

**Property:** House prices to rise again in 2019, says local agent **P4**



# The Leader

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Wednesday, January 16, 2019

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**Sky's Wyse wows at her wedding in Adare Manor P8**

## 'Piano for Dolores' strikes a chord on anniversary

Limerick people share memories of singer in city **P6**



Ruby and Sam McNamara, Woodlawn Park, Ballysimon Road, paid their own tribute at the special memorial event in Ormston House to mark the first anniversary of the death of the late Dolores O'Riordan PICTURE: ADRIAN BUTLER



**FACE TIME** Limit posters, don't ban them - candidate **P19**



**CHIEF RIVALS** Munster look to top group with Exeter win **Sport**

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**INSIDE THIS WEEK**



**FIRST-TIME BUYER TIPS**  
 Liam Croke's property advice  
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**BACK ON THE TEE?**  
 Famous actor for pro-am return?  
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**NIGHTFLYERS ON NETFLIX**  
 Air date for Troy production  
 PAGE 23



**PROSPECTIVE HOTEL BOSS**  
 McNamara's Killaloe deal  
 Page 14

# LeadingOff

Setting the agenda in Limerick



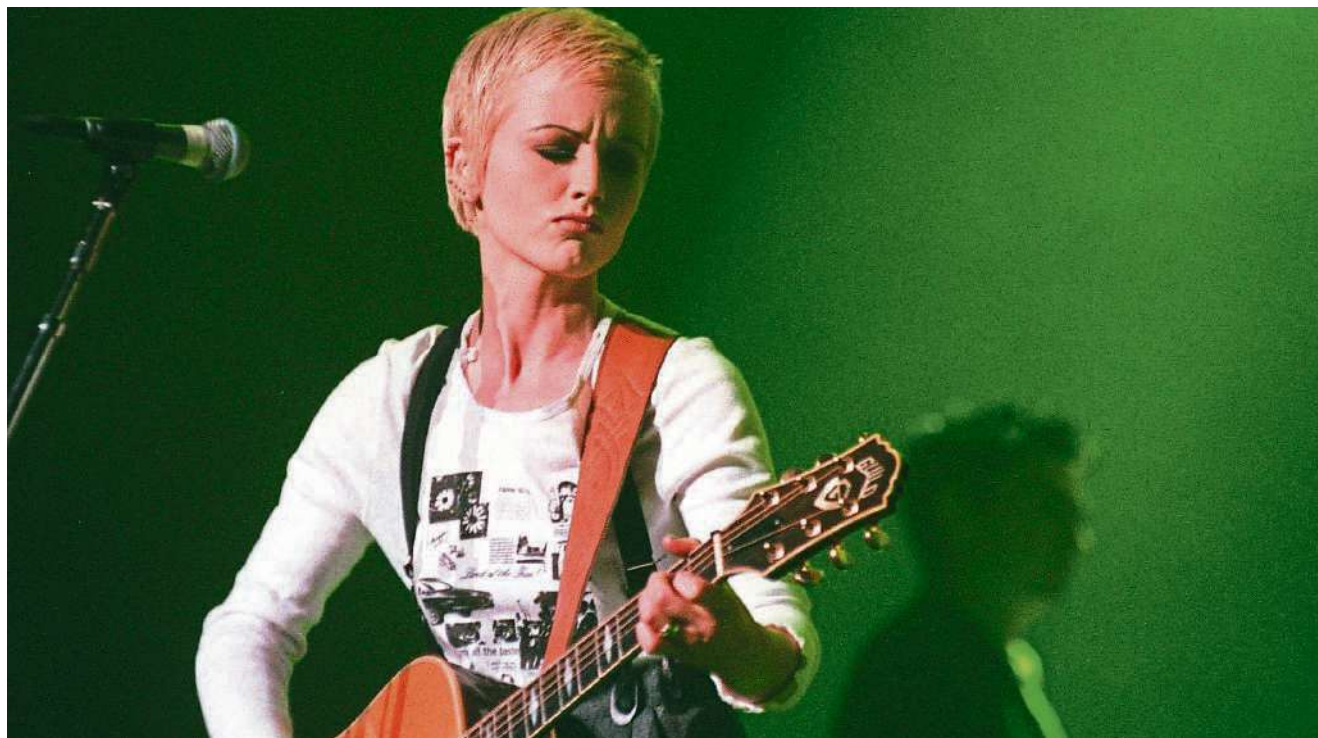
**▲ GOOD WEEK**  
**Johann van Graan**  
 Munster coach saw team trounce Gloucester away, setting up a big clash with Exeter at Thomond Park



**▼ BAD WEEK**  
**Geraldines AFC**  
 City club 'disgusted' by vandalism of their main pitch, causing considerable financial trouble

**☀ QUOTE OF THE WEEK**  
 "I remember the Rats playing here and the last f\*\*\*in' shop we passed on the way out was a fish 'n' chipper with crubeens flashing in neon. I was like, Jesus, get me out of here. But that was 100 years ago, and it's fantastic now."  
**Bob Geldof on his last visit to Limerick**

## Dolores statue needs to hit the right note



A year on from her death, it's time to make plans to erect a statue to honour the late Dolores O'Riordan in Limerick but the location and tone needs to be right



**WHAT WE THINK**  
**AINE FITZGERALD**  
 THE LEADER

DARE we mention the words statue and Limerick in the same breath.

Memorials erected to celebrate the lives of our most accomplished citizens haven't all exactly struck the right notes in the past.

But we have a chance to redeem ourselves.

On the first anniversary of the death of Dolores O'Riordan, the question must be asked again, how do we immortalise the one Limerick person who has had

the biggest impact around the globe?

It needs to be a landmark statue, a permanent memorial to her sublime talent, a talent that was nurtured in the Model school and Laurel Hill Coláiste and went on to achieve massive international success, selling more than 40 million records worldwide with her band The Cranberries.

A life-size bronze statue of the rock star with her guitar in hand — think of the Phil

Lynott statue off Dublin's Grafton Street, but with a bit more edge — should be erected in a prime location.

How about the site of the new Opera Centre?

The €180m development — which, at its heart, will have a student campus and multi-million euro library — is a bright new vision of Limerick, and the perfect space to honour and remember the local girl who dared to dream big and conquered the world.

**WEBTOPTEN**

1. Limerick Euromillions winner's son purchases recently closed hotel
2. Vision to create 'Restaurant Quarter' at Limerick shopping centre
3. Sky presenter Rachel Wyse throws lavish wedding celebration in Limerick's Adare Manor
4. 'Hard luck Taylor!' County Limerick GAA club embrace Swift visit with Lotto humour
5. Limerick soccer club 'disgusted' by vandalism of their pitch
6. 'Outstanding achievement': First Traveller in Ireland to graduate with PhD conferred at UL
7. Timely boost for Limerick as Bus Eireann to increase vehicles on busiest route
8. Prison term for 'emotional' man who bit garda's arm during Limerick assault
9. Staff at high-tech Limerick manufacturing plant told number of jobs are 'at risk'
10. Limerick Council has 'no idea' where illegal waste ended up as woman is fined



**Top story: The Crescent Shopping Centre has ambitious plans to expand its food offering. See story online for more details**

**WEATHER FOR THE WEEK**



**WEDNESDAY**  
 Dry morning, afternoon shower, with a peak of 7°C



**THURSDAY**  
 Times of clouds and sun with a temperature peak of 6°C



**FRIDAY**  
 Mostly cloudy with spotty showers, warmer with 9°C peak



**SATURDAY**  
 A couple of showers with 8°C peak and a low of -1°C



**SUNDAY**  
 Partly sunny with temperatures rising to 8°C



**MONDAY**  
 Clouds and sun with a temperature peak of 7°C

# MyLimerick

**Louise Donlon,**  
Director Lime Tree Theatre

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

I climbed Knockfierna with family over the May Bank Holiday weekend last year, in weather that was just perfect. It was one of the most memorable days of the year and we plan to make it an annual pilgrimage. There's nothing quite like sharing a great day out exploring the beautiful countryside we have here in Limerick with those close to you.

## What's your first Limerick memory?

Arriving into St John's Church to take up the position of administrator with Island Theatre Company, my first full-time job in theatre! It was not the conventional office - a room fashioned out of the old altar area of a church, itself surrounded by a very evocative graveyard.

## What's your favourite part of the city (or county) and why?

I recently had the opportunity to march in the St Patrick's Day Parade and the vista of the Georgian city that is before you as you march from O'Connell Avenue onto the Crescent is a sight to behold. I think our Georgian architecture is a huge treasure that we don't value enough.

## What about a favourite walk or view?

The walk up Knockfierna was pretty fabulous, but I also have occasion to be in the offices of Limerick City and County Council at Merchant's Quay from time to time. I envy the employees there who get to look out on the Shannon as it wends its way through the city, across the Curragower Falls towards Sarsfield Bridge. It's a truly beautiful site, in any weather.

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

Limerick is so full of history- the Treaty Stone, the Georgian quarter, St Mary's Cathedral but particularly King John's Castle. That such a well preserved castle is right alongside you as

you drive over Thomond Bridge, there's nothing else quite like it here in Ireland.

## Do you have a favourite local restaurant or pub?

I don't frequent pubs as much as I used to, but both Bobby Byrne's and Fennessy's would be top of my list. I love the Green Yard which is also close by work, and if bringing a visitor to the city, my first port of call is The Curragower Bar, for that amazing view of the castle.

## How would you describe the people of Limerick?

Down to earth.

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

Those who know me well know that I find it just a little tiresome that we focus so much on our love of sport. It is a great thing that the city and county embraces sport in the way that it does - and I couldn't have been happier at the achievements of Limerick's hurling team last September. But there can sometimes be an over-emphasis on Limerick and how it is synonymous with sport, eclipsing our other great achievements in business, the arts and education.

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

The city could do with a public swimming pool - I have lived in several towns and cities around Ireland and always used a local authority-run public swimming pool. I've always been surprised at the lack of one here in the city. I'd also love to see the plans for the pedestrianisation of O'Connell Street come to fruition.

