core of classical quartet Strung

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Irish Aerial Creation Centre artists perform this Saturday



RIGHT: Jimmy Carr is at the South Court Hotel this weekend



Moxie play Dolan's Warehouse on Sunday

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

before striking out with their own work. They're touring to promote their **Live At The Chapel** album and will be accompanied by Limerick's award-winning folk artist Emma Langford. Definitely worth catching, especially as it will cost you nothing but time.

Network Contact is a weekend exhibition of work in **Lucky Lane** by artists from Limerick's Contact Studios. Sixteen artists will be displaying their wares in the exhibition, which opens this Friday at 7pm and runs till Monday. If you arrive on time for the opening, you can get some free mulled wine. As

everyone knows, art is smart but wine is divine. Free to see.

Comedian **Jimmy Carr** is at the **South Court Hotel** this Friday and Saturday, performing four shows over the two nights. The king of the one-liner has shows at 7pm and 9.30pm both nights and tickets are €39.

They say that Christmas doesn't start until you've seen **The Nutcracker**. Who says that? Mainly people who perform *The Nutcracker*. Ballet Ireland are at the **Lime Tree Theatre** this Friday and Saturday with Tchaikovsky's celebrated Christmas ballet,

featuring dancing mice, gingerbread soldiers and a large doll who occasionally stabs rodents. It's a marvellous production (I saw it in 2016) and is very suitable for children. 8pm both nights, tickets are €25 / €20 concession.

Indie rockers **The Academic** play **Live At The Big Top** in the **Milk Market** this Friday night. The best band ever to come out of Westmeath will be supported by **Whenyoung** and **Inhaler**. Gates at 7pm, tickets are a bargain at €25.

Saturday (Dec 15)

Feile na Carthanas is a mostly-free weekend music festival in Limerick city this weekend. If you caught the **Feile na Greine** weekend in the city last August, you can expect the same sort of funky vibes. It kicks off on Saturday morning at 9pm with the **Big Feile Charity Busk** on Thomas Street, zooms up to the **Wickham Tap** at 2pm for a rattlebag of indie and dance music by JAM DJs and finishes for the day in **Pharmacia** with a set by Belfast indie band **Junk Drawer** at 9pm. Sunday's highlight is the **Unscene Xmas Bazaar** from 5pm onward in the **Wickham Tap**, with performances by **Gadget & the Cloud** and **Le Pizza Galaxie**. Everything is free except for the **Junk Drawer** gig, which will cost you a fiver.

Elf gets a special screening at the **Belltable** this Saturday. Will Ferrell plays a North Pole-raised human who, suddenly discovering that he's not an elf, sets out on a journey to meet his real father. Ferrell's zany antics have made the film a festive favourite since it was released in 2003 and it delivers the Christmas spirit in spades. Saturday's family screening is at 2.30pm. If you feel like watching the film while not surrounded by children, it's also being shown in



The Nutcracker is at the Lime Tree on Friday and Saturday

the **Belltable** on Monday at 8pm. Either screening will cost you €8.

You can catch a full night of amazing aerial acts at the **Irish Aerial Creation Centre** in Gillogue this Saturday. A fundraiser for the centre, the **Flying For Funds** night will feature 16 performances by Irish and international aerial acts. Shows at the IACC are always worth seeing and this one is easily the biggest in-the-air night you will ever have had the joy to see at the venue. It starts at 6.30pm and runs till at least 9.30pm. As a fundraiser, there are different levels of donation from €10 to €50 but a tenner will get you into the entire show. This is the show you shouldn't miss this week as it's likely to be spectacular.

The Riptide Movement play **Dolan's Warehouse** this Saturday night. Their **Plastic Oceans** tour is mainly concerned with pollution in the world's large bodies of water but as they're one of Ireland's better bands, they'll slide the **David Attenborough** commentary in between songs. **Elephant In The Room** is a cracking tune and it's worth going just for it - that way you get an entire bonus gig for free. Doors at 8pm and tickets are €20.

Sunday (December 16)

Dublin quintet **Moxie** continue their quest to make trad cool again by taking over **Dolan's Warehouse** for a night this Sunday. With influences from electro to rock, they're worth seeing any time they visit Limerick. Doors at 8pm, tickets are €15.

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!

BIG NIGHT OUT @

**CHRISTMAS PARTY NIGHT AT THE STRAND
PICTURES:
DAVE GAYNOR**



Claire Meehan, Maria Stanton and Claire Nagle with Santa at a Christmas party night in the Strand Hotel



Maria Skelly-O'Gorman and Kelly Wallace with Santa



Sarah Herlihy, Patricia Duggan and June O'Sullivan



Karen O'Dea and Aishling Madigan



Aoife Daly, Catherine Barry and Caren Carey enjoying the night out at the Strand Hotel



Sarah Gleeson and Aisling Sheahan



Eoin Naughton and Diarmuid Nash



Sinead Buckley and Emma Murphy



Louise Connolly, Sarah Nolan and Sinead Buckley at a Christmas party night in the Strand Hotel



Roisin Clancy and Hazel McDermott



John Harty and Tim Lehane with two of Santa's helpers



Aisling Stapleton and Bernadette O'Donoghue



Lisa Mills and Mairead Lynch



Aoife O'Donnell and Shaiha Fahy



Eimear Ryan with Santa



Pupils from Limerick Educate Together, Aisyah and Isa at Le Chéile National School, Roxboro Road

Out & About

CHESS JAMBOREE AT LE CHÉILE NATIONAL SCHOOL

Pictures: ADRIAN BUTLER



Abbie and Aoife pupils from Gaelscoil Sheoirse Clancy



Pupils from Le Cheile National School, Louiza and Lorraine



Katie, Jadine and Brianna, pupils from Le Cheile National School



Pupils from Le Cheile National School, Ellie May, Mollie and Saoirse



Pupils from Our Lady Queen of Peace, Dawson and Lauren



LEFT: Queen of Peace and Limerick Educate Together taking part in the chess jamboree

ABOVE: Pupils from Le Cheile National School, Lully, Noreen and Indiana

RIGHT: Dion and Sophie, pupils from Our Lady Queen of Peace,



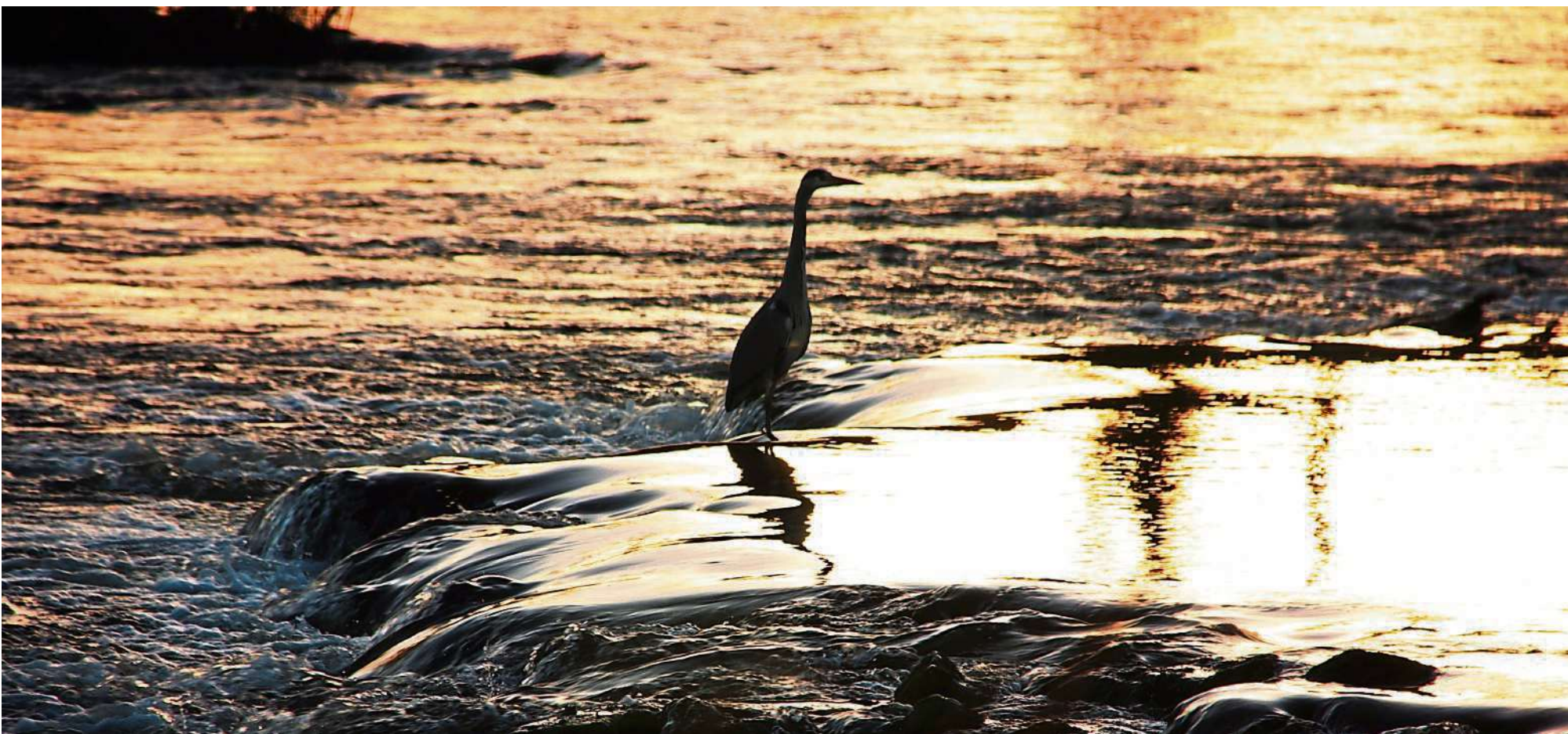
Sean and David pupils from Our Lady Queen of Peace



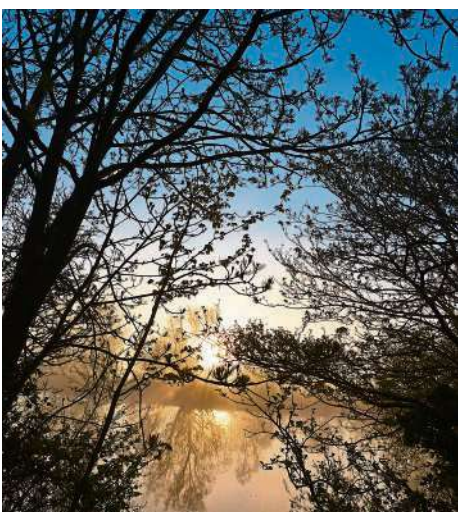
Clancy, Bradley, Leah and Robbie, pupils from Gaelscoil Sheirse



Pupils from Le Cheile National School, Katelyn, Philip, Emma and Shanelle



Christopher Cornwall sent in this wonderful picture taken near Castelconnell



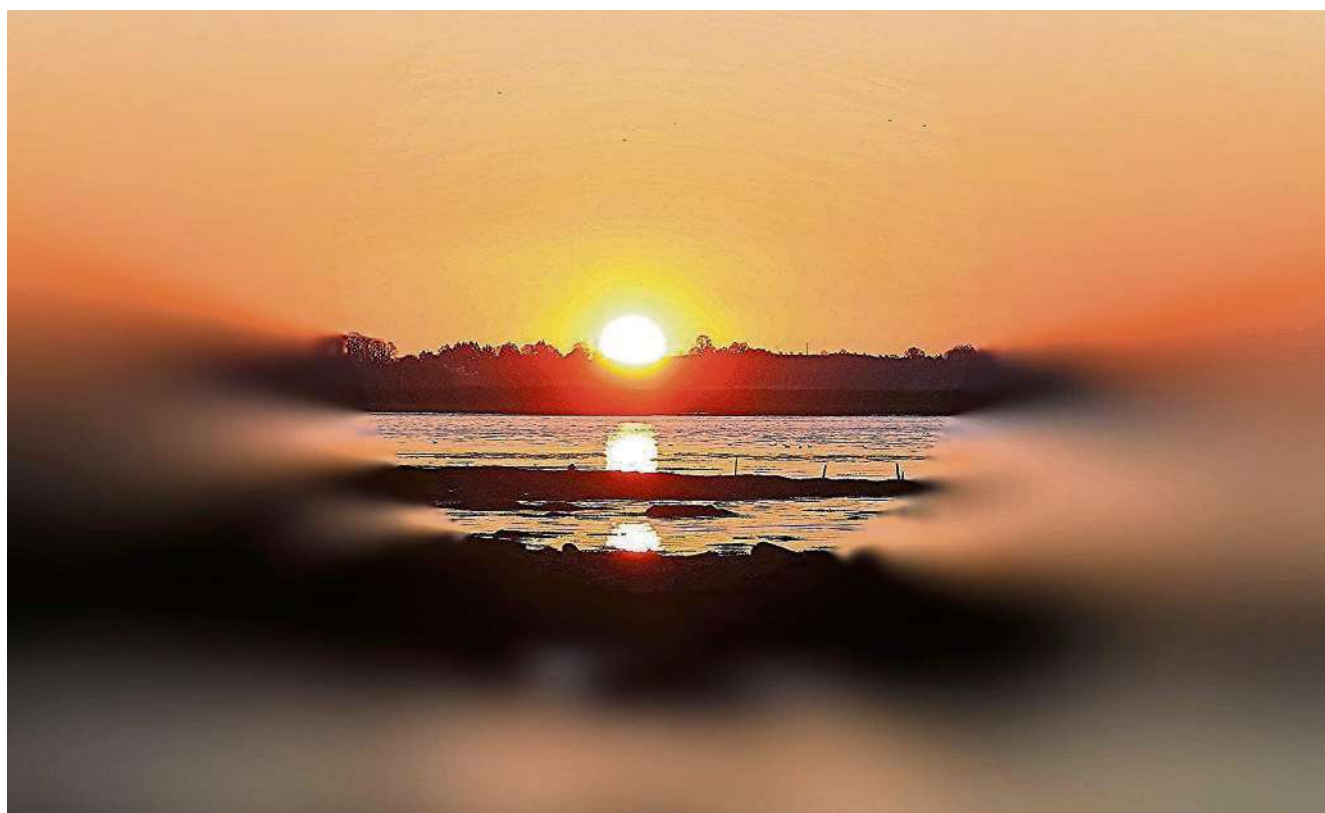
John McGann snapped this early morning shot while on a walk near UL

Readers**Pictures**

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



Aoife O'Donnell sent in this holiday picture of her two lovely rescue dogs Buddy (right) and Sully (left)



Another wonderful nature shot: Sunset on the Estuary taken by Claire Waters

A Day In My Shoes

Bryan and Garry Long

Noels Menswear

Putting on the style at Noel's

Bryan Long

What time do you get up?

7am Monday to Saturday.

What is your normal breakfast?

A banana and a mandarin on my way to work.