## What's the biggest challenge facing the city (or county) today?

The lack of an evening economy in the city centre. If we could fix that, we could unleash huge potential in the city.

**Right: Louise Donlon, director of the Lime Tree Theatre: focus on sport can sometimes overshadow Limerick's achievements in other fields**



## FRONT PAGES OF THE PAST

**20 YEARS AGO**  
**JANUARY 16, 1999**

'Digital TV first for Limerick' was the headline in the Limerick Leader 20 years ago as Limerick city TV subscribers were set to become the first in the country to get digital television.

The new links would also enable people to do their shopping and banking from

home, it was reported.

There was also a story 'Family to go starkers for city festival.' It centred on a play to be staged in the Belltable where a family were to go on stage totally nude.

And the main photo on the page was of Kevin Murphy, 10, who got a call up to the Centre for Talented Youths based at the University of Limerick.



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# Woman travelled with her ex despite threats

**Prosecution:** Judge says charges were not proven

**DAVID HURLEY**  
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A WOMAN who told gardai she was in fear of her former partner when he called to her home went on a mini-break with him less than a fortnight later, a court has heard.

The 34-year-old was prosecuted after the woman made a formal complaint to gardai that he had breached the terms of a safety order on separate dates last November and December.

The defendant, who has two young children with the woman, spent a week in custody earlier this month after he was refused bail following a garda objection when he was arrested and charged.

In evidence during a contested hearing, the woman claimed she received threatening phone calls from her former partner on November 28, last.

“He said he was going to slit my throat and that he would come to my property and burn my house,” she said.

The second incident, she claimed, occurred on December 27 when he called to her home on the outskirts of the city and began shouting abuse while banging on the door.

“I felt very nervous,” she told Inspector Paul Reidy. “I felt like he was going to kick in the door and seriously harm me,” she added.

Being cross-examined by solicitor John Herbert, (pictured), the witness accepted she had travelled away from Limerick for a number of days with his client and their children in early December. Mr Herbert

also put it to the woman that she also stayed with his client for several days at his home in the city following their return. While the defendant’s mother gave evidence supporting Mr Herbert’s contention, she accepted she was not in a position to give evidence in relation to the allegations before the court.

Judge Marian O’Leary was told more than a dozen complaints were made to gardai last year and Mr Herbert put it to the complainant that she has a propensity to make complaints “when it suits you”. The woman denied that she spends time with her former partner insisting her only dealings with him relate to their children.

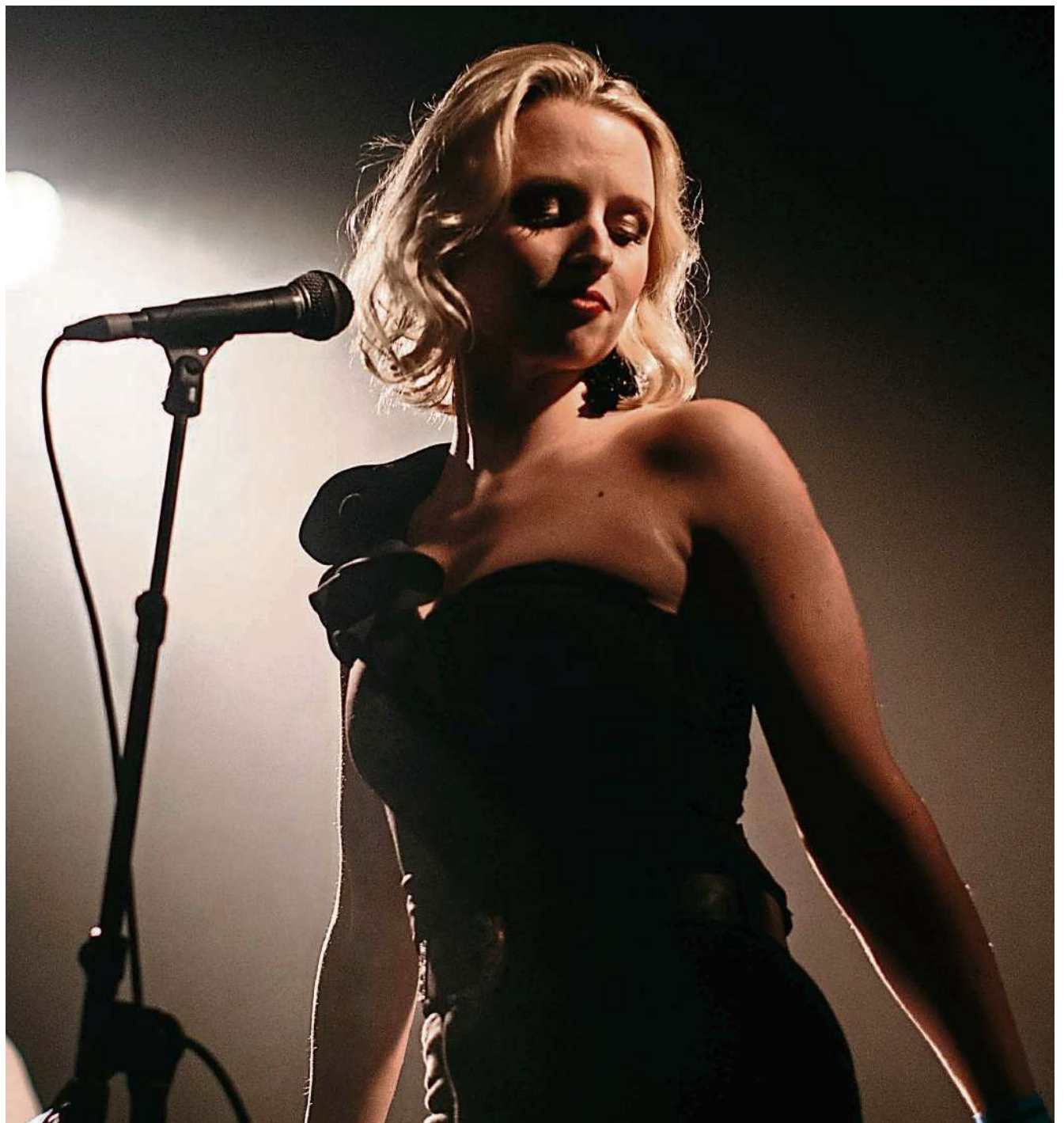
Seeking to have the charges dismissed, Mr Herbert said there was a clear contradiction in the evidence before the court – particularly relating to the second incident as his client denies calling to the house. He suggested the woman had told lies and that “at best her evidence is coloured”.

Inspector Reidy said the woman had given evidence of being put in fear by the defendant and submitted there was a case to answer.

Having considered the matter, Judge Marian O’Leary said she was not satisfied the State had reached the necessary threshold to prove its case.

Dismissing the charges, she commented she had seen the pair “more often than anybody else last year”.

She also expressed surprise that no formal access arrangements are in place relating to their children.



## Concert shines a light on mental health

The Metis Music for Mental Health gig in aid of Corpus Christi Primary School, Pieta House and Limerick Suicide Watch took place at Dolan’s Warehouse on Friday night. All artists appeared free of charge on the night with 100% of ticket sales going to charity. Pictured is Dora Gola performing at the event. For more pictures, see pages 38-39 PICTURE: SEAN CURTIN/TRUE MEDIA

## Average price of a semi-d in the city climbs to €200,000 – REA

**DONAL O’REGAN**  
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THE PRICE of a three-bedroom semi-detached home in Limerick city is expected to rise by 4% in 2019, according to a survey carried out by Real Estate Alliance (REA).

While in the county, the same type of property will be double that by the end of the year, the report says.

In the city, prices rose by 4.2% to €200,000 in the last 12 months, with no increase between September and December. Prices in the county rose by 8.1% to €160,000 in 2018 – with no change between September and December.

The REA Average House Price Survey concentrates on the actual sale price of Ireland’s typical stock home, a



**Michael O’Connor, of REA O’Connor Murphy, in Limerick city**

three-bed semi-detached, giving an up-to-date picture of the second-hand property market in towns and cities countrywide.

“Prices have stayed static in Limerick city in quarter four, with its average selling price of €200,000 representing a 4.2% increase throughout 2018, with local agent REA O’Connor Murphy stating that an increase in new developments has stabilised the second-hand residential market,” said REA spokesperson, Barry McDonald.

Michael O’Connor of REA O’Connor Murphy in Limerick city predicts an increase in the new homes market, while the second-hand area will behave as in the latter stages of 2018 with sales taking longer to transact.

“The last quarter of 2018 saw a return to a normal market, with sales taking a little longer to transact and purchasers taking a little more time to consider their options. The increase in new developments has stabilised the second-hand residential market.

“Revision of the macroprudential rules, which took effect at the beginning of the year, appears to be having an impact, with price increases starting to slow. We envisage growth in the new homes market, with the second-hand market progressing in the same way as quarter four, 2018,” said Mr O’Connor.



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# 'It would be a fitting memorial to an international star'

**NICK RABBITTS**

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BUSINESSWOMAN and councillor Elenora Hogan has called for a memorial to the late Dolores O'Riordan in the heart of the city centre.

On the first anniversary of the tragic death of the Cranberries frontwoman, Cllr Hogan has suggested the Urban Village outside Penney's or Cruises Street would be ideal places to remember one of Limerick's biggest stars.

"It would be a fitting memorial

to an international Limerick superstar," she said.

"Apparently, Dolores's grave in Ballybricken regularly receives visitors from America, Canada and many European countries. The University of Limerick will confer an honorary degree on the Cranberries and I believe now is the time for Limerick Council to erect a suitable memorial."

Cllr Hogan was speaking as she recalled the RTE 2FM Lark in the Park festivals of 1989, 1990 and 1991, which she helped facilitate as co-ordinator of the Limerick



**Left: Cllr Elenora Hogan and right, the gig poster**

Summer Festival.