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

I was attending a gym twice a week after work but that stopped in October of this year due to work commitments. I intend to start back in January.

You arrive at office at what time?

I arrive in Wickham Street at 8am.

What are your first duties?

Do some analysis on items sold from the previous days in all outlets and write up my to do list.

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

Two to three.

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

I normally eat on site and make a sandwich in the canteen.

Do you have many meetings during the day?

Average one a day and hold them onsite if possible.

What time do you finish up at?

Normally finish by 6.15 or so.

Do you watch much television?

One to 2 hrs per night at a maximum.

Do you read the newspapers?

Everyday the Irish Times and the Limerick Leader of course !

What do you do to relax?

Do jobs around the house in the evening, during the summer I like to potter around the house and keep things tidy.

Are you able to leave the office behind?

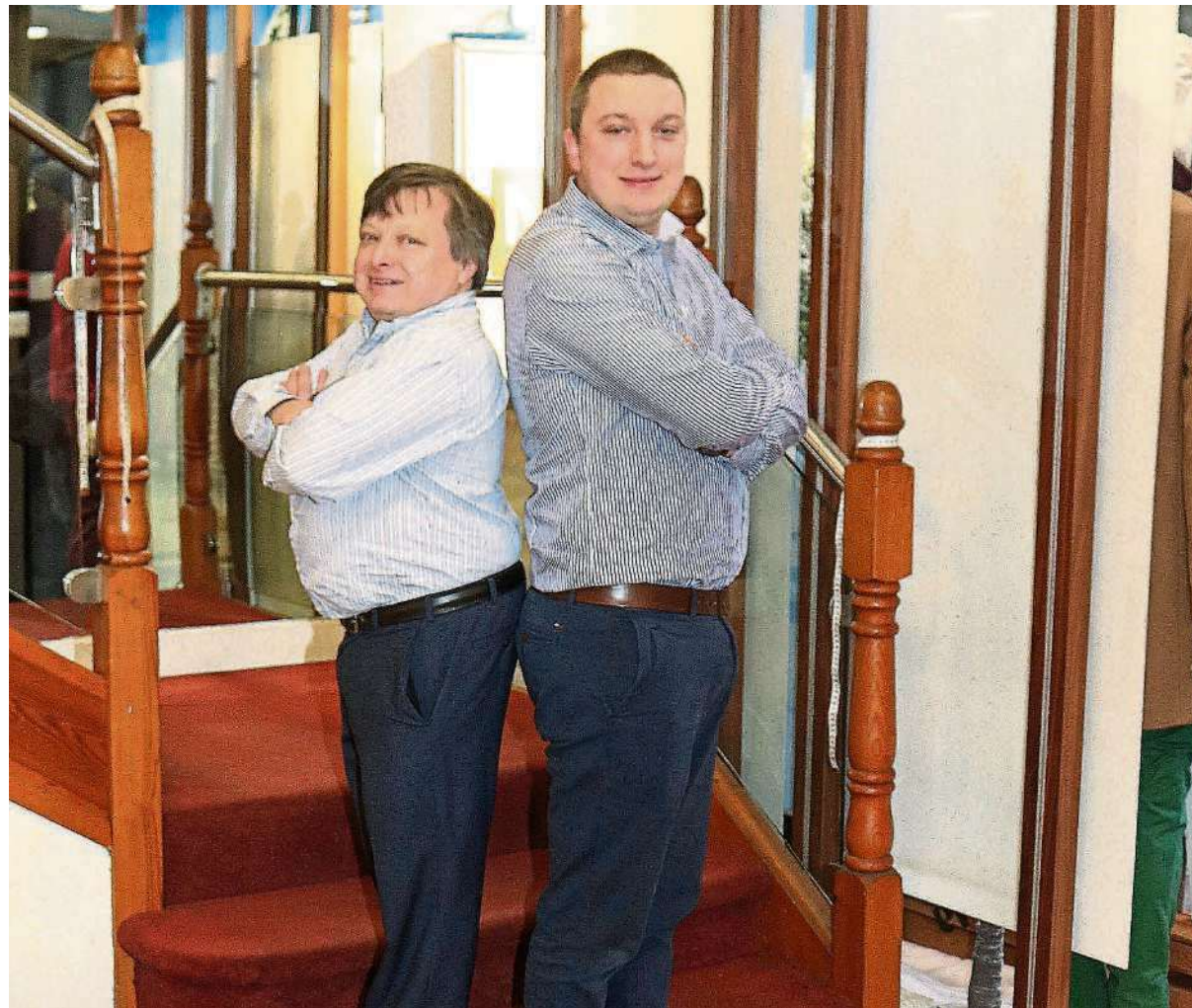
Absolutely.

What is a perfect work day?

To have enjoyable interactions with customers throughout the day providing them with a great customer experience and having to replenish the counter with Noels bags at the end of the day !

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

I don't ever loose the cool, the customer is always right, my father



Bryan and Garry Long pose at Noel's Menswear on Wickham Street

has instilled that in all of us from a young age.

Garry Long

What time do you get up?

My wife and I recently had twin boys so my day starts a little earlier than previously. Normally now I get up at 6/6.30.

What is your normal breakfast?

I'm a bad breakfast person! Normally some cereal or a fresh fruit salad would be my choice!

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

No afraid not! Busy with the twins!

You arrive at office at what time?

My dad, brother and I meet every morning at 8am.

What are your first duties?

Depends what needs to be done. Maybe stock reorders, payments and/or get the shop ready for the day ahead!

How many cups of coffee/tea

would you drink a day?

Max of one coffee, maybe two to three cups of tea.

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

Depends what's store I am in. Martins on Sarsfield Street do a lovely soup and sambo !!

Do you have many meetings during the day?

Not really. Reps call regularly but my working day is spent serving customers and ensuring shops are stocked and merchandised correctly.

What time do you finish up at?

6pm. We try to visit our Newcastle West and Ennis stores at least one evening a week which we do after work.

Do you watch much television?

Not really. I am a sports person and would watch a match, generally soccer.

I've recently taken to Netflix, well my wife has made me after a lot of persuasion!

Do you read the newspapers?

No, I use my phone for keeping up to date on things.

What do you do to relax?

Prior to the twins been born I played soccer.

Are you able to leave the office behind?

Yes and no. Being part of a family business has its advantages but also disadvantages. Unfortunately the buck stops with you and at times work does come home but I wouldn't change it. We are all really passionate about our business.

What is a perfect work day?

Lots of selling ! Having the product customers want and fulfilling their needs. And maybe a pint after it!

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

I'd lie if I said no but I am quite relaxed and it would be very uncommon. We all get on well and try to work through things.

INSIDE THIS WEEK



THOSE DRINKS ADD UP!

Leanne counts alcohol calories
PAGE 52



LIMERICK UNWRAPPED

Fab festive fashion show takes place
PAGE 54-55



CHRISTMAS WITHOUT YOU

Patrick talks about losing a loved one
PAGE 56



SHOP LOCAL FOR CHRISTMAS

Meghann shares her local gift guide
PAGE 60

Disorder that will literally make you pull your hair out



MENTAL HEALTH MATTERS
DR EDDIE MURPHY
 Clinical Psychologist

DEAR EDDIE,

I HAVE a daughter who has trichotillomania, very low self-esteem and suffers with anxiety. She has been like this for the past three years. She has attended CAMHS this year, having been assessed, they found no diagnosis, and she is no longer attending. She was given techniques to use to help with her anxiety, but doesn't find them useful.

I have been bringing her for sacral cranial therapy, but I don't think she is getting much from those sessions. She has managed to make a few friends, but she still finds it hard to mix socially outside of school.

She likes very little about herself, and the loss of her hair is now a huge source of anxiety. She fears that it may never come back and ironically the anxiety caused from the lack of hair, only brings on urges to continue to pull. Her school work is suffering badly at the minute, interest in school and other activities is poor, lately she is finding ways to avoid school altogether. She has always been strong academically, a high achiever, so this present attitude is completely out of character. Home life is suffering also. Life is very stressful. I feel that if she could get her hair back then her confidence would improve, and she might be less stressed. Dr Eddie I'm running out of solutions, and I don't know



Current research estimates that 1-2% of the population has Trichotillomania

where to turn next. All I do know is that I'm watching a bright, healthy girl ruining her own life.
 Thanks Mary.

DEAR MARY

I can hear and feel the stress in your letter. There is a lot going on for your daughter. It seems that a lot of her experiences stem from the emotion of fear. Too often when our children don't hit particular clinical thresholds that afford diagnosis they are deemed unsuitable for CAMHS. In my view the threshold for help in CAMHS is too high. Indeed we need a one stop shop where children and families are supported when they hit times of struggles such as these. Some quick advice first; research trials found insufficient evidence to support ANY specific therapeutic effect of craniosacral therapy. Nevertheless I appreciate parents reach out during times of stress.

WHAT IS TRICHOTILLOMANIA?
 Trichotillomania, otherwise



Cognitive Behavioural Therapy is just one options for a person suffering from trichotillomania

known as 'Trich', or 'TTM', has been around for quite sometime but is often not discussed or acknowledged due to the shame and embarrassment that it causes people who have it. People who have Trich pull out hair from their scalp, eyelashes, eyebrows or other parts of the body. This often results in the individual having noticeable bald patches or they may have no eyelashes. This disorder is different from Alopecia although both often result in the person having noticeable bald patches. The main difference is that people with Alopecia loose their hair involuntary where as people with Trich actively pull their hair out.

Also, Alopecia is usually caused by stress, but the causes of Trich are unknown at this point. Perhaps, as more research is completed in the future, there will be more understanding about what causes this disorder.

Current research estimates that

1-2% of the population has Trichotillomania.

In other words this means that it affects one to two people in every 100. It does appear to affect more women than men but as more research is done in the future this picture may change since one possibility is that men are more embarrassed by the Trich and are not coming forward for help as much as women are. Also, for many people, Trich often develops in the pre- or early adolescent years.

WHAT CAN BE DONE?

It is important for people to find appropriate treatment because Trichotillomania is manageable! Many people with Trich lead active and fulfilling lives.

Cognitive Behavioural Therapy (CBT) with a particular focus on the behaviour part is important. Given the presence of anxiety and self-esteem issues cognitive strategies are important as well. It

is important for the person with Trich to check out a CBT therapist's knowledge of this presentation. Not all people who say that they use CBT are properly trained or fully understand Trich and the appropriate treatments. I myself do not do this treatment. Psychologists or behavioural therapists utilising habit reversal training and stimulus control techniques is the evidenced based approach. There are some good resources available on www.ocdireland.org with some very interesting public lectures coming up around the area of Trichotillomania.

*** 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/>**



James Shivman, Mary O'Dea, Ger Lynch, Barney O'Callaghan, Mayor of Limerick James Collins, John Kelly, president of Limerick Thomond Rotary Club, Pat Kearney, Tom Tierney, Stephen O'Connor and Noel Walsh at the tree launch on Bedford Row

LIMERICK THOMOND ROTARY CLUB REMEMBRANCE TREE

Pictures: BRENDAN GLEESON



John Kelly, president of the Limerick Thomond Rotary Club going for new heights for the Limerick Thomond Rotary Club Remembrance Tree Online launch



Lorcan Murray, launching the Rotary Club Remembrance Tree with the Mayor of Limerick, James Collins and James Shivman, Ger Lynch, Tom Tierney, Barney Callaghan, John Kelly president of Limerick Thomond Rotary Club, Pat Kearney, Stephen O'Connor and Noel Walsh



James Shivman, Barney Callaghan and Mary O'Dea



Mayor of Limerick, James Collins, putting his ribbon on the Rotary Club Remembrance Tree with Pat Kearney



Mayor of Limerick, James Collins, John Kelly president of Limerick Thomond Rotary Club, Ger Lynch, Tom Tierney, Lorcan Murray, Pat Kearney, Stephen O'Connor and Noel Walsh



Mayor of Limerick, James Collins putting a ribbon up for the Limerick Thomond Rotary Club Remembrance Tree Online Launch with John Kelly, president of Limerick Thomond Rotary Club with Ger Lynch and Pat Kearney



Pat Kearney, Mayor of Limerick James Collins and Ger Lynch



FIT4LIFE

LEANNE MOORE

CONTACT LEANNE

Facebook: leannemooreofficial **Web:** www.leannemoore.ie **Instagram:** leannemooref
Email: leannemooreofficial@gmail.com **Twitter:** Leannemoorefit **Snapchat:** Leanneacmoore



'Tis the season to booze: Alcohol has almost double the amount of calories per gram compared to proteins and carbohydrates

Counting the drink calories: useful advice

SILLY season is well and truly upon us and with parties and celebrations galore its important to be aware of the calorie content of some of our favourite Christmas treats.

Of course its more than ok to let your hair down and enjoy your food

and drink this festive period, but it never hurts to be armed with some added knowledge of Christmas tipples.

Alcohol has almost double the amount of calories per gram compared to proteins and carbohydrates.

-Alcohol = 7 calories per gram

-Proteins = 4 calories per gram
 -Carbs = 4 calories per gram

Calories obtained from alcohol are known as “empty calories”. This means they have no other nutrients. In other words your body takes in the calories but gets no other benefits. Being mindful of the drinks you like and their calorie content can be helpful to not “overdoing it”.

Here is the calorie content of some of our favourite drinks:

-Gin and Tonic - 120 cals
 -Glass of Prosecco - 80 cals
 -Glass of White Wine - 110-170 cals (depends on the type)
 -Glass of Red Wine - 135-195 cals (depends on the type)
 -Pint of Budweiser - 232 cals
 -Pint of Bulmers - 230 cals
 -Pint of Guinness - 210 cals
 -Vodka and Soda Water - 96 cals
 -Espresso Martini - 160 cals
 -Mojito - 242 cals
 -Baileys Coffee - 120 Cals

Putting this into perspective – a pint of beer is as calorific as a standard size bar of Dairy Milk chocolate which comes in at 280 calories or a pizza slice. Consume 5 pints of beer and you are racking up 1165 calories and an incredible 85g of sugar.

The thing with consuming alcohol is that we rarely count it into our calorie intake and then more often than not we splurge the next day on “hangover food”. Drinks should be seen as occasional treats. You need to recognise the added calories you have taken in.

Remember it's not about spoiling the festive fun - it's simply about being aware of what you are taking in. Add this to the copious amounts of tined sweets, Christmas cake, mince pies and turkey sambos and December can easily leave you feeling a little sluggish and unmotivated. Be aware and enjoy the holidays.

Moore2Life

What I'm loving this week



Go Gym Ashbourne

THE Go Gym brand is growing and looks set to open the doors in Ashbourne Co. Meath this weekend. Honestly I am so proud to be a part of the Go Gym family. It's amazing to see it grow legs and I know first hand the work and hours that goes into making it happen. If you'd like to give the new location a little support, please follow them on Instagram @Gogymashbourne and Facebook.