Based in the Long Meadow of the People's Park, the event hosted the Cranberries in one of their first big gigs, just months after signing a major record deal.

"The event was always very popular and very successful. All age

groups came," she recalled. "I remember the one in 1991 drew around 6,000 people.

"They always attracted a good crowd. The purpose was to give Limerick bands an opportunity to perform in front of large crowds as part of the concert series. It was a good opportunity to make people familiar with their music and songs," said Cllr Hogan.

As for her memories of Dolores, she added: "Even then, the singularly unique beautiful voice of Dolores O'Riordan was a pleasure to listen to."



**Left: A group at the Dolores O'Riordan memorial event at Ormston House**

**Above: Twins, Ciara and Kate O'Connor, Caherconlish**

PICTURES: ADRIAN BUTLER

# Poignant scenes as Dolores remembered in her home city

**Music:** Piano the focal point as crowds pay respects to iconic late Limerick singer

**NICK RABBITTS**

nick@limerickleader.ie

THERE were poignant and emotional scenes at Ormston House this Tuesday as Dolores O'Riordan was remembered on the first anniversary of her death.

The Patrick Street venue was packed throughout the day as men and women, young and old, came to share their memories of the Cranberries frontwoman in her home city, with the event named 'A Piano for Dolores'.

Visitors came to Shannonside from across the world, while there were a large number of local people sharing their thoughts, and entering their tributes to the Ballybricken lady in a special book.

Organised by Mark O'Connor,

Ennis Road, Stefania Bardi and Limerick City and County Council, the piano was the focal point of the room, while it was also adorned with images of Dolores and the Cranberries, plus lyrics from some of their most famous songs.

On top of the piano sat a daffodil, with the famous picture of the Cranberries - captured by former Leader photographer Dermot Lynch - when they first signed to Island Records.

Throughout the day, videos of the Cranberries performing were projected on the bare walls of Ormston House, while there were several opportunities for people to take to the piano to perform some classics from the group.

City centre musician Rachel Prior said: "Dolores put Limerick on the

map musically. A lot of people tell you that because you're from Limerick, it's not going to happen for you. But she was a prime example that it can happen. She was a very real person, always herself. She never tried to be someone she wasn't."

Paul Russell, Rosbrien, came to the event armed with a song he wrote in memory of Dolores O'Riordan.

Titled simply 'I wish Dolores was still here', he took many lines from existing Cranberries songs.

"She is probably the most important artist we have ever had, or probably ever will have more than likely. She has been around the world, travelled everywhere. I remember being out in America and looking through the LPs in a record shop and there she was. You have no idea of her reach until you go



**Probably the most important artist we have ever had, or ever will have**

**PAUL RUSSELL, WHO WROTE A TRIBUTE SONG FOR DOLORES**

travelling," Paul added.

The fact Paul wrote, and performed the song in memory of the superstar, was something particularly pleasing for organiser Mark.

He said: "It's been nice to feel people's response whether it is the fondness for the tune that is on at the time, or looking back at her lyrics and portraits. There is a lot of warmth still there."

Mark added: "I'm glad we did something. We couldn't let the day go by without it. When someone passes, a year later the family gathers, friends may gather, but it dissipates with time. I don't think that's something which should happen with Dolores."

For more, see page 10, 22 and also the weekend newspaper.

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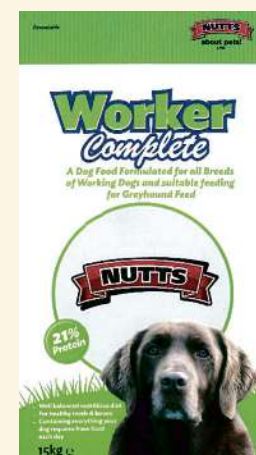
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Will he be back in 2020? Samuel L Jackson at the JP McManus Pro-Am in 2010

Samuel L Jackson hoping to return to Limerick

**RYAN O'ROURKE**  
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ONE of the world's most famous actors, Samuel L Jackson, has spoken about his desire to return to Limerick.

The American actor admitted he would like to return to Limerick for a round of golf, having played in the JP McManus Pro-Am at Adare Manor in 2010.

The Pulp Fiction star was one of several superstars from the world of sport and entertainment to descend on Adare for the invitational tournament which is running again next year.

"I wish I knew. If only I could tell you," Mr Jackson said when asked in recent days if he would be returning to Ireland.

"I've had great times in Ireland. I've also been the sickest that I ever was in my life in Ireland too. Food poisoning from some bad oysters, but I want to go back to Limerick and play that course again," he added.

The iconic actor was speaking to Joe.ie ahead of the release of his new movie Glass on January 18.

The next JP McManus Pro-Am, which promises to be the most star-studded golfing tournament of the decade, will take place on July 6 and 7, 2020 at Adare Manor.

The major charity event raised almost €45m in 2010 for local worthy causes. In 2010, many of the world's best golfers, including Tiger Woods and Lee Westwood, took to the fairways for the event, hosted by the new owner of Adare Manor, JP McManus. As well as Mr Jackson, Hollywood A-listers Hugh Grant, Michael Douglas and Catherine Zeta-Jones also attended.

# Sky's the limit for newlywed Rachel

**Lady of the Manor:** Sports stars line out for bride's big day

**ÁINE FITZGERALD**  
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COLOURFUL champion jockey Frankie Dettori and Tyrone footballing legend Peter Canavan were among a host of sports personalities to descend on Limerick to see Sky Sports presenter Rachel Wyse tie the knot.

The stunning bride, who hails from Dublin, married millionaire show jumper Tim Gredley at the five-star Adare Manor in Adare on Saturday.

The day was a double celebration as it was also the groom's birthday.

The happy couple walked hand in hand down the aisle of the Holy Trinity Abbey Church in Adare after saying their I do's before enjoying a lavish wedding reception in the luxurious manor.

Rachel and Tim posed for photographs against the backdrop of the huge crystal chandelier and sweeping staircase leading to the hotel's Grand Ballroom before joining guests for dinner.

The staircase was laced with elaborate fresh garlands by a floral designer based in Oxfordshire who also decorated the spectacular ballroom, which can host 350 guests, with towering green foliage and flowers.

Applause rang out as the newlyweds made their way to the top table.

Rachel, 33, wowed in her elegant traditional-style lace wedding gown with capped sleeves and a short train.

The happy couple chose Elvis Presley's Can't Help Falling In Love With You for their first dance.

Rachel later did a quick change into another evening gown to join her friends on the dancefloor for the more up-tempo tracks including Queen's Bohemian Rhapsody.

The lavish wedding came less than a year after Tim popped the question.

Sky Sports News anchor Rachel who presents live GAA coverage throughout the summer months announced the engagement last February on Instagram, with a simple caption 'the easiest yes'.

Tim and Rachel have been together for over two years now.

They first met years ago in show jumping circles but it was only when they met again in recent years that they began a relationship. Rachel said the pair "just click".

Growing up in Blackrock in Dublin, Rachel was mad about horses - her father was a judge in the Dublin Horse Show. She went to St Andrew's College and competed internationally at show jumping.

She previously said: "I met Tim 13



Clockwise from top, Tim Gredley and his new wife Rachel Wyse emerge from the church in Adare; the happy couple pose for a photo in Adare Manor; the floral arrangements in the Manor's Grand Ballroom for the reception, and guest, jockey Frankie Dettori is flanked by GAA stars Senan Connell and Peter Canavan



**I met Tim 13 years ago at a horse show in Cavan. I was jumping and he had horses**

**RACHEL WYSE SPEAKING ABOUT HOW SHE MET HER NEW HUSBAND**

years ago at a horse show in Cavan. I was jumping and he had horses. But then nothing happened and all these years later, we met again."

A relaxed Rachel was pictured by friends on Instagram enjoying a leisurely walk in the manicured grounds of Adare Manor in her horsey gear of hunting boots and wax jacket just hours ahead of her big moment.

Wedding guests also included Rachel's Sky Sports GAA colleague, former Dublin footballer Senan Connell and her former Sky Sports colleague Natalie Sawyer.

Adare Manor, owned by businessman JP McManus, has been the venue of choice for several high profile weddings in the past, including US skateboarding legend Tony Hawk's big day back in 2015.

Irish soccer legend Robbie Brady and his wife Kerrie Harris also tied the knot at the stunning Limerick venue last June.