2019 Diaries

THERE is a gorgeous selection of 2019 diaries available from Tesco stores at the moment. I picked up this one and I love it. Very reasonable prices too! This one was €10. I think they's make a perfect little stocking filler.

Healthy Recipe

Chocolate and Peanut Granola

from www.honestlyhealthyfood.com

What You Need:

3 cups gluten free rolled oats
 1 cup quinoa
 1/2 cup pumpkin seeds
 1/3 brazil nuts, roughly chopped
 1/3 cup pecans, roughly chopped
 1/4 cup hazelnuts, roughly

chopped

1/3 cup flaked almonds
 1/2 tsp cinnamon
 1 tsp ground coffee beans (optional)
 Pinch of pink Himalayan salt
 1/4 cup coconut oil, melted

2 tsp cacao powder
 6 heaped tbsp peanut butter
 5 tsp date nectar/honey/maple syrup**
 1/3 cup cacao nibs/dark chocolate chunks (roughly chopped)

What To Do:

Preheat the oven to 180° and line a baking tin with baking paper. In a large mixing bowl, combine the oats, quinoa/buckwheat, pumpkin seeds, brazil nuts, pecans,

hazelnuts, almonds, cinnamon, optional ground coffee and salt. Make sure it's all evenly combined and set aside.

In a pan on a low heat, melt the coconut oil and mix in the cacao powder, peanut butter and sweetener of choice, make sure all is melted and combined.

Mix the liquid combination into the dry ingredients and make sure it is fully mixed before pouring it into the previously lined baking tin.

Be sure to gently press down the granola before cooking it.

Put the tray in the oven for 20 minutes; keep an eye on it to make sure it doesn't burn.

Remove tray from oven and top with the cacao nibs before allowing to cool fully.

Once cooled, lift the baking paper out of the tin (do this slowly as it helps the granola to break into clusters, however, it can go everywhere!)



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

The buzz over raw honey

WITH the weather having turned sour, many people struggle with colds and flues, and one of the best remedies for immediate sore throat relief is raw honey.

It has been used since ancient times both as a food and as a medicine. Apiculture, the practice of beekeeping to produce honey, dates back to at least 700 BC. For many centuries, honey was regarded as sacred due to its wonderfully sweet properties as well as its rarity. It was used mainly in religious ceremonies to pay tribute to the gods, as well as to embalm the deceased.

In addition to its reputation as Nature's



Honey has been used since ancient times both as food and as a medicine

nutritive sweetener, research also indicates that honey's unique composition makes it useful as an antimicrobial agent and antioxidant. The health benefits of honey—like all foods—depend on the

quality of the honey. But in this case, the situation is even more extreme, because the pollen that collects on the bees' legs as they move from plant to plant is only as healthful and as diverse as those plants. In addition, the

processing of honey often removes many of the phytonutrients found in raw honey as it exists in the hive. Other substances found in the environment—including traces of heavy metals, pesticides, and

antibiotics—have been shown to appear in honey. The amount varies greatly.

Raw honey, processed without any heating ensures that all its enzymes and active ingredients get to us intact. It contains small amounts of the same resins found in propolis. Propolis, sometimes called "bee glue," is actually a complex mixture of resins and other substances that honeybees use to seal the hive and make it safe from bacteria and other micro-organisms. Honeybees make propolis by combining plant resins with their own secretions.

Other phytonutrients found both in honey and propolis have been shown to possess cancer-preventing

and anti-tumor properties. These substances include caffeic acid methyl caffeate,

phenylethyl caffeate, and phenylethyl dimethylcaffeate. Researchers have discovered that these substances prevent colon cancer in animals.

When raw honey is extensively processed and heated, the benefits of these phytonutrients are largely eliminated.

Taking honey is safe during pregnancy. Do not feed any type of honey, or honey-containing products to infants under one year of age; honey may contain *Clostridium botulinum* spores and toxins that can cause infant botulism, a life-threatening paralytic disease.

DID YOU KNOW?

It takes the whole life of one honey bee to make one teaspoon of honey

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Looking good out and about in Limerick

Name: Carol O'Driscoll
Occupation: Retired
From: Carey's Road

MY favourite store has to be Penneys - it's so handy and affordable. It has a great range and suits my figure and the staff are always so nice. I have loads of style inspirations but right now I'd say Louise Kennedy is my number one. Her designs are stunning and she's very elegant in her outfits.

Scarf from Penneys: There is always a fierce bite in the air at this time of year and as a result us ladies reach for our favourite cosy scarf. Bargain giant Penneys are always a safe bet for gorgeous accessories at affordable prices. This scarf is a beautiful tan tone which means it can be teamed with an array of colours.

Coat from Penneys: Off white looks beautiful at this time of year. This belted coat from Penneys is ultra flattering as it draws attention to the waist. I love the large wide open colour and big pockets. A real snug purchase!

Trousers from Gretta Gibbs: Carol keeps the tan tone running through her ensemble in these stylish slacks from Gretta Gibbs.

Boots from Leavys: Carol's tan boots really caught my eye I have to say. The little block heel is ideal for this time of year - not too high on wet pavements but still enough to elongate the leg and I love the little criss-cross detail.

Bag from Debenhams: Carol's slouchy shoulder bag is the perfect everyday bag for all your bits and pieces. It has a cool boho vibe - very Kate Moss in the noughties!



CAROLS BY CANDLELIGHT

"Yuletide carols being sung by a choir"

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STYLE & CELIA HOLMAN LI

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Facebook: celiaholmanlee Web: www.holmanlee.com

Festive fun at Lime

IT was fantastic fashion throughout the city of Limerick last weekend when some of the best boutiques in the city including menswear and ladies festive fashion were showcased in some of the top restaurants in the city for Limerick Unwrapped.

It was buy now wear now with faux fur jackets and beautiful coats in a variety of great colours. It was sparkle all the way when it came to party wear or if you have the occasion to go to a winter wedding.

All of the occasional wear from all the stores was so unique as each one of the stores offered something completely different.

One of the big hits at Limerick Unwrapped Christmas fashion festival were the jewellery and accessory stores for that special gift, showcased some really wonderful ideas for Christmas presents.

The menswear stores were outstanding, from the range of colours mixed with checks and pinstripes, the jackets, coats and suits were so stylish, and what really caught my eye for gift ideas were the knitwear, shirts, ties and shoes which were really stylish.

Please support our local boutiques and stores in the city and happy shopping.



An amazing animal print dress from Gretta Gibbs



FASHION

EE

manlee.ie Email: celia@holmanlee.ie

Limerick Unwrapped

Wonderful knitwear from Caroline Mitchell at the Limerick Unwrapped event. At the fabulous show hair and make-up was provided by Hugh Campbell Hair Group, Beauty Atelier and Catwalk Hair Consultancy



This stunning suit comes from Sexton's



A knock-out jacket from Carrig Donn

Matthew Stephens spreads the Swarovski sparkle this Christmas

LIMERICK jeweller Matthew Stephens spreads the sparkle this Christmas, offering the perfect Swarovski gifts for your loved ones this Christmas.

With the hero pieces of the festive season focusing on the Louison Collection, which including dazzling pendants and show stopping earrings - there is a dazzling piece for everyone this Christmas, for every occasion. And for those who prefer a more classic look, why not opt for the Iconic Swan collection, featuring the brands iconic swan while boasting elegance for the party season.

Visit Matthew Stephens Jewellers in the heart of Limerick to discover the full Christmas collection.



KARLIE KLOSS



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Email: patmcloughney@hotmail.com

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Surviving Christmas without a loved one

IT'S the most wonderful time of the year. You're putting up your tree and hoping all of the lights work. You're hanging stockings over the fireplace and putting elves on shelves, and your home is twinkling with Christmas magic.

Christmas songs fill the airwaves, the bars and the clubs and everywhere you go people are in good form and filled with holiday cheer. This is ordinarily a joyous time of year meant for pubs, parties and celebrations with friends and family. There is an unwritten expectation of being merry and full of the holiday spirit. But for many who will be facing their first Christmas without a loved one, Christmas can also bring tremendous grief.

Whether it be the first year without them or the tenth, Christmas Day can be a daunting prospect for anyone who has lost a child, a parent, a grandparent, or, indeed, any loved one. For my siblings and I, this will be the first Christmas without either of our parents and though we knew it was never going to be easy, as it draws closer, the reality of just how tough it will be is becoming very clear.

For as long as I can remember, I've always been a Christmas person. It's my favourite time of year. I look forward to pulling the decorations out of the attic (and buying new ones) and making the house look like the amazing houses I'd always seen in American Christmas movies as a child. I believe the Buddy The Elf part of my personality came from my mother who also loved this time of year and the over-the-top decoration tradition started as a way to make her return home after nearly a year in hospital even more special.

From that Christmas on the Winter Wonderland decorations became a tradition in our house and every year became an attempt to top the years prior. The project would usually start around the last week of November to be ready for December 1st. Friends and family would visit the house to see the decorations and though he would always complain that there were too many lights to have to turn off, my father would beam with pride whenever he had the opportunity to take someone on a tour of our Winter Wonderland.

This year, however, there is no Winter Wonderland and all the



There is an unwritten expectation of being merry and full of the holiday spirit

decorations will remain in storage.

When you've lost someone you love, suddenly the whole feel of Christmas changes. The lights don't sparkle as brightly as they used to, and things that you used to look forward to now bring about feelings of sadness and pain. As anyone who's experienced the process of bereavement will know, there's no clear-cut path. When you feel like you've turned a corner, you're thrown back a few steps by a birthday or an anniversary or in this case, the Christmas period.

There have been a few occasions since my dad's passing in April that have heightened my vulnerability and thrown me off course. The first was the wedding of one of my best friends because it hammered home the realisation of how the top table will look on my wedding day and the fact that my kids will never meet



When you've lost someone you love, suddenly the whole feel of Christmas changes

their wonderful grandparents. The next was my own Birthday because every year – like clockwork – my dad

would phone me at 8.30am to wish me a happy birthday. But the onset of Christmas has been by far the toughest thing I've experienced since the death itself.

As I've said, the Christmas tradition of decorating our home like something from a Christmas movie won't happen this year. Not just because it would feel disrespectful and almost like flaunting our loss, but because the house itself is no longer my home. My brother and his family now live in that house, which is wonderful as it keeps it in our family, but it's their home, not mine and that's something that I've been struggling with for a few months. Not the fact that there's nowhere to decorate, it's the fact that the family home, how I've always known it, is no longer there. Though I never fully realised it when my parents were alive, the family home was always my safe place. No matter where I was living or what I was doing, I could always go home for a few days and spend time with my dad. I can't do that anymore and it kills me.

I guess I also have a relationship of sorts with Christmas itself and

that's led to mixed emotions too in a way. At times, I look around and I see the lights and the commercials and the excited nieces and nephews and I'm filled with joy again but before long I start to feel guilty for feeling that joy. I guess I'm lucky in a way because I haven't developed a cynical attitude towards the season like some others who've been bereaved have.

The worst part of all is, of course, the fact that for the first time in our lives, neither of our parents will be with us to celebrate Christmas. As I've mentioned before, my mother was very ill for many years before she passed away in 2013. While that Christmas was a very sad affair, it doesn't compare to this one for a few reasons. When my mother returned home at Christmas in 2007, her ordeal had left her brain damaged and for the remaining years of her life, her health slowly declined until she passed away. In many ways, we grieved for our mother in 2007 as the woman who raised us never returned after that point. Our father, on the other hand, passed away very suddenly and we are still dealing with the pain on a daily basis. Thinking about the fact that there will be no place set at the table for him this year, there will be no gifts given to him and he won't be forced to wear a Raindeer jumper for all the family photos is quite frankly heartbreaking.

So much so, that for the last month or so I've been trying not to think about it. I've found myself blocking it all out for fear it would lead me down a road of permanent sadness. But I'm aware that this is a very unhealthy way of coping so I've started going to counselling again and I've realised that these feelings are perfectly normal for someone who's experienced the loss of a loved one at Christmas.

Now, I'm not telling this story for the sympathy of every person who reads it. I'm telling it because I believe it's important for people to hear, especially this time of year. It's necessary to understand that not every person will be joyful during the holiday season. Maybe you know someone who will be spending their first Christmas without a loved one. Don't be afraid to reach out to them. Take them out for a meal, offer to watch their kids for a night, take them out for a drink, or just let them know that you get it.

If you encounter someone who seems grumpy or sad, maybe even a bit rude, or just not in a Christmas mood, don't be so quick to write them off as a Grinch. Appreciate the fact that the holidays are not always wonderful, joyful, and magical for everyone.

Next week in part two, I'll share some tips that could help you cope if you're facing Christmas without a loved one.

Look of the week Selected Homme

My look of the week is from one of my favourite stores in The Crescent Shopping Centre - Selected Homme/Femme. It's a look that's perfect for the many nights out you'll have over the next few weeks. My New Tyler Leather Jacket costs €229.99, my Sapphire & White Slimflow shirt costs €49.99, my Arval Houndstooth Trousers is €69.99 and my Baxter Suede Chelsea Boots will set you back €99.99. The Selected Homme/Femme store in the Crescent has some amazing pieces for guys and girls so call into Podge and the team and check out their amazing range. Photo by Paudie Bourke.





Ella - Marie, Denis, Mark, Lorraine and Fiona pictured at the Christmas Party for Student Parents and their Children at Mary Immaculate College Limerick. Every year for the past eight years, Santa has taken time out, from his busy schedule to visit the children of MIC student parents, in his own MIC Grotto, for the annual Student Parent Children's Christmas party!. PICTURE: BRIAN ARTHUR

MARY I STUDENT PARENT CHRISTMAS PARTY

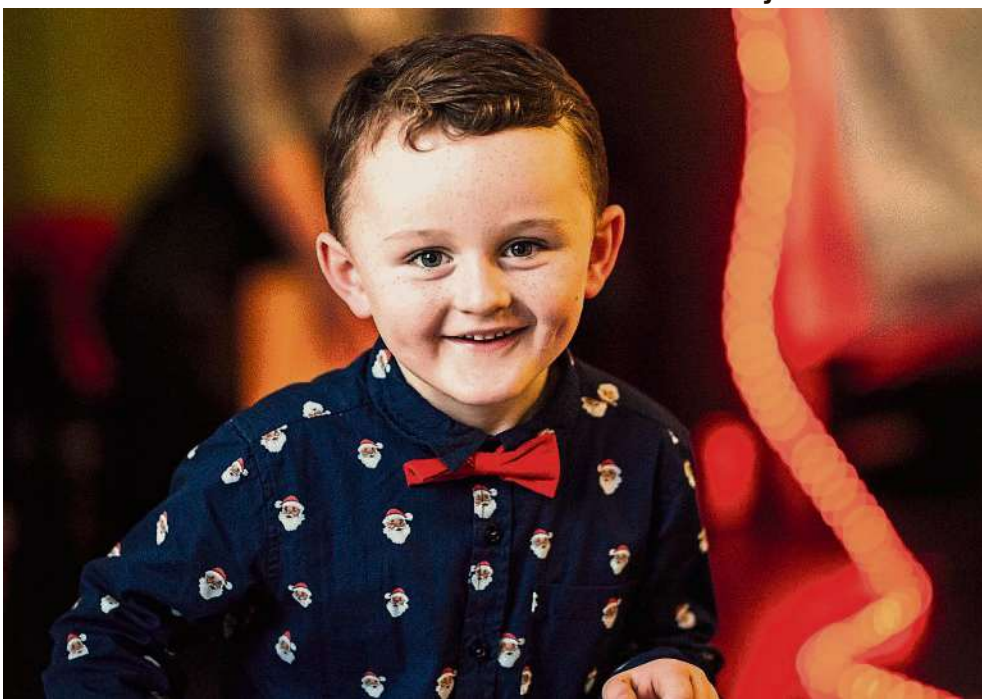
Pictures: BRIAN ARTHUR



Isabella Arogundade age 4 from Castleconnell



Great Ahmed age 3 from Dooradoyle



Jamie Dylan age 5 from Limerick City

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I ♥ LIMERICK

RICHARD LYNCH

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Doras Luimní launch Christmas Appeal to help phone credit fund

DORAS Luimni is an independent, non-profit, non-governmental organisation working to support and promote the rights of migrants Living in Ireland.

Doras launched its Christmas project to raise funds to buy phone credit for residents of Direct Provision so that they can contact their friends, family and loved ones abroad this year.

The organisation is asking the Limerick community to help support residents who will spend their holiday in a Direct Provision Centre in Limerick and Clare this Christmas.

By donating towards their Direct Provision Christmas Appeal, you can help to provide every adult in Direct Provision with phone credit to make calls to contact their family and loved ones.

Direct Provision is the current system of accommodating asylum seekers in Ireland. Asylum seekers are housed in residential institutions

known as Direct Provision centres across the country, with 35 centres in total. Seven of the centres are state-owned but the majority of the centres are run by private contractors.

It is intended to provide for the basic needs of asylum seekers as their asylum applications are being processed.

Monika Fallon, Communication and Coordination Officer said the initiative for this Christmas appeal is to give people of Direct Provision an opportunity to contact their loved ones this holiday season.

"Christmas is such an important time for people in Ireland, well, that would be a nice gesture and raising fund for phone credits will be useful for everyone," said Monika.

If you would like to support the Christmas Appeal for phone credit, there are different methods to help.

Buy €10 phone credit voucher for Three mobile



The Doras team pictured at their office - Precious Bolanta, Intern, Consolata Okonkwo, Advice and Information Officer, Antonia Smith, Intern, with Fiona McCaul, Acting CEO, Marie Edmonds, Volunteer, Ahmed Hassan, Integration Officer, and Monika Fallon, Communication and Coordination Officer PICTURE: BAoyan ZHANG/ILOVELIMERICK

network, available at most local shops and Three mobile stores. Or to Buy €10 phone credit voucher for

Lycamobile (international calls) available from select shops in Limerick and post or deliver to Doras Luimni

during December. They then distribute these vouchers to the Direct Provision centres across Limerick and Clare

before the Christmas holidays. See www.dorasluimni.org if you want to help.

A touching musical tribute

JACK Lynch (14), son of the murdered Limerick businessman Jason Corbett (39) posted an emotional cover version of the song 'Dancing in the Sky' on YouTube in memory of his late parents.

Jack is a very talented singer, songwriter, musician and rugby player. He posted the video as a Christmas tribute to his father Jason and also in memory of his late mother, Margaret 'Mags' Fitzpatrick.

Encouragement and appreciation dominated the comments on Jack Lynch's video. Thousands of people were touched by the cover of the Dani and Lizzy Nelson song.

"This is dedicated to my Mam and Dad, Mags and



Jack (far right) pictured with his family - Dean, Adam, and Dave (back) and Sarah and Tracey (front)

Jason Corbett, and to anybody out there who has lost a parent," he wrote in the video description.

Tracey Lynch, Jason Corbett's sister, and Jack's guardian said: "It's been a very positive experience for Jack. There was no planning, it's Christmas time, a time

for family, the tree was decorated by the four kids together. It was just spur of the moment. The song resonates with Jack and helps to articulate those feelings inside."

Talking about the initiative of Jack's musical cover, Tracey said: "Dave and I feel it is important to allow our children to express themselves and to feel their voice can be heard and not bottle up feelings. Christmas can be a very lonely time and the pain of loss is more acute for us all who have lost a loved one. Jack felt that sharing something might help other kids in his peer group realise they are not alone and that even in the darkest moments there is always hope." Congrats Jack. Here is to a bright future!

Millionth visitor for Limerick.ie

LIMERICK.IE the ground-breaking official digital platform for Limerick has achieved an epic milestone after racking up its millionth visitor this year.

The hugely successful digital platform, which was launched in April last year, is a one-stop-shop for information on living, working, visiting and doing business Limerick. Limerick.ie 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. Laura Ryan, Head of Marketing and Communications at Limerick City and County



Laura Ryan, Head of Marketing and Communications, Limerick City and County Council and Orla O'Connor, Limerick.ie web co-ordinator celebrate 1,000,000 visitors

Council said that the emphasis for the website was for it to cater for everyone. She said: "Our goal has been to provide an online space for all aspects of Limerick life. 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 one million viewers in a year so soon after launching is beyond our expectations." Congrats to Laura and her team.

THINGS I ♥ THIS WEEK

CONFERENCE AMBASSADORS AWARD

Ambassadors win Failte honours

FAILTE Ireland has commended the efforts of its 1,000 strong team of Conference Ambassadors, including leading academics and industry experts, who have collectively brought over 1,500 international conferences worth €766.5m to Irish shores to date, with a further €130m worth of conferences to take place across the country from 2019-2026.

The national tourism development authority honoured its leading Failte Ireland Conference Ambassadors at its recent award ceremony at Christ Church Cathedral, including six ambassadors who, alongside Shannon Region Conference and Sports Bureau, have brought major international

Brosnahan explained: "It was wonderful to see so many Shannon Region Ambassadors recognised as part of the National Conference Ambassador Awards. Our ambassador programme is running for over 15 years and many of the people awarded have bid for and won multiple events for the region. Over 80% of all conference business coming into our region comes at the request of, or from a bid by, a local conference ambassador. It's only right we recognise their importance to Business Tourism in Ireland, the economic impact and the impact for their respective organisations."

The international conferences delivered to Limerick by the ambassadors recognised



Karen Brosnahan General Manager and Holly English, Business Development Executive of the Shannon Region Conference and Sports Bureau

PICTURE: CIAN REINHARDT/ILOVELIMERICK

conferences to the wider Limerick region. The recipients - from a variety of backgrounds, including academia, medical science, technology, environment, and culture were nominated for an award by the Irish conference and meetings industry.

Hosted by Today FM radio presenters Dermot and Dave, the event acknowledged that these Ambassadors alone had delivered a collective total of over 3,500 international delegates, worth €6m, to Limerick and Shannon between 2015 and 2017.

General Manager at Shannon Region Conference and Sports Bureau, Karen

at the event were Niall Kelly for the Alexander Technique 10th International Conference 2015, Mark Gibson for the European Forum for Agricultural and Rural Advisory Services 2016, Dr. Catherine Foley for the 44th International Council for Traditional Music World Conference 2017, Margaret O'Shaughnessy for the Pan Am Irish Spring Meeting 2016, Jerald Cavanagh for the International Conference on Computer Science and Information Technology 2016 and Padraig Kirby for the International Summit of the Book 2016. Congrats to all! See www.conferenceand-sportsbureau.com.

Flying to stay afloat: aerial circus fundraiser

FOR one night only, come watch the best in Irish and international aerial dance and circus acts this December in Limerick, and be in with a chance to win some amazing prizes, all for a worthy cause.

The Irish Aerial Creation Centre (IACC) is holding a fundraising event on Saturday, December 15 at 6.30pm. This is the first fundraiser of its kind to be held in Limerick. All money raised will ensure the IACC stays open and continues to be a home for children, adults and professionals alike to learn how to fly, whether it's on an aerial hoop, trapeze, silks, vertical dance, and more.

The IACC is a non-for-profit organisation based in the Burlington Business park in Corbally. It is Ireland's first purpose-fitted space for aerial dance and home to Fidget Feet Aerial Dance Theatre, the founders.

In the 4 years since the IACC has been open, the centre offers daily community classes for all ages, children up to adults as well as running professional training and residency opportunities for Irish and international artists.

The fundraiser runs from 6.30pm - 9.30pm/late, there will be amazing aerial performances from national and international aerialists followed by a DJ. There will be a raffle, spot prizes, goodie bags and surprises on the night, so don't miss this fun pre-Christmas event. Tickets are on sale now. For info and tickets visit www.irishaerialcreationcentre.com/fundraiser.



Aerial artist Jennifer de Brun pictured at the launch of Irish Aerial Creation Centre fundraiser

HEROS OF THE WEEK

Limerick Garda Youth Awards 2018 winners



THE 5th Annual Limerick Garda Youth awards took place at the Woodlands House Hotel in Adare. 2018 and saw five individuals and five groups receive Garda Youth Awards 2018. The awards are designed to acknowledge the volunteering activities of young people living

within the Limerick Garda Division between the ages of 13 years and 21 years. They also acknowledge the endeavours of young people that have faced and overcome challenges in their life.

The five individuals who received the Garda Youth Awards 2018 were

Craig O'Brien, from St. Patrick's Road, Alan Wallace from Coole West Athea Co. Limerick, Sean Byrne, a second year student at Scoil Na Trionóide Naofa, Doon, with Ethan, a student at Desmond College, Newcastle West and Jade Purcell from Rosbrien in Limerick city.

Craig O'Brien accepting his Garda award from Chief Superintendent Gerard Roche and Mr Kevin McCarthy, Garveys Group. Craig has been involved in St Patrick's youth club since he was 15 years old and runs a comprehensive programme for the young people of the area



Love to all,
Richard x



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



New music from Walking on Cars

Dingle group, Walking on Cars are back with new music. They have also announced a new album and they are going on tour around Ireland during the Summer performing in Cork, Dublin and Belfast.



Nice touch from the Clayton Hotel

I went to the Clayton Hotel recently for Christmas dinner and they are keeping decorations up longer than usual so those who are working over Christmas can celebrate in the New Year. A nice touch for those who can't have time off during the holidays.



Wonderful poinsettias

Today is the day we celebrate the Christmas plant that has become a prominent feature in shops this time of year and a familiar sight in homes around Ireland. The Poinsettia dates back to Aztec times.

Christmas shopping in Limerick made simple

AS Christmas fast approaches and the last minute shoppers begin to panic, I've put together a list of local and Irish crafts and gifts that you can get for the ones you love. From personalised gifts to local paintings, there is something for everyone.

WILLOW AND BORO

A Limerick family have recently set up an online shop, Willow and Boro. They sell personalised wooden products such as Christmas decorations that you can add a name to.

TREATY CITY BREWERY

Limerick's craft beer and is very popular for the beer enthusiast in your life. They have a pale ale, red ale and an IPA. Not only that but they will be opening the doors to their brewery so you can take a tour and see how your favourite drinks are made.

MILK MARKET

Limerick's finest market area is a hub of activity at the weekend and where loads of local producers gather to sell their unique products. You can get everything from soaps to body creams, plants and clothes and so much food varieties.

DUO.IE

The coffee shop on Denmark Street is becoming so much more than just a place for hot drinks. Local and Irish goods are being sold in store. They sell jumpers and t-shirts, candles, beauty products and so much more. Over twenty Irish producers are stocked in the cosy shop.

MADE IN LIMERICK

Looking for something local but not quite sure what to get? Made in Limerick is a shop on Thomas Street that stocks locally made and unique gift ideas. From jewellery to paintings, clothing and crafts there is so much to choose from.

FOOD

The gift of food has to be one of my favourite. A voucher for a meal is a thoughtful gift or taking someone out to one of the many local restaurants is a treat and great way to spend time over the holidays. I truly believe in supporting local so take a trip to one of the many independently owned restaurants



A number of locally produces gifts can be found at the Milk Market this Christmas

and support the locals.

AMODEO DRESSINGS

Have a keen cook in your life? Multi Award Winning, Amodeo Dressings produce dressing and balsamic reductions. They are the brain child of Sabrina Amodeo from Tuscany restaurant and are family

recipes dating back generations from her Italian roots. They are stocked in local businesses around Limerick City and County.

PAINT CLUB

Looking to do something different? Paint Club is an Irish company that come to venues all

over Ireland and hold a painting club.

They choose a painting and on the night every gets to recreate it and take it home. It takes place in House on Howley's Quay. It's a really fun and different night out. You can bring a group as well. Keep an eye on paintclub.ie for upcoming dates.

Scrappy win at Thomond Park

IT was a scrappy affair in Thomond Stadium on Sunday but a win is a win. Munster were much more confident than their French opponents. Late changes can sometimes be a distraction but JJ Hanrahan replacing an injured Joey Carbery didn't affect the teams performance. JJ even secured the Man of the Match award.

Rory Scannell, CJ Stander and JJ Hanrahan all scored tries to give Munster a comfortable win and now they are top of Pool 2 of the Champions Cup.

On Saturday, the Frenchies will be looking for revenge as Munster travel to play them in their home stadium.



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PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY
 LIMERICK CITY & COUNTY COUNCIL I, Ms. Sophia Lynch intend to apply to the above named authority for Planning Permission for a change of use from shop/retail use to a coffee shop/restaurant use at Ground Floor Level & Basement Floor Level and alterations to the existing shop front and new shop front signage at 40 William Street, Limerick City. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick, during its public opening hour and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

BREAKING NEWS

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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 10/12/18

This Week's Jackpot: €4,900
 No's: 1-11-24-26
 Lucky Dips:
 Peter Gaynor c/o Kevin O'Callaghan, Susan Bailey c/o Martin Byrnes, Willie Whelton c/o The Moose Promoters Prize Mike Ryan and Dave Connolly
 Next Week's Draw held 17/12/2018
 Next Week's Jackpot: €5000

FAIRVIEW RANGERS

Lotto results 10th December 2018

Jackpot €10,000
 Numbers Drawn 7-9-13-23
 No winner

Lucky Dips: Rita Garrard c/o Club, Jason Lipper c/o C Team, Mary Connolly Woodlawn Park, Breda Garrard c/o Rita, Peter McNamara c/o N Whyte
 Next Weeks Jackpot €10,200
 Promoters Prize: Noel Whyte

ST. MARY'S R.F.C.