The happy couple Tim and Rachel cut the wedding cake





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# Course Availability 2019

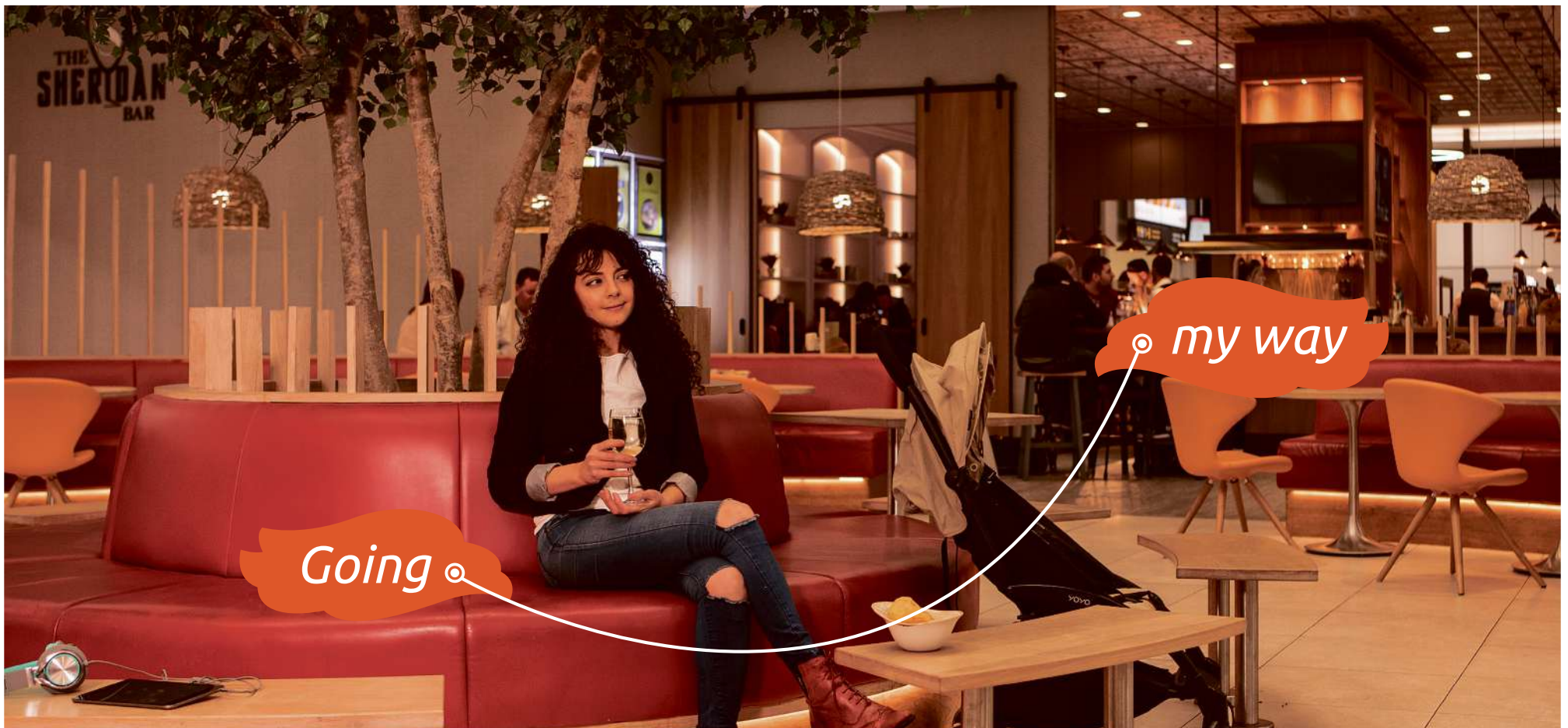
## EMPLOYABILITY SKILLS DEVELOPMENT

Course	Course Code	Venue	Duration	Day / Time	Start Date
Computer Basics Equal Skills	230437	Further Education and Training Centre, Raheen Campus	5 weeks	Tues and Thurs 6.30pm - 9.30pm	22nd Jan 2019
Reception and Frontline Office Skills	230370	Further Education and Training Centre, Raheen Campus	10 weeks	Tues and Thurs 6.30pm - 9.30pm	22nd Jan 2019
First Aid Responder (PHECC)	231380	Further Education and Training Centre, Raheen Campus	4 weeks	Tues and Thurs 6.30pm - 9.30pm	29th Jan 2019
Web Design	229955	Further Education and Training Centre, Raheen Campus	9 weeks	Tues and Thurs 6.30pm - 9.30pm	29th Jan 2019
Supervisory Management	231383	Further Education and Training Centre, Raheen Campus	10 weeks	Tues and Thurs 6.30pm - 9.30pm	29th Jan 2019
Training Needs Identification and Design	228726	Further Education and Training Centre, Raheen Campus	10 weeks	Tues and Thurs 6.30pm - 9.30pm	29th Jan 2019
Good Manufacturing Practice	231374	Further Education and Training Centre, Raheen Campus	8 weeks	Tues and Thurs 6.30pm - 9.30pm	5th Feb 2019
Introduction to CAD Parametric Modelling	231405	Further Education and Training Centre, Raheen Campus	10 weeks	Tues and Thurs 6.30pm - 9.30pm	5th Feb 2019
Workplace Safety and Manual Handling	229316	Further Education and Training Centre, Raheen Campus	6 weeks	Tues and Thurs 6.30pm - 9.30pm	5th Feb 2019
Information Technology Skills (QQI Level 4)	229981	Further Education and Training Centre, Raheen Campus	8 weeks	Tues and Thurs 6.30pm - 9.30pm	5th Feb 2019
Safety and Health at Work	234420	Further Education and Training Centre, Raheen Campus	5 weeks	Wed 9.30am - 3.30pm	6th Mar 2019
Palliative Care Support	231381	Further Education and Training Centre, Raheen Campus	5 weeks	Thurs 9.30am - 3.30pm	7th Mar 2019

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



### VICKY PHELAN ACCUSES TAOISEACH OF BEING 'ALL TALK AND NO ACTION', AT LIMERICK CEREMONY



#### Geraldine Ryan

You are an inspiration to all women

#### Catherine Sims

This woman is one impressive human being!!!

#### Robert Noel Ahern

Very true, good woman Vicky for saying what we all are thinking

#### Jo McQuaid

That's why he has a Minister for health he had numerous other problems on his desk running the country give him a break

### TIMELY BOOST AS BUS EIREANN TO INCREASE VEHICLES ON BUSIEST ROUTE



#### Marie Martin

It would be great if the forgotten taxpayers of the Mill Road Area of Corbally would get a bus service

#### Gerry Adams

Thomondgate, Ballynanty, Kileely and Moyross is what's needed improving. I'm fed up of the northside being treated like second class. In the eyes of our politicians Limerick ends at Thomond Bridge

### COUNCILLORS BAN 'MUGSHOTS ON POLES' IN COUNTY LIMERICK TOWN



#### Christopher Tobin

Good decision hopefully the city might embrace it

#### John Holmes

I wish all towns in the county and limerick city would do the same

#### Maureen Bourke

Wish this would extend to all elections in Ireland. Well done Michael Collins and NCW Councillors

#### Sheila Heffernan Delaney

They're an absolute eyesore. Time to get rid of them

### PRAYERS OFFERED UP FOR CHILDREN OF DOLORES O'RIORDAN AT ANNIVERSARY MASS IN LIMERICK



#### Anne Kiely

Rest In Peace Dolores a true lady of limerick thinking of her mother and family at this sad time xx

#### PJ Carroll

A limerick gem and made me cry on all ireland day

#### Cindy Olson Gobeli

Love and peace to all of the O'Riordan family (and Noel..Ferg..Mike..Ole

#### Liz Ryan

Rest in peace to an icon

# Fan leaves bandana on Dolores grave to end emotional year



Eileen O'Riordan, mother of the late Dolores, arriving at Ballybricken Church for her daughter's anniversary Mass

PICTURE:DAVE GAYNOR

## Tribute: Mass to mark death of Dolores O'Riordan

### ÁINE FITZGERALD

[aine.fitzgerald@limerickleader.ie](mailto:aine.fitzgerald@limerickleader.ie)

A DEVOTED fan of The Cranberries travelled from London to Limerick to lay his bandana at the graveside of the band's front woman on the first anniversary of her death.

Enrique Rivas, 32, originally from Spain grew up listening to the voice of Dolores O'Riordan and he wanted to mark her passing on January 15 of last year, in his own personal way.

"I was in St Joseph's Cathedral last year and I decided to come again one year after to pay my respects," said Enrique standing outside St Ailbe's Church in Ballybricken on Sunday morning after attending an anniversary Mass for the late singer.

"Since I was 10 or 11 years old I grew up listening to her music, so yeah, it's really emotional for me to come here. It was kind of like to close the year to come back to this place. I arrived yesterday and stayed in Limerick and I go back this evening," said Enrique.

He hoped to visit Dolores' grave before he departed but wanted to give the family some space first.

"I was there last July. I left some flowers and today I will leave my bandana."

Family, friends and neighbours of Dolores O'Riordan joined Cranberries band members in the pews of St Ailbe's Church for 11am Mass

“I grew up listening to her music so it's emotional for me to come here”

**ENRIQUE RIVAS, CRANBERRIES FAN BELOW**



on Sunday where the singer's three children, who are currently in Canada, were prayed for.

"We pray today for the repose of the soul of Dolores and we will keep in our prayers Taylor, Mollie and Dakota, Dolores' children, for whom this time is also a difficult one. May the risen Christ continue to support them in their grief and in their lives," said Fr James Walton, PP of Ballybricken and Bohermore who concelebrated the Mass with Fr Anthony Keane of Glenstal Abbey.

Also present were Dolores' sister Angela, brothers Terence, Brendan, Donal, Joseph and PJ, and Cranberries band members Fergal Lawler and Noel and Mike Hogan.

Dolores' mother Eileen arrived early at the rural County Limerick church to make sure everything was perfect for the anniversary Mass.

Fr Walton explained how Dolores' voice and her music was "a gift to her native county of Limerick and to the world" and spoke of how she played her own unique part in the Limerick hurlers' All-Ireland victory last August after 45 years of waiting.

"Dolores was a force of nature. Her rise to stardom gave a huge amount of belief to young people at that time. It was reflected in the belief of the Limerick hurling team to win the All-Ireland final last year after 45 years. That belief can also be epitomised in the song Dreams, the unofficial anthem of Limerick hurling, in the words, And they'll come true, Impossible not to do."

Fr Walton told the congregation to "hold onto your memories of Dolores, hold onto your beliefs and dreams as she did".



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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Local retailers warned about note 'change' scam

GARDAI are warning retailers to beware of a "change" scam which has come to light in recent weeks.

"This is where a person enters a shop and looks to change a large number of notes. Then the person might change their mind and deliberately confuse the member of staff that is dealing with him or her," said divisional crime prevention officer Sergeant Ber Leetch.

"Ultimately they will leave the shop with more cash than they entered it with. Often the scam isn't noticed until the till is



**Warning:**  
Sergeant Ber Leetch

counted at the end of business," she added.

Gardai say one local retailer is at a loss of €250 having been targeted.

"These scammers are very skilful in confusing the shop staff so my advice is simply do not change any notes for bigger or smaller notes. If a person is insistent then call a manager or another person," said Sgt Leetch.

## House burgled while occupants were at Mass

INFORMATION is being sought in relation to a burglary in a rural community just outside of the city.

A sum of cash was taken after a house at Inch St. Lawrence – between Caherconlish and Ballyneety – was entered last Saturday evening while the occupants were attending Mass.

The culprits – two men – were disturbed and fled when the occupants returned home at around 7.30pm.

"Gardai at Roxboro Road are hoping that somebody local might have noticed something unusual on the road or maybe a vehicle parked where it didn't belong," said Sgt Ber Leetch.

## New garda campaign to improve pedestrian safety

GARDAI have launched a campaign aimed at reducing the number of pedestrians who are killed or seriously injured.

Two pedestrians were killed in the Limerick division last year while a number of others sustained serious injuries.

"As pedestrians we are very vulnerable on the road and, of course, we can't be responsible for the way in which people drive but we can take a number of very basic steps to improve our safety on the road," said a garda spokesperson.

Pedestrians are being



**Two pedestrians died last year**

urged to ensure they are well lit up, that they don't walk between cars and that they remain alert when out walking.

Pedestrians are reminded they should walk on the right-hand-side of the road against oncoming traffic.

They should also walk in single file when on narrow roads.

## Fake €50 tendered at store

AN investigation is underway after a counterfeit €50 note was discovered at a large supermarket in the city.

"I know that they don't use the pens that could determine whether a note is legal tender or not. My advice is to buy the pens and make your retail staff aware that counterfeit notes can be handed in from time to time," said crime prevention officer Sergeant Ber Leetch.



Darragh and Noel Hannan with Ger Jackson and Christie Cosgrave at the Hyde Road protest PICTURE MICHAEL COWHEY

# 'People power' is needed to park plan

**Hyde Road** Almost 1,000 people sign petition against Council scheme

**NICK RABBITS**  
nick@limerickleader.ie

IT will take civil disobedience to stop controversial plans to build a car park at Hyde Road park, a local activist has said.

Noel Hannan is furious with Limerick Council for introducing plans to do away with part of the grassland in favour of parking spaces, and he has pledged to use "people power" to ensure the plan does not get off the ground.

This comes in spite of the fact Limerick City and County Council has already begun to put in place railings and tools in order to commence work on the project, which comes as part of the Parnell Street improvement works.

For its part, the council has

pointed out its members have already approved the scheme, and the car park will take up less than 10% of the green-space at the junction of Lord Edward Street and the Hyde Road.

Meanwhile, a petition in opposition to the plans established by Social Democrats local election candidate Elisa O'Donovan had reached almost 1,000 signatures by this Tuesday.

Some 30 people were in attendance at a meeting held at the Hyde Road park on Saturday lunchtime by Ms O'Donovan, who is running in City West.

She said: "We believe we need to value our city's green spaces, and the enormous health, social and environmental benefits they bring to Limerick and its citizens. We call for

greater linkage between Russell Park [Hyde Road] and The People's Park. This could also include the use of the iconic park kiosk to be used as a cultural hub for the surrounding area."

Mr Hannan also made the point that during winter-time, the People's Park closes at nightfall, which can be as early as 5pm, leaving dog walkers with few places to take their pets.

"We say no way," he said in reference to the plan.

"This is one of the last green spaces in Limerick. Enough is enough."

A council spokesperson previously said the development will also see the Hyde Road park landscaped to include new footpaths, walkways and shrubbery, with the car park land not in regular use.

## Jail sentence for speeding on motorway

A SPEEDING motorist who was prosecuted for dangerous driving has been sentenced to two months' imprisonment, writes David Hurley.

Kieran Parrott, aged 28, of Cois na hAbhainn, Tuam, County Galway was detected travelling at 164km/h on the M20 motorway at Cloghacloka, Patrickswell, on September 11, 2018.

Inspector John Moloney told Limerick District Court the defendant was stopped at around 7.25pm by members of the divisional roads policing unit who were alerted

to his speed.

Solicitor Darach McCarthy said his client – a father of three young children – was not offering any excuse for driving at such speed on the day.

Urging the court not to impose a disqualification, he said Mr Parrott has no previous convictions for driving offences and that he requires his licence as his partner does not drive.

"I would ask that you take into account his family situation, he needs his licence," he said.

However, imposing sentence Judge Marian O'Leary said the actions of the defendant were "ridiculous and stupid".

She further that commented the lack of any reason for Mr Parrott driving at such speed was an aggravating factor which she had to consider

In addition to a two year disqualification, she fined him €4,000 and imposed a two month prison sentence.

An appeal against the severity of the sentence has been lodged.



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Machine Tool Operations Traineeship	246541	Further Education & Training Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	36 weeks	18th Feb 2019
Instrument Design (Guitar) and Making	232905	Further Education & Training Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	26 weeks	18th Feb 2019
Web Design and Adobe Dreamweaver	232884	Further Education & Training Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	16 weeks	18th Feb 2019
Traineeship in Computer Aided Engineering - Milling and Turning	240267	Further Education & Training Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	42 weeks	25th Feb 2019
<b>EXTERNAL TRAINING COURSE</b>					
Health Care Support with Intellectual Disabilities Studies	234064	Limerick City Centre	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	40 weeks	25th Feb 2019

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# Pedestrian injured after truck 'swept' into her at station

DAVID HURLEY

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A TRUCK driver who struck a pedestrian outside Colbert Station has avoided a driving ban.

Padraig O'Halloran, aged 53, who has an address at Quin, County Clare, was prosecuted for careless driving relating to an incident which occurred at the main entrance to the bus station on February 3, 2016.

Inspector Paul Reidy told

Limerick District Court the defendant, who was driving a tipper truck, did not realise he had struck the woman and kept driving until he was informed about what had happened a short time afterwards.

He said the incident occurred at around 4.30pm as the truck was turning into Colbert Station where extensive works were being carried out at the time.

Judge Marian O'Leary was told the pedestrian was crossing the

road when she was hit by the truck and that she did sustain some injuries as a result of being struck.

Details of her injuries, which were not life-threatening, were not publicly disclosed to the court during the brief sentencing hearing.

Solicitor John Herbert, representing Mr O'Halloran, confirmed civil proceedings have been initiated against his client who "failed to see" the woman who was on the left hand side of the

truck.

He said the angle of the entrance to Colbert station meant his client had to "swing out to swing back in" as he carrying out the manoeuvre.

He said as the front of the truck was turning, the side "swept into the pedestrian," unbeknown to the driver.

Mr Herbert told the court his client is a professional driver who needs his driving licence and he urged the court not to impose a

driving ban.

After formally convicting Mr O'Halloran of careless driving, Judge O'Leary imposed an €800 fine giving him eight months to pay. Given the defendant's guilty plea and his personal circumstances, the judge said she would not impose a disqualification.

While not a matter for the court, Mr O'Halloran will also receive five penalty points on his driving licence.

# Driving ban for addict over pursuit

**Danger:** Man reversed car at gardai before high-speed chase

DAVID HURLEY

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A MAN who reversed a high-powered car directly at gardai forcing them to take evasive action has been banned from driving for three years.

Gerard Ward, aged 43, who has an address at Patrick Street, Clarecastle, County Clare, pleaded to a charge of dangerous driving relating to an incident in the city centre on August 30, 2018.

Garda Shane Kirwan told Limerick District Court that gardai from the divisional drugs unit attempted to intercept a car being driven by the defendant at around 6.30pm after he was observed leaving the address of a known drug dealer which was under surveillance.

After initially stopping the vehicle at traffic lights at Carey's Road, Mr Ward reversed into another car and "narrowly missed" two detectives who were approaching the defendant's car.

"He almost collided with us, we had to take evasive action," Garda Kirwan told Inspector Paul Reidy.

Mr Ward then drove off and a high speed pursuit ensued.

The defendant - a qualified electrician - was arrested a short time later at Quin's Cottages, Rosbrien, after he was 'boxed in and stopped' by gardai.

Garda Kirwan said the car he was driving had failed to stop for gardai and that there were "quite an amount of vehicles and pedestrians" in the area given the time of day.

Solicitor Caitriona Dwane said her client, who has no previous convictions, was suffering a "very bad drug addiction" around the time and had made a "really very poor decision".

She said previous efforts by Mr Ward to address his addictions had not been successful but that he remains committed and continues to make "genuine efforts".

Judge Marian O'Leary (pictured) was told the defendant is attending a counsellor and that he is also receiving assistance from his GP.

"It's a long-standing matter but he is making very positive progress at the moment," said Ms Dwane who said her client - a father-of-one - is engaging with the Peter McVerry Trust with a view to entering a residential detox programme in the near future.

"He is probably in the best place he has ever been in to beat his addiction," added Ms Dwane who urged the court to be as lenient as possible.

Imposing sentence, Judge O'Leary commented the defendant was lucky not to be facing more serious charges given the nature of his driving.

"It was very, very dangerous, there could have been far more serious consequences," she said.

In addition to being disqualified for three years, Mr Ward was fined €500.

Noting the defendant's guilty plea and his personal circumstances, Judge O'Leary said she would not impose a custodial sentence.



Gary McNamara, the son of Euromillions winner Dolores McNamara keeps as low a profile as his mother. This image was taken over a decade ago at Shannon Airport. Below, The Killaloe Hotel PICTURE: PRESS22

# Son of Euromillions winner buys up closed hotel in Killaloe

GARY McNamara, the son of Euromillions jackpot winner Dolores has bought a hotel in Killaloe, in a move which may save 40 jobs.

Mr McNamara, who owns Tinerana House in Killaloe and is understood to be farming in the locality, has bought the Killaloe Hotel, which closed recently.

Media reports suggest the 32-bed boutique hotel has been purchased as a going concern, while existing jobs will be retained and all bookings will be honoured when it re-opens next Monday, January 21.

Its accommodation includes 32 en-suite bedrooms as well as a



function room with 150 seat capacity, a bar, restaurant and two kitchens. All bookings will

be honoured when the hotel re-opens, the new management team at the hotel have said.

# Optel writes to Minister over layoffs at city plant

FINTAN WALSH

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THE MINISTER for Employment Affairs and Social Protection has been contacted regarding the possibility of up to 39 people being let go at a Limerick manufacturing plant.