Lotto Draw held Monday 10th December 2018
 Winning Numbers: 3-4-6-21, No Jackpot Winner
 4 Winners €40 each:
 MGT Finucane c/o C Mullins, Greg O'Halloran c/o Portleys, Ger Hogan c/o Gate Bar, Jim Collins c/o Portles
 Next Weeks Jackpot €5200 Draw will take place in Portleys Bar
 Vouchers Teresa Higgins c/o Rahers, Joe Cleary c/o Katies Dalys, Breffine Monahan c/o M Ryan

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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† COUGHLAN
(35th Anniversary)
In loving memory of Nora Coughlan, late of 35, Assumpta Park, Limerick, whose anniversary occurs on 12th December. Masses offered. Also remembering the deceased members of the Coughlan family at this time and also remembering Owen Madigan at this time.
We heard your voice in the wind today mam

And I turned to see your face
The warmth of the wind
carressed us
As we stood silently in place
we felt your touch in the sun
today
As it's warmth filled the sky
We closed our eyes Mam
And out spirit soared high
We saw your face Mam in the
window pane
As we watched the falling rain
It seemed as each raindrop fell
Mam
It quietly said your name
We hold you close in our hearts
today
It makes us feel complete
You may have died
But your not gone Mam
You will always be part of us
**Sadly missed by your sons
Pat, Eugene, Edmond, Billy
and Michael xx**

Mam
There is a little gate marked pri-
vate
Thats leads into our hearts
Behind that gates are memories
Mam
From which we will never part
Till the roses loose their fra-
grance
Till the heather sheds it's due
Until we leave this world behind
We will never stop loving you
**Love from your daughters
Jacqueline, Joan and Liz**

IN MEMORIAM



† LISTON
(31st Anniversary)
In loving memory of a dear daughter and sister, Anita Liston (nee Hartigan) late of 342 O'Malley Park, Limerick, who died 14th December 1987. Aged 31 years. Also our granddaughter Laura Liston, who died 29th November 1987. Rest in Peace.

Also remembering my husband Pat and son Pa Jnr, my two sisters and three brothers at this time.
Gone are the days we used
to share,
But in our hearts you are
always there.
The gates of memory will
never close,
We miss you more than
anyone knows.
With tender love and deep
regret,
We who love love you will
never forget.
**Sadly missed by your loving
Mam, brothers, sisters, nieces
and nephews**

Time comes with sad regret
It brings back days we shall
never forget
You fell asleep without goodbye
but memories of you will
never die.
**Sadly missed by your loving
brother Greg, Catherine and
family.**

I lost a sister with a heart of gold,
How much I miss you can never
be told,
You shared my troubles Anita,
And helped me along,
If I follow in your footsteps,
I will never go wrong.
**Always remembered by your
sister Linda, brother-in-law
Thomas, niece and nephews.**

IN MEMORIAM



† LISTON
(31st Anniversary)
In loving memory of a dear wife, mother and grandmother, Anita Liston, late of O'Malley Park, whose anniversary occurs on December 14. Also remembering a dear daughter and sister, Laura Liston, whose anniversary occurred November 29. Rest in Peace. Also remembering Katelyn at this time.

We walk along life's path
And know that you are there;
We feel you all around -
Your face is everywhere.
Vivid memories stay
But the wound still remains;
We wish we could go back
And be with you again.
**Sadly missed by your loving
husband John, daughters
Shirley, Lindsey, Anita and
Valerie, sons John and
Damien and grandchildren.**

We never forget you,
We won't even try -
We just miss you more,
As time goes by.
**Thinking of you this
Christmas Katelyn
love from all your family xx**

IN MEMORIAM



† MCCARTHY
(36th Anniversary)
In loving memory of our brothers, Tommy and Sammy McCarthy, whose anniversary occurs on December 12, late of 12 Colmcille Street, Saint Mary's Park.

As we prepare for Christmas
Our thoughts will be of you.
You always made our
Christmasses
The happiest we ever knew.
We'll try our best to celebrate
The birth of Christ our King
But in our hearts we realise
We've lost our everything.

No presents to give you
No wishes sincere
Only the heartache
Of not having you near.
Did the sun shine a little brighter
Was the sky a deeper blue
Or was it just a better world
When we shared our lives with
both of you.
So many things have happened
Since you were called away
So many things to share with
you
Had you been left to stay.
So when we shed a secret tear
And often breathe a sigh
Forgive us for we miss you
more
As another Christmas Day goes
by.
**Sadly missed and lovingly
remembered by your brother
John, Tricia and family xx**

They say that hearts
Don't really break
Dear Lord that is not true
The day you took our dear
brothers Sammy and Tommy our
hearts just broke in two.
A beautiful nature A heart of
gold
Yer loss to us can never be told
We hold our tears
When we speak yer names
But the ache in our hearts
will always remain
No words we write will ever
say how much we miss ye
day by day.
Simple words but very true
We will always love and remem-
ber ye.

Gentle Jesus up above
Give our dear brothers Sammy
and Tommy
A great big hug.
I thought of ye today but that is
nothing new

I thought about ye yesterday and
the days before that too
I think of ye in silence
I often speak yer name
All I have are memories
And yer picture in a frame
Yer memory is a keepsake
From which i'll never part
God has you in his arms
I have you in my heart
**Sadly missed by your sisters
Nora, Teresa, Dina,
Bernadette and extended
family**

As we opened our eyes this
morning, we looked to the
heavens above
We whispered happy anniversary
And send you all our love.
Yere hands we cannot touch
But God will take our greetings
To the ones we loved so much
**Always missed and loved by
nephews Christopher,
Jonathan, nieces Caroline,
Tina, Geraldine, Laura and
Rita xx**

IN MEMORIAM



† MCNAMARA
(20th Anniversary)
In loving memory of Thomas (Nommie) McNamara, late of 21 Lee Estate, Island Road, whose 20th Anniversary occurs on December 15. Masses offered.

We hold our tears when we
speak your name
But the ache in our hearts will
always remain
No words we write will ever say
How much we miss you day by
day.
Simple words but very true
We will always love and
remember you.
Gentle Jesus up above
Give our father all our love.
Happy Christmas.
**Sadly missed by your wife
Mary, sons, daughters,
grandchildren, great
grandchildren, brothers-in-
law and sisters-in-law. Also
thinking of my Mam, Dad,
brother, sister and
granddaughter Niamh at this
time. Happy Christmas xxx
Also thinking of my brother
Tom who passed away
recently. Love your sister
Masry xx**

Dad I think of thing you used to
say

And all that you would so
At some point every single day
My thoughts will turn to you
To loose you was a bitter wrench
The pain cut to my core
I cried out until my tears ran out
And then I cried some more
This wouldn't be your wish for
me

That i'd be forever sad
So I try to remind myself of the
happy times we had
I know I can't be with you now
And you can't be with me
But safe inside my heart you'll
stay

That's where you'll always be
**Sadly missed by your loving
daughter Lorraine, son in law
Christy, grandson Niall and
Thomas and great
grandchildren
Also remembering all my
family and friends that's gone
before me**

† MOLONEY

(23rd Anniversary)
In loving memory of Kathleen Moloney, late of Orr Street, Kilmallock, who died on December 19th, 1995. Rest in Peace. Masses offered.

You are not forgotten,
Nor shall you ever be,
As long as life
and memory lasts,
We will remember thee.
**Sadly missed but never
forgotten by Nora, Robin,
Robert and May**

THANKSGIVINGS

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M.; A.A.A.S.

IN MEMORIAM



† O'HALLORAN
(20th Anniversary)
In loving memory of Mary O'Halloran, late of 77 De Valera Park, Thomondgate, Limerick, who died on December 15, 1999. Rest in Peace. Also remembering my nephew Mark Bennis whose anniversary occurs at this time.

A bouquet of beautiful
memories, pprayed with a
million tears;
Wishing God could have spared
you, if just for a few more years.
It does not take a special day,
for us to think of you
Each Mass we hear,
Each prayer we say,
Is offered up for you.
We cannot bring the old days
back, when we were all
together;
The family chain is broken now,
but memories live forever.
Along the road to yesterday,
That leads us straight to you,
Are memories of happy days,
Together we once knew.
**Sadly missed by Paddy,
Mary-Anne and all the
family, Marie and John also
the late Johnny,
grandchildren and great
grandchildren**

THANKSGIVINGS

NOVENA TO THE SACRED HEART
Dear Heart of Jesus, in the past I
have asked for many favours.
This time I ask you this very
special one (mention favour).
Take it dear Jesus and place it
within your broken heart
where your holy Father sees it.
Then in His merciful eyes it
will become your favour, not
mine. Amen. Say prayer for 3
days. Promise publication and
favour will be granted. D.C.

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*Light a
Candle...*

A candle to remember, may it burn ever so bright

As we look to the heavens on this very night.

Beyond the stars, our dear loved ones soars

Embraced by their Savior on heaven's shores.

*As the angels protect them
and sing their sweet name*

We honor their life with the glow of this flame.

So we light this candle for our loved ones tonight

As a symbol of our love and their eternal life.

FAMILY ANNOUNCEMENTS

IN MEMORIAM



† REDDAN

(Third Anniversary)

In loving memory of a wonderful mother and grandmother Mary Reddan (nee Mason), late of Cregan Ave, Kileely, who died 16th December 2015. Mass offered in St Munchins Church on Saturday 15th December at 6pm.

I once had something special that money could not buy I had a special mother but I had to say goodbye

If I were asked one question Why I thought the world of you I could give a million answers And they all would be true The heartache and the sadness May not always show People say it lessens, how little do they know?

Meet me in my dreams and talk to me once more

And ease the everlasting pain that makes my heart so sore The road without you is so long A tear for every mile But I know when I reach the end You will be waiting for me with a smile

Your needs in life were simple Your love for your family true As long as we were happy you were be happy too

You taught us many things in life, always good and true But you never told us how to cope

With the pain of loosing you Deep in our hearts your memory is kept

We love you to dearly to ever forget

You gave us many things in life Gifts both great and small But most of all you gave us your love

The greatest gift of all **Dearly loved, sadly missed your loving daughter Rosie and granddaughter Natalie xxx**

The heartache and the sadness might not always show, People say it lessens how little do they know?

They say I have my memories but they just don't understand, I cannot kiss a memories face or hold a memories hand.

On the outside it seems I'm healing but God if they could see inside,

The pain and the sadness of losing you hasn't changed since the day you died,

But when I'm sad and lonely and everything goes wrong, I seem to hear you whisper, Cheer up and carry on.

Mam you were so special what more can I say Except I wish with all my heart that you were here today.

Sadly missed by your daughter Deirdre, Alan and grandson Alan xx Happy Christmas xx

Mam, it's hard to believe Two years have passed Since that sad day I saw you last. Your happy face went out that door,

Your loving smile I saw no more. I didn't get to say goodbye Just thinking of that makes me cry. I miss our talks, your morning cheer;

If I had one wish, It would be to have you here. Just one more kiss, just one more smile,

IN MEMORIAM

Just one last hug, would make it all worthwhile. I miss you, Mam and love you so It breaks my heart, knowing I have to let you go. **Sadly missed by your heartbroken daughter Majella xx**

Time may dim the face we loved The memory of your smile The countless things you did for us

To make our lives worthwhile Now your task is over We long to let you know How proud we are that you are ours

Because we loved you so You always had a smile to share Love to give and time to care Always willing, helpful and kind What beautiful memories you left behind

Dearly loved, sadly missed by your son Anthony (Harry) and partner Marion

Life is not measured by the years that you lived

But the love that you gave and the things that you did Your life was a blessing, your memory a treasure

You are loved beyond words And missed beyond measure You left us quietly, your thoughts unknown

But left us a memory we are proud to own

So treasure her Lord in your garden of rest

For when on earth, she was one of the best

Dearly loved, sadly missed your grandson Wayne, partner Tara and baby Faye.

I love you, I miss you I wish that you were here I cannot believe it's already a two years

I think of you lots In my mind and in my heart I know that you are with me So we're never apart

Your kindness and love You gave to us all Was acknowledged by God

When you answered his call There's no doubt in my mind We will see you again

You were not just my grand mam You were also my friend **Love you so much from Jason xxx**

I lost a mother with a heart of gold How much I miss her can never be told

She shared my troubles and helped me along If I follow her footsteps I'll never go wrong

She was mother so very rare Content in her home and always there

On earth she (the boss) toiled In heaven she rests God bless you Mam you were the best.

Loved and missed and never forgotten by your loving son Mark, Hayley, grandchildren Kiera, Alannah, Marky, Zara and Kalynn xxx

Thinking of Harry, Mary and Dean at this time Happy Christmas xx

THANKSGIVINGS

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted. M.C.

IN MEMORIAM



† WILLIAMS, KENNEDY, O'SULLIVAN, GRAY, O'NEILL



Christmas Remembrances

In loving memory of dear my parents, Thomas and Bridget Williams,

Late of 3 Sean Heuston Place, Limerick, also remembering my husband William Joseph Kennedy, my partner Michael O'Sullivan, my friend Patrick Gray and my cousin Sean O'Neill all at this time R.I.P Happy Christmas to ye all up above

All I can send ye is all my love.

Always remembered by your loving daughter, wife, partner, friend and cousin Theresa Williams Kennedy, remembered by big Edel and family. Also remembering my sisters, my brothers, my nieces, my nephews, grandnieces grand-nephews and all the baby angels and all my friends at this time.

IN MEMORIAM



† WILLIAMS

(25th Anniversary)

In loving memory of a loving mother, Bridget (Peggy) Williams, nee Hennessy, late of 3 Sean Heuston Place, Limerick and O'Hallaron's Range, Garryowen, Limerick whose 25th anniversary occurs on Friday 21st December, 2018.

R.I.P. Mass offered.

A snowflake fell from Heaven, The day my mother died; The angels came to greet her, To welcome inside.

The sky filled up with music, Like I never heard before; When my mother reached God's Kingdom,

The angels closed the door. **Always remembered and never forgotten by your loving daughter, Theresa Williams Kennedy and your granddaughter Edel and Michael Hartnett xx**



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.

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.

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.

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Pricing will be announced closer to the on-sale date in Ireland for the Kia Soul EV which is expected to be early 2019

Catch the buzz of the new Soul

Kia Soul: New EV electrifies crowds at the Los Angeles Motor Show at its world debut

TRISH WHELAN
www.CarAndTravel.ie

KIA Motors has unveiled the new Soul EV which is a completely new iteration of its zero-emissions compact crossover.

The new model looks just as quirky as the Soul we already know, and with its all-electric powertrain, owners need never visit another filling station ever again.

This new Soul EV features a new lithium-ion 64 kWh battery pack with a vastly improved range over the outgoing model which means significantly less need for daily recharging, and a fast-charging system fitted as standard, means shorter stops and rapid battery charging.

Soul EV is built on the same

UNDER THE HOOD

MODEL TESTED: Kia Soul EV
RANGE: between 75 - 165 mi
ACCELERATION 0 - 62 mph 11.2 sec
TOP SPEED 90 mph
BATTERY CAPACITY 33.0 kWh
SEATS 5 people
CARGO VOLUME MAX 891 L

architecture and can be powered by petrol or electric power. Now with 204hp and 395 Nm of torque (up from 285 Nm in the outgoing model), the car accelerates more strongly. Kia say handling and driving dynamics are also much improved due to a new fully-independent rear suspension.