Thirty-nine jobs at Optel Vision are "at risk" following a "global strategic reorganisation", as the Raheen-based plant has an "overcapacity of production".

In a meeting this Monday at the Raheen plant, Optel informed employees "about a possible 39 layoffs". It is understood that around 120 staff work for the company in the Raheen Industrial Estate.

Desmond O'Sullivan, Optel's director of customer service in

Europe, Middle East and Africa, told this newspaper that the Quebec owner and one of its vice presidents made the announcement directly to staff.

The HR director and an Irish consultant were also present to take questions during Monday's meeting.

"Yesterday, due to reorganisation of the Optel Group, a number of staff have been put at risk on the site here. It means there is a consultation process that will start now, according to the legislation, for the next 30 days. And at that stage, after 30 days, a decision is made how many of the employees that are at risk will be given redundancy notice," Mr O'Sullivan said.

He said that Optel would be sending a letter to Minister Regina



Former Minister for Finance, Michael Noonan launched the Raheen plant in 2014. He was pictured with Louis Roy, President Optel Vision, Mary Buckley, IDA Ireland and Andy Goulding, general manager Optel Vision Limerick

PICTURE: BRIAN GAVIN/PRESS 22

O'Doherty on Tuesday "as mandated by legislation".

The company, which is based in Quebec, said that most employees working in the professional services and customers experience departments that serve European clientele "will not be impacted".

Optel Group president, Louis Roy said in a statement that they "very much regret having to make this decision and wish to pay tribute to the affected staff who have contributed to our success in Limerick through their diligence and commitment".

"We recognise that this is a difficult time for them and assure them of our full support and engagement in the redundancy process." It is understood that around 80 jobs are at risk globally, at Optel bases in Ireland, Canada, Brazil and India.

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# Hospitals see small drop in waiting lists: NTPF

**December:** Simon Harris welcomes decrease in inpatient figures

**FINTAN WALSH**  
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LIMERICK hospitals saw a marginal decrease in the number of patients on waiting lists at the end of 2018, according to a new monthly report.

National Treatment Purchase Fund figures show that there were 42,833 patients waiting for treatment and appointments at University Hospital Limerick, St John's Hospital and Croom Orthopaedic Hospital at the end of December.

That is a 0.3% drop in waiting list figures since November, when there were 42,955 on a waiting list.

All three hospitals saw a considerable drop in inpatient and day case numbers, with 3,366 on a waiting list - a 417-person decrease in the space of four weeks.

Minister for Health Simon Harris welcomed a decrease in national inpatient figures. However, he acknowledged an increase in outpatient waiting lists nationwide.

In total, there were 39,467 outpatients in Limerick acute hospitals, an increase of 293 patients. With 1,196 patients waiting for an appointment, St John's saw no change in figures.

There was a 99-person increase in Croom outpatients in December, with



**Minister Simon Harris welcomes nationwide inpatient figures**

6,708 waiting for appointments with a doctor. UHL also saw a small hike in outpatient waiting lists, with 31,563 patients at the end of last month.

Limerick hospitals saw a 64% drop in the number of inpatients waiting for more than 12 months. There were 195 inpatients waiting for more than a year, all of whom were at UHL. There was no patient waiting for more than 12 months for treatment at Croom and St John's.

However, thousands still remain on a waiting list for more than a year for appointments at the three hospitals.

There were 8,563 patients at UHL, Croom and St John's waiting for more than 18 months for an appointment.



**A total of 2,644 patients presented to the emergency department at UHL between December 24 and January 6, the UL Hospitals Group has said**

## Over 2,600 emergency patients during festive period

MORE THAN 2,600 patients attended the emergency department at University Hospital Limerick over the Christmas holiday period, according to figures released by the UL Hospitals Group.

There were 1,301 attendances at the ED between Christmas Eve and December 30, followed by 1,343 attendances between New Year's Eve and January 6.

A spokesperson said high volumes of elderly patients with medical conditions, in particular

respiratory conditions, had been presenting in recent days and the number of flu cases has also begun to rise.

UL Hospitals Group continues to work closely with HSE Mid West Community Healthcare through the Mid West Winter Action Team to meet increased demand for services in the acute and community settings.

The Christmas period also saw an aggregated increase in injury unit patients between Ennis, Nenagh and St John's Hospital.

Injury units are for non-emergency cases, but do not operate on a 24-hour basis.

There were 294 patients presenting to St John's, an increase of 45 patients, which was the largest rise in local injury unit patients in the region.

There was a decrease of 18 patients at Ennis with 245 patients, and a 21-person increase at Nenagh which treated 251 patients in its injury unit.

UL Hospitals Group CEO, Prof Colette Cowan said: Respiratory

conditions and flu are on the increase and people attending the emergency department can regrettably expect long waits in many instances as the sickest patients are prioritised. It is encouraging to see the overall increase in attendances to our injury units this year as they are the best option for appropriate cases. People who are seriously injured or ill should continue to come to the emergency department, where they will receive the appropriate care."

## Stole from city store three days in a row

A PROBATION report has been requested in the case of a man who stole hundreds of euro worth of perfume from a store in the city centre, writes David Hurley.

David McNally, aged 38, of no fixed abode, has pleaded guilty to theft charges relating to shoplifting offences at Boots, William Street, on three consecutive days earlier this month - January 6, 7 and 8.

Garda Stephen Aherne told Limerick District Court perfume worth €354 was stolen and the defendant, who has 29 previous convictions, was identified as a suspect on CCTV.

Solicitor Darach McCarthy said his client - a father-of-three - had cooperated with gardai telling them, during interview, that he sold the perfume to raise money to "buy some food and smokes".

He said Mr McNally "did his best for his children over Christmas" leaving himself "very very short".

The matter was adjourned to March 13, next.

## Minister for Mental Health to visit LYS

Minister for Mental Health, Jim Daly TD will be at Limerick Youth Service, 5 Lr. Glentworth Street on Tuesday, January 22 from 11am-12pm where he will present LYS with the prestigious 'Investing in Children' award.

Minister Daly will also launch a counselling video and a YouthLinks Limerick brochure as well as meeting members of LYS' youth advisory panel.

YouthLinks Limerick was a collaboration by LYS with Jigsaw and Limerick Social Service's Centre that highlighted the services provided by the three organisations.

"Our youth advisory panel is a group of young people who have been to the fore in advocating for and changing attitudes to youth mental health," said LYS' Siobhan Wilmott, youth mental health worker.



# 'Give gardai more power to seize scrambler bikes'

**Nick Rabbitts** reports on calls for extra powers to be given in wake of vandalism

THE gardai should be given powers to seize scrambler bikes they suspect of being used for vandalism on private property.

That's according to Fianna Fail councillor Kieran O'Hanlon, who is furious after youths on these bikes did serious damage to the soccer pitch at Geraldines.

Thousands of euro worth of damage has been done to the pitch after someone cut a gap in fencing around the ground, and used a scrambler bike to do 'donuts' destroying large portions of the soccer club's main pitch, which was only upgraded two years ago.

"Legislation certainly should be put in place where gardai should be allowed to go

into premises where these are kept and take them away," he said.

Unfortunately, the City East councillor added, the damage to the soccer pitch is not even the most serious issue to occur due to these bikes.

"There was a woman up in a wheelchair in Garryowen near the Market's Field. Someone on a scrambler bike drove down and knocked her off the wheelchair. I was driving on the Dublin Road a few weeks ago, and one of these came along with no lights on it. They are a danger to themselves, a danger to pedestrians and they could cause traffic accidents," Cllr O'Hanlon said.

He also criticised parents who let their children – some as young as 13, he claimed – use these bikes.

"These parents are totally irresponsible allowing their children to put themselves in danger like this. My kids are grown up now, but I wouldn't allow them to get one of these. They could be killed at the speed they travel at," he added.

Some good has come from this says Geraldines PRO Turlough McNamara.

He outlined how offers of free help from groundskeepers to repair the pitch have been forthcoming after Leader sport initially revealed this story.

For more, see page 61



**Anger: Cllr Kieran O'Hanlon, James McNamara, chairman of Geraldines AFC, Dave Connolly, vice-chairman, and Turlough McNamara, PRO**

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**IT'LL BE GRAND**

## Celebrate Burns night – at Bobby's!

AN EVENING of “feast and revelry” and “tipsy dance and jollity” will be held next week at Bobby Byrne's pub to celebrate Robert Burns night.

On Thursday, January 24, from 8.30pm, the O'Connell Avenue pub will play host to a typically Scottish meal to mark the night celebrating Scotland's national poet.

Organised for the last 15 years by Noel Flannery and Michael Potter, this year's celebration will feature Mr Potter in the role of compere - and he



**Celebrated poet: Robbie Burns**

will no doubt roll out a few of Robbie Burns' classic poems.

The night will also include haggis and sandwiches, neeps and tatties, alongside pipe and violin music.

There will be poems and songs - and those who wish to throw in a piece of literature are more than welcome to do so, according to Mungret man Michael.

There will be bagpipe playing from Capt Michael Egan, and a violin piece from Mary O'Donoghue.

## Try-a-dive at University of Limerick

A locally based scuba club is inviting people to a Try-a-Dive evening this week. Atlantic Dive Club will be hosting the event in the UL pool on Thursdays throughout January.

Denis O'Donnell, club secretary wants to encourage adventurous people to come along.

Denis is inviting anyone who has ever wanted to try out scuba diving or snorkeling but was unsure where to go or if they would like it.

“Maybe you have tried it abroad, and are now curious as to how you might continue here at home,” said Denis.

The club makes regular trips to dive sites up and down the west coast. Meet at reception in UL at 8pm.