Four drive modes will be Eco, Comfort, Sport and Eco+. The driving modes also control the level of regenerative braking on offer, air con and heating settings.

Depending on market, it will be offered with a suite of Kia's advanced driver-assistance systems, and a long list of standard and optional equipment. It can be fitted with up to seven airbags. Two trims are Soul EV and Soul EV Designer Collection.

The new Kia Soul EV is built in Korea. Pricing will be announced closer to the on-sale date.

The car is currently being tested to ascertain its estimated range, with the overall battery range due to be announced early in 2019. It will arrive in Ireland in early summer 2019 in time for 192 sales.



The new Soul EV features a new lithium-ion 64 kWh battery pack with a vastly improved range over the outgoing model



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RENAULT SPONSORSHIP

Deal puts GAA in the driver's seat

RENAULT Ireland will be the official car partner of the Gaelic Athletic Association (GAA) and Gaelic Players' Association for the next three years and the title sponsor of the 2019 GAA World Games, writes Trish Whelan.

The three-year deal cements Renault's ongoing support for GAA heroes on and off the field. Existing Renault GAA brand ambassadors include former Dublin footballer and three times All-Ireland champion Alan Brogan; former Kerry footballer and five-time All-Ireland medal holder Marc O Se; Westmeath footballing legend and Sunday Game pundit Dessie Dolan; All-Ireland winning Kerry footballer (and later Irish rugby captain) Mick Galwey, and All-Ireland winning Clare hurling captain Anthony Daly.

Renault has been the county sponsor for the Westmeath senior and minor football and hurling teams since 2014, and earlier this year, the brand announced its sponsorship of the Wicklow County Senior and



Paul Flynn, CEO of Gaelic Players' Association, Patrick Magee, Country Operations Director of Renault Group Ireland and Tom Ryan, Ard Stiúrthóir of the GAA

Minor Football Championship.

The GAA is Ireland's largest sporting organisation with over 1,600 clubs in Ireland as well as almost 500 overseas.

Renault Ireland will also be official car partner of the GPA which was formed in 1999 to represent county players.

Renault will also be the sold title sponsor of the GAA

World Games, a competition which recognises the global expansion of Gaelic games. On 28 July 2019, GAA teams from Europe, the US, Australia and beyond will descend upon Waterford IT to take part in the 'Renault GAA World Games' with the finals in Croke Park on August 1 2019.

Renault Ireland mirrors the GAA's mission and vision which encourages respect,

community, team work, inclusiveness and lifelong engagement.

Patrick Magee, country operations director, Renault Group Ireland says, "The GAA is such an integral part of communities across Ireland and has played a fundamental role in Irish sport since it was formed in 1884 in Thurles. GAA already plays a key role in our business with our many GAA ambassadors who have travelled around the country visiting our dealerships and meeting our customers. We are really looking forward to this partnership and to getting on the road in 2019."

GAA President John Horan welcomed Renault Ireland on board as a partner of the GAA and sponsor of the GAA World Games while GPA chairman Limerick's Seamus Hickey said commercial support from partners like Renault help provide essential services in areas like on and off the field player development and education, business start-up advice, counselling services and our benevolent fund.

HOLIDAY ROAD SAFETY

Drive at your peril after night out

THE Road Safety Authority (RSA) and An Garda Síochána have appealed to all road users to act responsibly and safely on the roads throughout the Christmas and New Year period, writes Trish Whelan.

Drivers have been especially warned of the dangers of driving the morning after a night of drinking when their driving could still be impaired by alcohol. Statistics show 11 per cent of fatal collisions in which a driver had consumed alcohol occurred between the hours of 7am and 11am and Garda files indicate that 6 per cent of all Driving Under the Influence (DUI) arrests this year have taken place between these same hours.

The highest number of DUI arrests, at 104, happened on a Sunday morning representing 26 per cent of all arrests between these same hours, followed closely by Monday representing 22 per cent of all morning after arrests.

Speaking at the launch of the annual Christmas and New Year Road Safety Appeal,



The highest number of DUI arrests, at 104, happened on a Sunday morning

Transport Minister Shane Ross TD said "It's simply not worth the risk now that new penalties have been introduced which mean drivers detected with a blood alcohol concentration between 50mg and 80mg face losing their licence for three months."

He asked people to do the right thing and make alternative arrangement to travel the morning after.

LIMERICK LEADER

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SPORT

Leader



SET TO STORM THE PALACE

O'Connor set for
PDC 'World' darts

For more see page 68



Munster scrum-half Conor Murray passes to team-mate CJ Stander to set up their side's second try in Sunday's 30-5 Heineken Champions Cup victory over Castres Olympique at Thomond Park. Munster face Castres for the second successive weekend at Stade Pierre Fabre this Saturday, 5.30pm Irish time

Murray expects Champions Cup backlash from Castres

Rugby: Munster seek home-and-away double over French champions

COLM KINSELLA
ckinsella@limerickleader.ie

MUNSTER scrum-half Conor Murray is predicting a backlash from Heineken Champions Cup opponents Castres this weekend when the sides renew rivalry at the Stade Pierre Fabre.

Munster, who currently lead Pool 2 of the Champions Cup by three points from Gloucester, sit six points ahead of French champions Castres who they face this Saturday at 5.30pm Irish time.

Johann van Graan's Munster side completed a 30-5 victory over Castres in the first of their back-to-back pool fixtures at Thomond Park on Sunday.

Murray played a key role in setting up two of Munster's

three tries on the day.

The two-time Heineken Cup champions will travel to France this weekend without Irish centre Chris Farrell who is ruled out with a thigh injury. Munster are also sweating on the fitness of talented out-half Joey Carbery, who missed the weekend clash with Castres due to a tight hamstring.

Looking ahead of this weekend's Round 4 fixture, influential Munster scrum-half Murray said:

"There'll be a backlash from last weekend. There was a bit of niggles in the game and it probably distracted us a little bit towards the end of the game when we could have pushed on and got a bonus point.

"They'll be firing from last weekend, or reeling from last

weekend and we've got to be really task-focused going down there.

"We drew down there last year and we were lucky at certain times down there but also we had opportunities we could have taken.

"We know it will be completely different, that it will be a much tighter game. You know, it was 13-0 and then we managed to get through a period of them attacking in our 22 and then eventually snuck away and made the scoreboard look a lot better.

"I can see it being a bit tighter down there. Again, their set-piece, their maul, lineout, scrum, especially their scrum they'll be disappointed and they'll be doing an awful lot of work on that the week I presume and



Chris Farrell will miss out on Munster's trip to Castres this weekend due to an injury

it will be a lot tougher.

"They're a proud side. They're a passionate side and we are too, so I think that sometimes comes together and creates a bit of niggles.

"I suppose it's what every team can handle at their best and not let it distract you that

usually comes out."

Murray insisted that he would not change his style of play as a result of the neck injury which forced him to miss the opening three months of this season.

"You can't (change how you play). I don't think that would be an option. No. That's a simple answer.

"It's (neck) fully right now, thankfully. It's something I have to keep on top of in terms of prehab and stuff like that. It feels good. It feels good now, thankfully."

Following Saturday's Champions Cup clash in France, Munster face three interprovincials, away to Ulster on December 21, against Leinster at a sold-out Thomond Park on December 29 and finally away to Connacht on January 5.

Limerick GAA

All-Ireland hurling heroes back in action

JEROME O'CONNELL
jocconnell@limerickleader.ie

FOUR months after All-Ireland glory, the Limerick hurlers return to competitive action this Friday evening.

Tipperary provide the first challenge in the 2019 season for a Co-Op Suprestores Munster Hurling League game in the Gaelic Grounds at 7.30.

It's a busy week ahead for John Kiely's men with a Thursday December 20 game with Kerry in Tralee.

It's the first time since 1995 that there are two competitive pre-Christmas fixtures for the hurlers.

"We wanted to play in the competition. We got a lot out of the competition last year ourselves and I think out of respect for the competition we wanted to play in it and they (Munster GAA) facilitated us with two games before Christmas," explained manager John Kiely of the rearranged dates to allow for Limerick's team holiday.

"We leave on the December 27. We are all looking forward to the break but we have a bit of work to do between now and then. We have a large panel and it's important we give panelists an opportunity to show where they are at," said Kiely.

While Limerick did play in the Fenway Classic in Boston last month, Friday signals the start of the 2019 season and will see the All-Ireland heroes wear their new jersey for the first time.



Limerick captain Declan Hannon hoists the Liam MacCarthy Cup in triumph



Sheila Conneely and Jackie Herbert, present Evan Maher, captain of St Munchin's College, with the Conneely-Herbert Charity Cup following their win at the Markets Field last December

City schools face-off in Charity game on Friday

Charity Match

COLM KINSELLA
ckinsella@limerickleader.ie

LIMERICK city rugby nurseries, Crescent College Comprehensive and St Munchin's College, are to face-off this Friday night in a charity fixture at the Markets Field.

The schools will play each other for a cup in honour of two former Gamesmasters who, by coincidence, coached against each other, the late Dudley Herbert and the late Sean Conneely.

This is the second year that the Dudley Herbert-Sean Conneely Cup will be played for, with last year's fixture attracting a large attendance who enjoyed a very exciting game.

The 2018 meeting of Crescent College Comprehensive and St Munchin's College will take place this Friday, December 14 at the Markets Field at 5pm. This year the sole charity to benefit from the Dudley Herbert-Sean Conneely Cup game is the Peter McVerry Trust.

Meanwhile, new signs have been erected on the edge of St Munchin's College playing fields to encourage parents and supporters of school teams to respect players, the opposition and the referee.

The signs, erected by a combination of school management, players, parents, past pupils and coaches of the Corbally College highlight the need for observers to adhere to the

qualities of, 'Welcome', 'respect', 'fun', 'applaud' and 'praise'.

St Munchin's College principal, David Quilter explained: "The signs are reminders, refreshers of sorts, for us all.

"We don't want to leave behind our passion for sport but we can never lose sight of the respect we owe to our players, the opposition and of course the referee which is a defining quality of our sport.

A new members course for the Munster Association of Referees (MAR) will take place on January 13, 2019 in the Charleville Park Hotel. Interested parties should contact munsterreferee@gmail.com for more details or long onto www.munsterrugby.ie or www.mar.ie



Former Gamesmaster at St Munchin's College, Flan O'Friel, Eric Nelligan, Gamesmaster at St Munchin's College, rugby referees John Lacey and George Clancy, with St Munchin's College principal David Quilter and Fr Derek Leonard, pictured beside a new sign urging respect for players, coaches and referees at the Corbally school's playing pitches PICTURE: MIKE COWHEY

Local clubs face final AIL games before Christmas

ALL-IRELAND LEAGUE WEEKEND PREVIEW

COLM KINSELLA
ckinsella@limerickleader.ie

THE final round of All-Ireland League fixtures prior to the Christmas and New Year's break take place this Friday and Saturday.

The action involving Limerick clubs kicks-off on Friday night with two crucial derbies.

In Division 2A, seventh-placed Old Crescent host fourth-placed UL-Bohemian at Rosbrien, 8pm.

Crescent go into the derby fixture on the back of a disappointing 24-10 defeat away to Blackrock College. In contrast, opponents UL-Bohs were impressive 29-14 bonus point winners over Dolphin at UL North Campus on Saturday last in their most recent league outing.

At the same time on Friday, in Division 2C, high-flying Bruff, who sit in third place in the table, entertain ninth-placed Thomond at Kilballyowen Park.

The action continues on Saturday when Limerick's Division 1A clubs face crucial top flight fixtures.

Garryowen, fresh from their last gasp 30-29 bonus point win over local rivals Shannon at a wet and windy Dooradoyle on Friday night, travel to the Mardyke to take on ninth-placed UCC.

Garryowen currently sit in fifth-placed in the top flight table, edged out of the play-off places by virtue of Dublin University's superior scoring difference.

Also in 1A, Shannon, who picked up two bonus points in Friday night's one-point derby defeat to Garryowen, have home advantage for their fixture with sixth-placed UCD at Thomond Park. The game is due to kick-off at 4pm.

Shannon picked up a try bonus point for scoring four tries as well as a losing bonus point in their loss to Garryowen.

Also on Saturday, Young Munster will be anxious to get back to winning ways when hosting third-placed Clontarf at Tom Clifford Park on Saturday, 2.30pm.

Munsters' sit in eighth-placed in the Division 1A table after suffering their fifth defeat of the campaign when going down to table toppers Cork Con at Temple Hill on Saturday.

Garryowen will be looking

to make it four straight wins in the AIL when taking on UCC on Saturday.

Head coach Conan Doyle said: "It's a tough league. You don't want to be winning a game, then losing a game and trying to win again. You want to keep momentum going.

"A loss against Shannon would have been a hard one to take. It was great to get the win and it will give us great confidence this weekend when we will be trying to make it four wins in a row, but UCC are going to be tough.

"I would think that Cork Con, Clontarf and Lansdowne will be in the top four at the end of the regular season, but I think we are capable of passing out any of them.

"They are going to have to lose along the way and they are going to have to beat each other. I do think teams will pick up wins against them as well.

"But we just have to take care of our won business."

Shannon head coach Tom Hayes said his side could take plenty of positives from their display against Garryowen into Saturday's clash with UCD.

Hayes said: "It would be good to finish off this block of games with a win."



Limerick clubs serve up AIL nine-try thriller

Garryowen and Shannon served up a thrilling All-Ireland League Division 1A derby clash at Dooradoyle on Friday night which produced nine tries and a dramatic 30-29 victory for the 'Light Blues'. Pictured above is Garryowen winger Andrew O'Byrne looking to get past Shannon out-half Jake Flannery and winger Eathon Moloney PICTURE: KIERAN RYAN-BENSON

Limerick hurlers preparing to face 'huge challenge' as champions

Limerick GAA

ALL-IRELAND winning manager John Kiely insists that his Limerick hurlers will be ready for the "huge challenge" that the 2019 season will bring for the champions.

Four months after ending a 45-year wait for Liam MacCarthy Cup success, Limerick return to the playing field this Friday (7.30pm) in the Co-Op Superstores Munster Hurling League when Tipperary come to the Gaelic grounds.

"I have no doubt it's going to be very very difficult and a huge challenge but we have always risen to any challenge put in front of us in the last couple of years. They are a very ambitious bunch of lads and we will really go out and do our level best again, as we always do - every time we play, we go out to win," said John Kiely at the competition launch.

"I know full well there will be a huge challenge brought to us from the other teams in the competition and that's a different perspective from the one of the last 45 years - we were always the ones trying to bring the challenge to the other teams that had been successful. We relish the opportunity of meeting that challenge head-on."