Bob Geldof and Marian Keyes were awarded their honorary doctorates at University of Limerick this Monday PICTURE: SEAN CURTIN/TRUE MEDIA

# UL awards doctorates to activist and author

**'Achievement':** Woman becomes first Traveller PhD graduate in Ireland

**FINTIAN WALSH**

fintian.walsh@limerickleader.ie

ONE of Ireland's most successful novelists Marian Keyes and musician and activist Bob Geldof were each awarded with an Honorary Doctorate of Letters at a special University of Limerick ceremony this week.

The awards, recognising their major contribution to culture and society in Ireland and abroad, were held on the same day as the annual winter conferring ceremony where 1,715 UL students graduated.

The day was even more special when Dr Sindy Joyce became the first Traveller to become a PhD graduate in Ireland.

Dr Joyce was congratulated for her research into how young Travellers' movements through, access to and use of public and commercial urban space are shaped by their ethnicity and by anti-Traveller racism.

Speaking at a press conference this Monday, Dr Bob Geldof said he was “honoured” and that UL's campus is “one of the engines” behind Limerick's progress.

He paid tribute to the late Dolores O'Riordan, whose one-year anniversary is being marked this week. Commenting on her influence, he said The Cranberries were “central” to the indie and emo scene at the time of their success.

The Cranberries will also be awarded an honorary doctorate by University of Limerick this week, marking one year since Dolores O'Riordan's unexpected death.

Dr Keyes, whose Limerick father Ted passed away last month, said she was “incredibly honoured”. She said her late father “would have

been so, so proud of me”.

Commending the works of local author Kevin Barry, Dr Keyes also offered words of wisdom on novel-writing.

“Stop talking about it and just do it. It's full of cliches, all my advice, but it really is, like, 1% inspiration and 99% perspiration. Make time and sit down and do it. When I started writing, I had a full-time job, so it meant I got up an hour earlier every morning and I wrote for an hour before work. It means sacrificing parts of your life in order to write.”

## Jailed for stealing consaw from van

A RECIDIVIST who is serving a lengthy prison sentence for theft offences has received a further sentence for stealing a consaw from a parked van, writes David Hurley.

At Limerick District Court, Gerard O'Neill, aged 23, of New Crescent Halting Site, Childers Road, admitted stealing the STIHL consaw worth €1,000 from the rear of the vehicle.

Sergeant Donal Cronin said the

defendant and another man smashed the window of the van to gain access to the vehicle some time between February 7 and February 8, 2017.

The consaw, he added, was never recovered and the owner remains at a financial loss.

Solicitor Tom Kiely said his client is currently serving a lengthy prison sentence and that there was “no reality” to him paying

compensation to the owner of the stolen property.

He said Mr O'Neill had a difficult upbringing and that he first began offending and came to the attention of gardai while still a juvenile.

He said he has underlying mental health issues and that he is easily led and vulnerable.

Judge Mary Larkin imposed a two-month prison sentence which is to be served consecutively to a

four-year prison sentence which was imposed at Limerick Circuit Court last July.

That sentence related to the theft of various items of property worth more than €12,000 during a spate of burglaries at a number of commercial premises in the Ballysimon areas of the city.

All of those offences occurred on dates between January and April 2016.

# 'Complete poster ban is draconian'

**NICK RABBITS**  
nick@limerickleader.ie

LABOUR candidate Conor Sheehan has described Fianna Fail's calls for a ban on poster for the local election as "draconian".

Cllr Sheehan, who is seeking a seat for Labour on the northside, wants local election candidates to be limited to 50 posters, as opposed to a total ban, a wish

expressed by Fianna Fail council leader Michael Collins.

He admitted he was "perplexed" to hear the call, adding: "As a first time candidate, posters are a means of getting name recognition and a total ban on them will only serve to favour the incumbents and aid their re-election efforts." Mr Sheehan acknowledged there are environmental

concerns about over-use of posters - but said their psychological impact should not be underestimated.

"For example, in the recent Presidential election, the lack of posters could be seen as a contributory factor for the low turnout. I would also argue that while social media places an important role in modern day political campaigning, it has a limited reach and a ban on election

posters would only serve to inhibit new candidates and parties who do not have existing brand recognition," Mr Sheehan explained.

Limiting all candidates to 50 posters would stop them "plastering" areas with placards, he added.

"The election poster is ingrained in the Irish political psyche and an outright ban would be draconian," he concluded.



'Limit, not ban': Conor Sheehan, Labour election candidate

## SPONSORED CONTENT

### Heartfelt Cardio screening at Radisson Blu in coming weeks

Heartfelt Cardio Screening is coming to your area soon, with the revolutionary BPro pulse wave analysis device, providing affordable and accurate heart and artery screenings.

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(Confirmité Européene) approved and also approved by the British Hypertension Society.

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 11am until late.

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

Thursday 2nd February - Clonmel Park Hotel, Clonmel, Co Tipperary

Thursday 21st February - Radisson Blu Hotel, Ennis Road, Limerick

For further information or to make an appointment, please contact: Anna on 0864135555 or Jimmy on 0862566422. Email: heartfeltcardioscreening@gmail.com or via www.bproheartfeltcardioscreening.com

### New venue for On The Nail gathering

The next meeting of On The Nail, literary gathering takes place in a new venue CB1, Central Buildings on 51 O'Connell Street on Thursday February 7.

Beginning at 8pm, guests on the night are Brian Kirk and Mel White, followed by an open mic section.

Brian Kirk is an award-winning poet and short story writer from Dublin. His children's novel The Rising Son was published in December 2015.

He was selected for the Poetry Ireland Introductions Series in 2013 and highly commended in the Patrick Kavanagh Award in 2014 and 2015.

His first poetry collection After The Fall was published by Salmon Poetry in

2017. His poem, Birthday, taken from that collection, won the Listowel Writers' Week Irish Poem of the Year at the An Post Irish Book Awards 2018. He blogs at www.briankirkwriter.com.

Mel White is a Clare-based poet, who writes both for the page and for performance. She won third prize in the 2018 Westport Arts Festival poetry competition. In 2017 she won the Eigue Michael Hartnett best original poem, and was shortlisted for Listowel Writers Week poetry competition. In 2016 she won the Cuirt Festival of Literature spoken word platform and placed second in the Tower poetry slam. She has performed her poetry at many events including Electric Picnic.

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*Can Save your Life*



Pat McNamara, Tony Connolly Menswear with Gary Leonard and Eibhlin O'Sullivan at the Mid West Bridal Exhibition

**Gary:** "The event has certainly given us some ideas, that's for sure!"

# Bridal bliss at UL Arena

Couples seeking some inspiration ahead of their big day travelled in their droves to the Mid West Bridal Exhibition at the UL Arena

**Pictures:** Dave Gaynor **Words:** Ryan O'Rourke



Conor Fitzgerald, The Woodlands Hotel, Adare with Lisa Concannon-Crowe and Michael Deady, Raheen

**Lisa:** "We have a date set with the Woodlands for April 24, 2020. He proposed to me last Christmas. We are trying to keep everything local, so this event is a really big help."

Michelle and Rachel Meaney, Dooradoyle

**Rachel:** Our friend is getting married so we are just down here to talk to some people and help her to get ready.

**Michelle:** The hotels are really nice, aren't they. We wouldn't mind staying in one of them!



Above: Mark Liston, Newcastle West and Caroline Reidy, Croagh

**Caroline:** "We're getting married on July 26 of this year. We are trying to wrap everything up now. He proposed to me on this day of last year."



**Grainne Scullane, Ballina and Erika Lee, Athlaca**

**Erika** "My favourite thing is all the modelling. They all look so nice. I'm excited for my own wedding when I grow up."

# Candid Comment

By SPARTACUS

● Sci-fi series *Nightflyers*, filmed at a €53m cost in Limerick's Troy Studios, is finally ready for take off, with a February 1 air date on Netflix confirmed this week by the streaming giant.

The 10 part series, following the travails of a group of scientists and a powerful telepath who embark on an expedition to the edge of the solar system, represents quite the culmination of a journey that started when Troy - formerly a Dell factory - was identified for use during City of Culture in 2014. It was broadcast in the US on Syfy.

Universal Cable Productions who produced the series, availed of generous Irish tax breaks while filming, while the production also received substantial funding of €850,000 from the Irish Film Board. Troy is expanding and the whispers are that there will be a second series, while it has been claimed that Limerick has the potential to create up to 1,000 jobs in the screen production sector in the next three to five years. Sounds like action to us.

● ONE widely-read article in last week's paper and on the Leader online was Senator Maria Byrne's criticism of the Five Cross Roads in Murroe which she says has been the scene of "countless accidents". Locals fear it is only a matter of time before fatal crash occurs.

And while many online readers expressed the same concerns as the Limerick city senator, many questioned where she was photographed—on the road. Though it appeared to be quiet, you can just about see a tractor in the background. One person quipped: "Well, if she continues to stand in the middle of it there's bound to be an accident."

● JUST when all hope seemed lost and compassion and honesty become traits of the past, Spartacus has been informed of an act of decency that would restore faith in humanity. A friend told us the story of taking out money from the AIB at 106 O'Connell Street.

He started talking to two people and walked a few yards to discover his wallet with bank cards and money was gone. Was it a pickpocket? Did he drop it? He wasn't sure and was fairly flustered.

He went straight to Henry Street gardai, hoping that they might look at CCTV, but was told as if he wasn't sure it was a crime, there was little they could do. He was told to call the following day, that it might have been handed in. Our poor friend immediately cancelled his bank cards, and then noticed a missed call.

It was from AIB 106 who had his wallet with all his money. A woman called Margaret found it on the street and dropped it into the bank. Unfortunately she left no details to call and thank her, but if she's reading, we are all thankful for her decency, but none more so than the wallet's owner!

● WHILE bestselling author Marian Keyes and Sir Bob Geldof were the main star attractions at University of Limerick on Monday afternoon, critically-acclaimed Limerick novelist Kevin Barry was name-dropped by the honorary doctorate recipients in separate press interviews.