Kiely added: "It will be interesting to see what effect it will have on the group. Winning is a great confidence booster and fills you with



Limerick hurling manager John Kiely is back on the sidelines this Friday night as his side face Tipp at the Gaelic Grounds

belief that you know you can do it and actually get across the line".

"We will approach the season very much with a sense of one win at a time - the same as the last two years. We are really looking forward to 2019. I have a feeling, as good as 2018 was in the championship, that 2019 could be even more special - I think there are going to be a lot of really strong competitive panels out there and competition will be incredible over the next couple of months".

Limerick play Tipperary this Friday and then Kerry the following Thursday and

unless they reach the January 13 Munster League final, they will be without competitive action until the Allianz Hurling League starts on January 27.

"We have been watching Division 1A unfold for the last number of years and it's hugely competitive and they are all difficult games and are played at championship level intensity and everybody gives it their all - we are really looking forward to it and it brings a different dimension to the national hurling league for us and we have been craving that for a number of years and will relish it," stressed John Kiely.



Munster captain Peter O'Mahony looks to power past Leinster's Robbie Henshaw at Thomond Park last season

Munster's clash with Leinster is a sell-out

MUNSTER'S big Christmas Guinness PRO14 interprovincial clash with Leinster at Thomond Park has already sold-out.

Following on from last year's record attendance for a Guinness PRO14 fixture on St Stephen's Day at Thomond Park, this season's Guinness PRO14 clash of fierce rivals Munster and Leinster in Limerick on Saturday, December 29 has sold-out in record time. The game is due to kick-off at 5.30pm.

Additional seating has already been allocated for the interprovincial derby, with the capacity set for 26,267.

'It was an easy decision to stay'

Limerick FC News

COLM KINSELLA

sport@limerickleader.ie

LIMERICK FC defender Shaun Kelly revealed he has re-signed for the relegated Blues for 2019 as he still has unfinished business with the club next season.

Limerick FC will learn their official fixture list for the 2019 SSE Airtricity League season on Wednesday, December 19. The new season is due to kick-off on Friday, February 22, 2019.

Twenty nine-year-old full-back Shaun Kelly said he had no hesitation for committing to the Blues for another season despite the bitterly disappointing nature of their relegation play-off defeat to Finn Harps.

Kelly said: "It is never nice to get relegated. That's twice in a few years, but we obviously won the First Division twice with Limerick before.

"That was the big thing about coming back for me next year. It is unfinished business. The club doesn't belong in the First Division, so that was one of my main reasons for going back, but only only that.

"This will be my ninth season of playing some part with Limerick, so I am here a long time and I don't want to play anywhere else. I want to be at Limerick.

"To me it was an easy decision to stay and I was always going to stay. It is good getting the deal done before Christmas. I just can't want to get going back in pre-season in January.

"We cannot feel sorry for ourselves. It is going to be a young side that we put out, but if we can keep hold of some more of our players that we had and add two or three, then there is no reason why we cannot compete for the league.

"This is my second time getting relegated with Limerick FC and it is the worst feeling that you can imagine.

"Once you see the signings, it is about giving Tommy (Barrett) and whoever else to get the players in because it is a bit of a slow process.

"The club announced two or three signings last week which is good, the fans hopefully will be a bit patient, see the players coming in and maybe judge it then in the new year."

Limerick carpenter O'Connor chases World darts glory

PDC World Darts

COLM KINSELLA

sport@limerickleader.ie

LIMERICK carpenter William O'Connor begins his quest for PDC World Championship Darts glory at London's Alexandra Palace this Sunday afternoon.

Thirty-two-year-old O'Connor, from Cappamore, will take on Yordi Meeuwisse, of the Netherlands, in his opening round fixture at the

'Ally Pally' on Sunday afternoon. O'Connor's match is the second one on the afternoon schedule which is due to get underway at 12.30pm. The championship, which boasts a prize fund of stg£2.5 million will be televised live on Sky Sports.

Should O'Connor, who works at Furniture Man in Dromkeen, overcome Meeuwisse in his opening round fixture, he is due to face 26 seed James Wilson in the second round on

Wednesday, December 19 at 7pm.

Darts' biggest-ever tournament will see 16 days of action, featuring 96 players, with more sessions than ever before, including days of afternoon and evening action. The PDC World Championship final will take place on January 1.

William O'Connor has a PDC world ranking inside the world's top 50 and made his debut at the World Championships at the 'Ally

Pally' last December when he suffered a 3-1 defeat to England's Steve Beaton.

Looking ahead to the tournament O'Connor said:

"I am quietly confident about my draw. I have never played Yordi who I play in the first round. Hopefully, I get over that game and play James Wilson. James is a cracking player. He has had a fantastic year, probably playing the best darts of his life. I know if I play my game, I can beat him."



Limerick man William O'Connor, who is in action at the PDC World Darts Championships in London this Sunday

Oscar Traynor the main focus

PAT SHEEHAN
sport@limerickleader.ie

THE Limerick Oscar Traynor team are in action tonight when they travel to Galway to take on the locals their final Group game to decide who tops the three team group.

After beating the Clare League 2-0 in the opening fixture, the Limerick side learned last week that Clare played out a draw with the remaining team in the group, Galway.

The result means that if Limerick avoid defeat they will top the group which would give them a home tie in the next round.

However, if the West-erners were to win it would mean a long trip to the North West to either Sligo or Donegal, so the incentive to top the group is strong.

Limerick are represented this season by Janesboro, as Premier League champions, under the guidance of Aidan Ryan and Shane O'Hanlon and following their early exit from FAI and Munster Junior Cups, it gives the Club a great chance to shine on the National stage.

In the PJ Matthews Premier League, Pike Rvs will be expected to close the gap at the top of the table to four points when they make the short trip to Carew Park on Sunday.

Pike slipped up on Sunday when they dropped two points to Fairview. It could have been worse for the Hoops who trailed 2-0

with just over ten minutes remaining. A couple of late goals from Paddy O'Malley and Darragh Rainsford earned them a point. With Janesboro winning against Aisling, Pike Rvs lost ground but with two games in hand.

The first of those games on Sunday is against a brave Carew Park selection of youngsters who are helping the club through a difficult time. To their credit the Club are fulfilling their obligations and no doubt will regroup at the end of the season.

Geraldines bounced back well from their penalty shootout defeat in the FAI in Donegal last week by defeating Charleville 3-2 last Saturday evening.

Derek Hannon's men are safely tucked in mid table which allows them to enjoy the remainder of the season without fear of the drop.

They have some very good young players emerging and they will learn from their first season in the top flight.

On Sunday they host Fairview Rgs. It's hard to know if the Blues will be happy or sad with their point from Pike's game last weekend. They are another side developing nicely.

They still have a bit to go to compete with the big guns on a consistent basis but they are heading that way. The local derby element suggests a draw would not be out of the question.

Prospect were delighted with their draw against high flying Regional last weekend.

On Sunday they host another team on an upward



Fairview Rangers' James Fitzgerald is tracked by Pike Rovers' Steven McGann as he looks to break through their defence in the sides' PJ Matthews Premier League fixture on Sunday last PICTURE: DERMOT LYNCH

curve in Aisling. Derek Bradish's side have shown they are a stubborn side and can make life difficult for most teams.

Aisling, buoyed by their prolonged run in the FAI Junior Cup, have been in good form despite last weekend's defeat to Janesboro.

Under Mike Aherne's guidance they are developing a talented young squad and they will not fear the cauldron that can be Cals Park.

On Saturday evening Charleville host Regional Utd clawing for points to get out of the drop zone. They are going

close in a number of recent games but are falling just short. They face a Regional side on the back of a couple of disappointing results.

Last week they went down narrowly to Pike in the Tuohy Cup and on Sunday they were held scoreless by Prospect.

They cannot afford to drop

further ground if they want to keep alive their outside chance of winning the Premier League.

Rumours abound that Limerick fancy a couple of their players but knowing the management team involved they will have contingency plans.

JUNIOR SOCCER FIXTURES AND RESULTS

WEDNESDAY, DEC 12

OSCAR TRAYNOR TROPHY

Galway DL v Limerick DL, 8.00, Terryland

SATURDAY, DEC 15

PJ MATTHEWS PREMIER LEAGUE

Charleville v Regional Utd, 7.00, J Hayes

SUNDAY, DEC 16

PJ MATTHEWS PREMIER LEAGUE

Geraldines v Fairview Rgs, 11.00, J McNamara, Prospect v Aisling, 11.00, K Gorman, Carew Park v Pike Rvs, 11.00, D Power

GALTEE FUELS DIVISION 1B

Geraldines v Knockainey, 11.00, B Higgins, Newport v Granville, 11.00, R Broe

MCGETTIGANS DIVISION 2B

Aisling v Mungret, 11.00, M Kennedy, Parkville v Ballynanty Rvs, 11.00, M Kiely

STA FURNITURE DIVISION 3A

Kilmallock v Janesboro, 11.00, P O'Brien, Wembley Rvs v Castle Utd, 11.00, T O'Sullivan, Meanus v Abbey Rvs, 11.00, M Monahan, Knockainey v Aisling, 2.15, P O'Brien, Prospect B v Murroe, 2.15, T O'Sullivan

ALL-TAN SUNBED DIVISION 3B

Hyde Rgs v Kilfrush, 11.00, E Kenny, Cappamore v Weston Villa, 2.15, E Kenny, Dromore Celtic v Herbertstown, M Monaghan

EDEN HAIR DIVISION 4

Lisnagry v Aisling, 11.00, J Clancy, Parkville v Shelbourne, 2.15, J Clancy

UNDER 17 DIVISION ONE

Charleville v Nenagh, 2.15, R McCann, Newport v Fairview Rgs, 2.15, A Keogh

UNDER 17 DIVISION TWO

Kilmallock v Corbally Utd, 2.15, M Murphy, Geraldines v Caherdavin, 2.15, M Monaghan

RESULTS

JACK TUOHY CUP

Pike Rvs 1 Regional Utd 0

PJ MATTHEWS PREMIER LEAGUE

Charleville 2 Geraldines 3

OPEN CUP

Aisling 1 Kilmallock 5

FAI JUNIOR CUP

Muirhevna Mor 2 Ballynanty Rvs 1

PJ MATTHEWS PREMIER LEAGUE

Kilmallock 4 Nenagh 1, Janesboro 2 Aisling 1, Fairview Rgs 2 Pike Rvs 2, Prospect 0 Regional Utd 0

GALTEE FUELS DIVISION 1A

Castle Rvs 1 Corbally Utd 0

GALTEE FUELS DIVISION 1B

Knockainey 1 Newport 0, Kilfrush 5 Regional Utd 0, Caherconlish 0 Ballylanders 3, Southend 1 Caherdavin 3

MCGETTIGANS DIV 2A

Charleville 1 Caledonians 3, Star Rvs 3 Glenview Rvs 1, Corbally Utd 0 Hyde Rgs 6

MCGETTIGANS DIV 2B

Mungret Reg 0 Parkville 2, Caherdavin 0 Athlunkard Villa 3, Holycross 2 Newport 1

STA FURNITURE DIV 3A

Aisling C (OFF) Wembley Rvs, Castle Utd 3 Abbey Rvs 2

ALL TAN SUNBED DIV 3B

Northside (OFF) Coonagh B, Brazuca Utd 5 Mungret Reg C 1

EDEN HAIR DIV 4

Newport 3 Fairview 4, Athlunkard Villa 2 Lisnagry 3, Shelbourne 1 Coonagh C 2, Aisling E 1 Parkville 1

OPEN CUP

Cappamore (OFF) Hyde Rgs



Adam Cahill, of Fairview Rangers, clears from behind Pike's Steven McGann in their Premier League game on Sunday

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

Uncharted waters for Limerick hurlers

THE 2019 inter-county hurling season commences for Limerick this Friday night and it's very much uncharted waters for the men in green and white.

All has changed, changed for the better.

Every utterance of Limerick hurling will be preceded or followed by the words "All-Ireland champions".

Forty-five years since Liam MacCarthy was in town and therefore 45-years since an All-Ireland title defence.

But Limerick's management isn't lacking in this area – hurling coach Paul Kinnerk and strength and conditioning coach Joe O'Connor will both be able to call upon lessons learned from 2014 with Clare, while manager John Kiely and others were part of the 2015-16 Limerick U-21 hurling management which saw their back-to-back title ambitions fade.

Mental and physical fatigue and raw ambition are three of many areas that will be key to preparations for the new season.

And, it's a season that will begin in earnest on January 27 when Limerick travel to the south-east to play Davy Fitzgerald's Wexford in round one of the Allianz Hurling

League.

Yes, there are two games across six days in the Co-Op Superstores Munster Hurling League coming up, but to be fair Limerick can't be judged on these two games. These are games that come days either side of Sunday's All-Ireland medal presentation ceremony in the Adare Manor and with Christmas looming large.

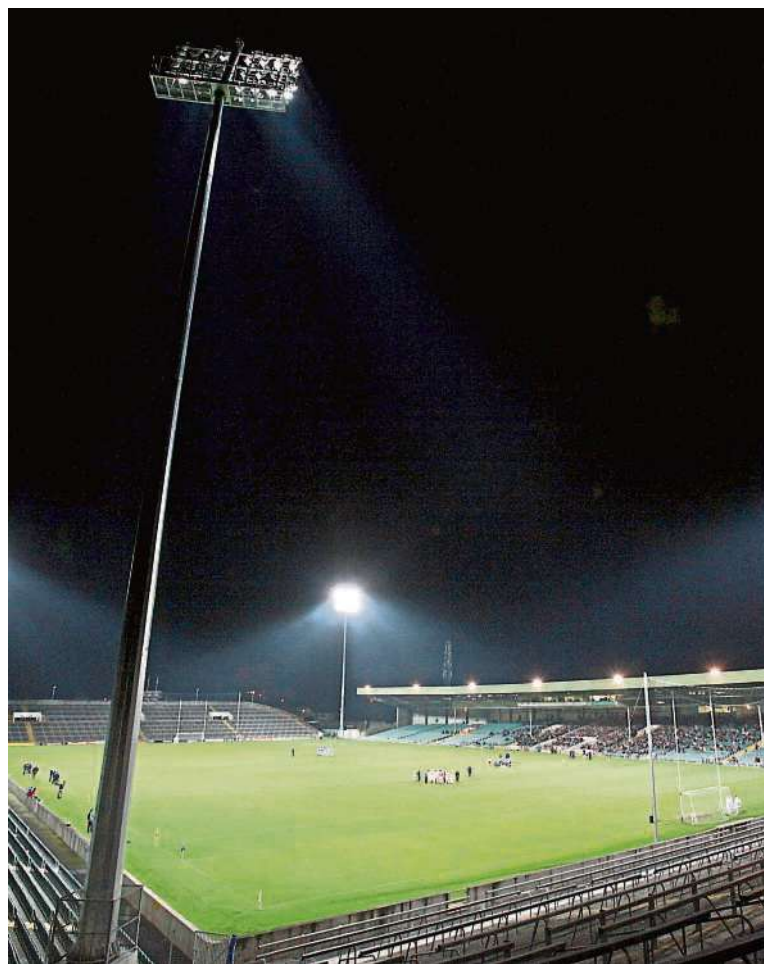
Almost four months to the day of Declan Hannon climbing the steps of the Hogan Stand to lift the Liam MacCarthy Cup, the Limerick hurlers return to action.

Last year it was a December 30 start and this time round there are December 14 and 20 games for Limerick in the Co-Op Superstores Munster Hurling League.

To be fair, there wouldn't be pre-Christmas games in the early season provincial competition but for Limerick's desire to play in the Munster League and to work the fixtures around their team holiday December 27-January 7.

As champions, Galway or Tipperary, didn't enter their respective early season competitions in recent years but Limerick appear anxious to return to the playing field.

The Munster League has also proven to be beneficial to Limerick



All-Ireland champions Limerick will face great rivals Tipperary in the opening round of the Munster League at the Gaelic Grounds on Friday

in recent times – winning their opening round game in each of the last six seasons and reaching the last four finals.

This time 12-months ago Limerick used 28 players - 23 in starting roles in those three games.

Remarkably, in the round one tie - December 30 in Mallow, Limerick started with 11 of the team that would eventually start in Croke Park in the August 19 All-Ireland Final win over Galway.

Six players were given their Limerick senior debuts in games against Cork, Kerry and Clare in the 2018 Munster League and supporters will again be looking for 2019 pointers in the next week against Tipperary and Kerry.

Seamus Flanagan was one of those to make his debut in the 2018 competition and what a season he had – starting every single one of the 18 games enroute to the All-Ireland.

In their first game back in Limerick since All-Ireland glory a big crowd looks set to attend Friday (7.30) in the Gaelic Grounds for a homecoming of sorts. While the entire county appears to have had their photograph taken with the coveted trophy, it would be lovely if the MacCarthy Cup was on hand for one more photo opportunity.

Munster GAA have confirmed that U-16s are free, while general admission is €10 with €5 for OAPs and students.

COLM KINSELLA

Interpro bragging rights do matter

MUNSTER'S glamour Guinness PRO14 interprovincial fixture with Leinster at Thomond Park on Saturday, December 29 has sold out in record time.

And that's without supporters knowing what kind of starting line-ups both sides will field for the game.

Less than 100 tickets left on Monday for the big derby game were sold out by Tuesday morning meaning the Festive fixture sold-out in record time this year.

Additional seating has already been allocated for the Interprovincial derby with the capacity set for 26,267.

Munster fans were left bitterly disappointed 12 months ago as Leinster, fielding a side shorn of many of their first choice players, scored an impressive victory over their arch rivals in Limerick.

Munster will have a point to prove against 'the blues' this Christmas and will be hurting badly as a result of a very poor record which includes just one win in their last eight meetings with Leo Cullen's side.

The speed at which match tickets have been snapped up for the December 29 Round 12 game shows that for a good section of the public, the fixture has lost little of its attraction. The attendance will be swelled by a sizeable 'holiday crowd', many of whom may not attend another rugby fixture this season. The colour, excitement and bragging right still matter to many.

ANTHONY GEOGHEGAN

Overhaul of schools rugby calendar is worth considering

THIS Thursday, rugby prospects will learn their respective fates in the 2018-19 Munster Senior, and Junior Schools Cup draws.

It's a heartbreaking sight to see a number of players who are more than capable of playing for senior or junior level clubs cease playing after falling out of love with rugby following their participation in schools' competition.

It's stressful enough to train as many evenings as you physically can to make the panel, while also studying for the most arduous

exam in your life in the process. With those two pressures coming so closely together, perhaps organising pre-season training and friendlies early in the summer and kicking off the cups in September would be a much better experience.

In the noughties, Scotland



experimented with this idea, which led to the most recent tournament kicking off in the first week of September with the final scheduled for the end of November.

This change helped bring arguably one of the best

generations of Scottish rugby in recent memory through. Imagine what this schedule change can bring to our prestigious crop.

This may see the end of the traditional Limerick City Cup if it's not moved for the spring semester, which I believe may be a necessary decision; only if the branch will allow the youngsters to get game-time for their local clubs for the rest of the season. If our fellow provinces adopt this schedule, how great would it be during the February break to have the four provincial champions face-off.



Munster's Andrew Conway competes for possession against Leinster last season

COLM KINSELLA

Anderson to make it hat-trick of 'Ally Pally' World titles

FOR many sports fans it has become as integral to their Christmas sports viewing on TV as the big Leopardstown, Kempton and Limerick racing festivals as well as the bumper programme of Premier League football action.

The 2018/2019 William Hill PDC World Darts Championship begins

this Thursday, December 13 and runs until January 1 at London's Alexandra Palace.

Darts' biggest-ever tournament will see 16 days of coverage, featuring all 96 players on Sky Sports.

The competing players, including Limerick man William O'Connor, a carpenter from

Cappamore, will battle for stg£2.5 million in prize money and the Sid Waddell Trophy.

The 2019 World Champion will take home a cheque for a cool stg£500,000 on New Year's Day.

Reigning World Champion Rob Cross will be the number two seed as he defends the title he claimed in sensational fashion 12 months

ago with his stunning win over retiring legend Phil Taylor. World number one, the Dutchman Michael van Gerwen, is the top seed and bookies' favourite to land the title.

However, fourth seed, the hat-trick chasing Scot Gary Anderson is our tip to prevail at the 'Ally Pally' at odds of 7/2.



Gary Anderson can claim the 2019 PDC World Darts Championship title

Wednesday

SOCCER
CHAMPIONS LEAGUE
REAL MADRID V CSKA
MOSCOW, BT SPORT 1, 5.30PM

SOCCER
CHAMPIONS LEAGUE
MAN CITY V HOFFENHEIM,
BT SPORT 2, 7PM

SOCCER
CHAMPIONS LEAGUE
VALENCIA V MAN UTD, BT
SPORT 3, 7.15PM

SOCCER
CHAMPIONS LEAGUE
YOUNG BOYS V JUVENTUS,
ESPN, 7.55PM

SNOOKER
SCOTISH OPEN
EUROSPORT 1, 12.45PM

GOLF
ALFRED DUNHILL
CHAMPIONSHIP PAR THREE
CHALLENGE,
SKY SPORTS MAIN EVENT,
SKY SPORTS GOLF, 11AM

HOCKEY
MEN'S WORLD CUP
QUARTER-FINALS
(11.15) 1ST POOL A V 2ND
B/3RD A; (1.30) 1ST POOL B V
2ND A/3RD B
BT SPORT 1

**Thursday**

BASKETBALL
NBA, THUNDER V PELICANS,
SKY SPORTS ARENA, 1AM

GOLF
INDONESIAN MASTERS
SKYS SPORTS GOLF, 7AM

GOLF
ALFRED DUNHILL
CHAMPIONSHIPS,
SKY SPORTS GOLF, 10.30AM

SOCCER
EUROPA
LEAGUE
MOL
VIDI V
CHELSEA,
BT SPORT 2,
5.15PM

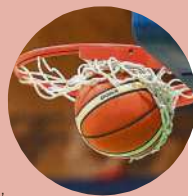
SOCCER
EUROPA LEAGUE
RAPID VIENNA V RANGERS,
BT SPORT 3, 5.15PM

DARTS
PDC WORLD CHAMPIONSHIP,
SKY SPORTS ARENA, 7PM

SOCCER
EUROPA LEAGUE
ARSENAL V QARABAG, BT
SPORT 2, 7.55PM

SOCCER
EUROPA LEAGUE
CELTIC V RB SALZBURG, BT
SPORT 3, 7.55PM

SNOOKER
SCOTISH OPEN
CHAMPIONSHIP,
EUROSPORT 1, 12.45PM

**Friday**

NFL
LA CHARGERS V KANSAS
CITY CHIEFS
SKY SPORTS ACTION,
12.30AM

NBA
LAKERS AT ROCKETS
SKY SPORTS MIX, 1AM

GOLF
INDONESIAN MASTERS
SKY SPORTS GOLF, 7AM

GOLF
ALFRED DUNHILL
CHAMPIONSHIPS
SKY SPORTS GOLF, 10.30AM

DARTS
PDC WORLD
CHAMPIONSHIPS, 12.30PM
AND 7PM
SKY SPORTS ARENA

RUGBY
HEINEKEN CHAMPIONS CUP
GLOUCESTER V EXETER, BT
SPORT 2, 7PM

HORSE RACING
RACING FROM CHELTENHAM
VIRGIN MEDIA, 1.30PM

CRICKET
AUSTRALIA V INDIA,
SECOND TEST
BT SPORT 1, 2AM

RUGBY
HEINEKEN CHAMPIONS CUP
ULSTER V SCARLETS,
BT SPORT SPORT 3, 7.30PM

Saturday

NBA
PACERS AT 76ERS
SKY SPORTS ACTION,
12.30AM

GOLF
INDONESIAN MASTERS
SKY SPORTS GOLF,
5AM

GOLF
ALFRED DUNHILL
CHAMPIONSHIPS
SKY SPORTS GOLF,
9.30AM

SOCCER
PREMIER LEAGUE
MAN CITY V EVERTON,
11.30AM

RUGBY
HEINEKEN CHAMPIONS CUP,
CARDIFF V SARACENS,
CHANNEL 4, VIRGIN MEDIA
1, 12.30PM

DARTS

PDC WORLD
CHAMPIONSHIPS, 12.30PM
AND 7PM
SKY SPORTS ARENA

RUGBY
HEINEKEN
CHAMPIONS CUP,
GLASGOW V LYON,
BT SPORT 2,
12.30PM

RACING
RACING FROM
CHELTENAHM,
VIRGIN MEDIA 2, 1.30PM

RUGBY
HEINEKEN CHAMPIONS CUP,
CASTRES V MUNSTER, BT
SPORT 3, 5.15PM

SPORTS AWARDS
RTE SPORTS AWARDS
RTE 1, 9.20AM

Sunday

BOXING
KATIE TAYLOR V EVA
WAHLSTROM
SKY SPORTS MAIN EVENT,
2AM

GOLF
INDONESIAN MASTERS
SKY SPORTS
GOLF,
5AM

GOLF
ALFRED
DUNHILL
CHAMPIONSHIPS
SKY SPORTS
GOLF, 9.30AM

SOCCER
PREMIER LEAGUE
SOUTHAMPTON V ARSENAL
(1.30PM); LIVERPOOL V MAN
UTD, 4PM
SKY SPORTS PREMIER
LEAGUE, 12.30PM

RUGBY
HEINEKEN CHAMPIONS CUP,
LEICESTER V RACING 92,
1PM; NEWCASTLE V
EDINBURGH, 3.15PM
BT SPORT 2, 12.30PM

UFC
KEVIN LEE V AL LAQUINTA
BT SPORT 2, 3AM

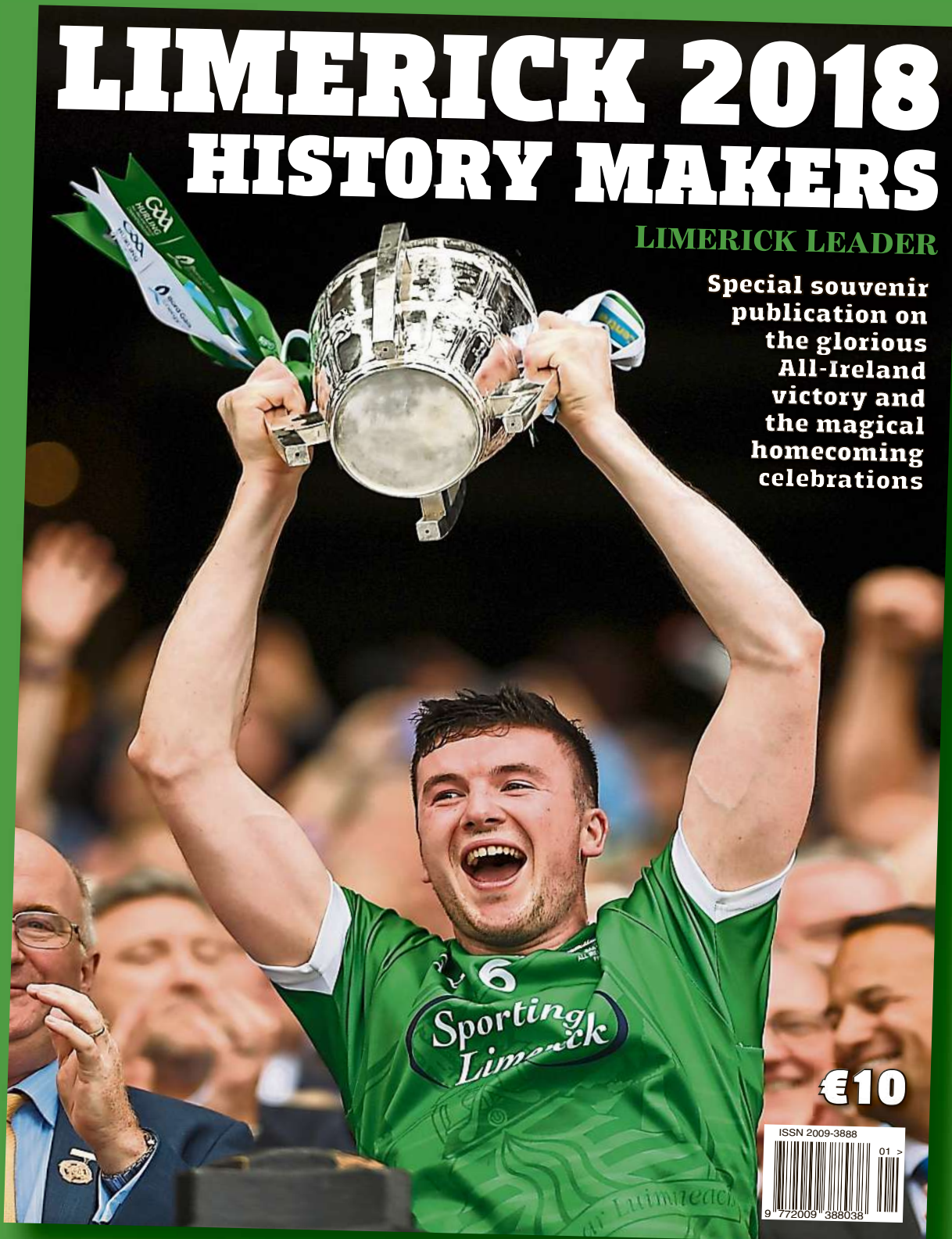
DARTS
PDC WORLD
CHAMPIONSHIPS, 12.30PM
AND 7PM
SKY SPORTS ARENA

SPORTS REVIEW
SPORTS PERSONALITY OF
THE YEAR
BBC 1, 7PM

SNOOKER
SCOTISH OPEN
EUROSPORT 1, 12.45PM



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