Sir Bob, talking about his Limerick experiences, said he read Barry's *City of Bohane*. Dr Keyes said: "Who hasn't read that? It's obviously set in Limerick. It is a Limerick dialect. It the most incredibly beautiful book from a language point of view."

Spartacus urges those who haven't read either *City of Bohane* or his eccentric John Lennon-inspired *Beatlebone*, to get to a bookshop and appreciate some quality, local culture.



**Fiona Ryan, Ryan's Jewellers and Louise Casey, Ennis**

**Louise:** "The ring collection here is lovely. The whole event has been outstanding. It's great to see all the different things on offer."



**Ruth and Orna Lowney, Clareview**

**Ruth:** "Orna here is going to be the most amazing bridesmaid in the whole country!"



**The latest fashion on show during the Mid West Bridal Exhibition in the UL Sports Arena**

# 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



Seb is a two-year-old Jack Russell terrier. He is very good with other dogs and loves people. He is playful and curious and loves going out for walks, although he is still learning to walk properly on the lead. Seb would make a great companion pet. Please phone 0876371044 if you have any questions about Seb or visit us between 12-3pm at the Kilfinane sanctuary.

Up next is a shy boy we have Seamus. He is about three years old and is a bit of a couch potato. He would be happy to relax next to you rather than going for long walks. He is good with other dogs and is a bit shy until he gets to know you. Visit Seamus any day at the sanctuary from 12 noon until 3pm. Adoption fee is €150.



From the cattery, we have a beautiful pure white cat named Watson. He is roughly five years old. His ideal home would be where he is the only pet. Watson would make a great companion for cat lovers. For more information on Watson phone our cat unit on 0872295669 or visit the cattery any day from 12-3pm.

## Tyler the couch potato

Lastly, we have Tyler. He is a year old black and white cat. Tyler is very friendly and affectionate. He is waiting for a spot next to you on your couch. Adoption fee for our cats is €100, all cats are neutered, wormed, vaccinated and litter trained. Please phone our cat unit on 0872295669 for more information on our cats.



Nicky Woulfe and photographer Dermot Lynch present a framed copy of the famous picture by Dermot of The Cranberries after they had signed their record deal to Mayor James Collins PICTURE: BRENDAN GLEESON

## Special delivery for the mayor

TO mark the first anniversary of the passing of Dolores O'Riordan, Mayor James Collins has received a special presentation from music collector Nicky Woulfe.

Nicky presented a poster from one of the Cranberries and Dolores O'Riordan's early gigs in Limerick, and a black and white photograph from the time the band were signed to a major record label,

Island Records which was taken by former Limerick Leader staff photographer Dermot Lynch.

Both the poster and the photograph are from the Music Memories and Memorabilia collection, Nicky's personal cache of local and international rock and roll treasures.

The poster and the photograph will hang in the mayor's office.

# Cllr Daly welcomes roadwork progress

## Infrastructure: Four-year bid comes to fruition

**NICK RABBITS**  
nick@limerickleader.ie

RESIDENTS living in a Corbally estate have received a boost after works commenced to install footpaths on roads popular with dog walkers.

Independent councillor Frankie Daly has confirmed that the local authority has spent over €50,000 working to upgrade a series of roads, including Lucas Drive, Cois Abhainn and Carabullawn.

There has been resurfacing and footpaths put in place, he said.

"This was a three-year campaign, done on an incremental basis. In year one, we got some of the road done, year two, we had a further piece. I'm glad to report after a four-year campaign, the final piece of the road has been completed," he told The Leader.

He said the impact of this project cannot be understated.

"The footpaths are due to be installed in the next weeks. There are significant improvements there for dog walkers. It's something I am most proud of in that area. It's been perseverance by residents. It's a great news story for Corbally," he said. "A lot of residents will benefit from this. It just makes it safe for kids walking about."

Meanwhile, Cllr Daly has also been working to secure the resurfacing of a section



Cllr Frankie Daly has helped secure some road resurfacing in Corbally

“It just makes it safe for kids walking about”

**CLLR FRANKIE DALY**

of the Ennis Road, between its junctions with Ashbrooke and Fort Mary Park.

At present, he said the road is in a very poor state.

"It's a moon-like structure at the moment, full of craters. It hasn't been resurfaced in 30 years, it's only been patched along. It's very bumpy," he said.

"I've been working on this the last three years, so we are just waiting for the contractors to come in," he added. "It's significant from a local roads budget, as you can only do a certain amount each year. This is something I've been championing, and it's a welcome story for the people of the Ennis Road. I was delighted to champion this."

Around 150 metres of road will be resurfaced on the northside.

# Search is on to find Limerick's All Time Great

**ALAN OWENS**

alan.owens@limerickleader.ie

SINCE its launch a few weeks ago, the search for Limerick's All Time Great has been generating great discussion with suggestions coming in from near and far.

Now the nominations are in and the shortlisting is underway as The Leader prepares to find out who readers believe is Limerick's All Time Great.

"We have certainly cast the net

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**all time greats**  
HAVE YOUR SAY ON THE GREATEST IN LIMERICK

very wide," Eugene Phelan, The Leader editor said. "There are generations of people who have contributed greatly to local life in this county and this recognises their work. We have also received a few controversial nominations so it

will be really interesting to see how people react to that!"

The search drew people from all sections of the community: business, charity, sport, entertainment, politics and historical and details of the final 16

will appear on Limerickleader.ie and in print next week.

Once we have unveiled the final shortlist, we will launch our series of polls pitting our nominees head-to-head at quarter-final, semi-final and eventually, final stage over the coming weeks.

Who has made the shortlist and who will be the winner? Tune in to find out and it is up to you, the reader, to decide who is worthy of the prestigious accolade of Limerick's All Time Great.



**Will it be Mick Mackey? It is up to you, the reader, to decide**



**Nightflyers, starring Eoin Macken and Maya Eshet was filmed at Troy Studios. It airs on Netflix on February 1**

## Show takes flight on Netflix in February

**Nightflyers:** Big budget series filmed in Troy Studios

**ALAN OWENS**

alan.owens@limerickleader.ie

NIGHTFLYERS will finally lift off on Netflix on February 1, it has been confirmed.

While the big-budget sci-fi series, which was shot at Troy Studios, has aired on Syfy in the United States, it has not been shown on domestic screens.

Netflix confirmed this Tuesday afternoon that it is "launching in Ireland and everywhere outside of US on February 1".

The series, which is executive produced by George R. R. Martin who also wrote the novella on which it is based, was shot on location at the massive film facility in Castletroy, as well as using a number of outdoor locations around Limerick.

The Limerick facility has said the airing of the series would be a "proud moment for Troy Studios and

hundreds of people from Limerick and the Mid-West who played a role" on its production.

The series, which has been described as "Psycho in space" by Game of Thrones author Martin, follows eight maverick scientists and a powerful telepath who embark on an expedition to the edge of the solar system aboard The Nightflyer – a ship with a small tightknit crew and a reclusive captain – in the hope of making contact with alien life. The season consists of 10 episodes.

The €53m budget production had a 91% Irish crew with an average of 320 employees on site in Limerick each day.

A number of well-known names feature in the series, including Irish actors Eoin Macken and Brian F O'Byrne.

International stars include Gretchen Mol, who has previously starred in Boardwalk Empire,

playing Dr Agatha Matheson, while David Ajala, Fast & Furious 6, and Angus Sampson, star of the award-winning Fargo, also feature.

Nightflyers started production at Troy in February of last year, where huge sets were constructed, including a scale set of the ship itself. Large numbers of extras were required.

Troy has since announced a major expansion which could see up to 800 staff working at the facility in Plassey's National Technology Park.

The studio, based at the old Dell building, is adding a fourth sound stage to its offering.

Troy Studios chief executive Siún Ní Raghallaigh has said she hopes the first productions at the extended facility will roll in early 2020. It will see the facility become "the largest international standard film and tv studio on the island", according to Troy chairman Joe Devine.

## Limerick College of Further Education to host open day

LIMERICK College of Further Education (LCFE) will hold its annual open day in Mulgrave Street on Thursday, January 24, from 10am to 4pm.

Staff at LCFE are looking forward to welcoming future learners to its main campus to showcase what the facility has to offer.

At LCFE opportunities include progressing to further or higher education, gaining employment, checking out a study area before committing to a four-year course, upskilling or retraining. The college has numerous links to many colleges and universities around Ireland.

The open day attracts large numbers of people each year who are interested in learning more about the college's courses and facilities.

Teaching staff will be available to impart all information required to

prospective learners, parents and guidance counsellors.

Details are also available on maintenance grants as well as social welfare information.

The open day features exciting exhibitions in art, design, fashion, photography, IT and multimedia produced by LCFE learners and staged by academic staff.

LCFE principal Pat Maunsell, said: "This is an opportunity not to be missed by potential learners, guidance counsellors and the general public. The event not only gives a great insight into the wide variety of courses we offer, but also, the 'LCFE way' of approaching further education and training."

LCFE is now accepting applications for its more than 70 full-time day courses for the 2019/20 academic year. Apply online through the college website www.lcfe.ie.

## Men's Sheds get funding boost

Men's Sheds based in Limerick are set to receive over €11,000 in funding.

Fine Gael Senator Maria Byrne announced the news, saying that eight groups would share the funding.

"My colleague Michael Ring, the Minister for Rural and Community Development, has informed me about the Government's allocation of €500,000 in funding to 310 Men's Sheds across the country," said Senator Byrne.

"I am delighted to confirm that eight Men's Sheds here in Limerick are going to receive €11,427 between them," she added.

The Men's Sheds in

Caherdavin, Dooradoyle, Le Cheile, Mulcair, and Southill have all received €1,450. The Northside Men's Shed received €1,360. The Irish Wheelchair Association received €1,432 and St Mary's Parish Men's Shed has received €1,385.

"Men's Sheds are a worldwide movement which encourages men to talk about their feelings in order to improve mental health and wellbeing," Senator Byrne said.

"Local Men's Sheds here in Limerick create a space where men can discuss health issues and emotions while engaging in purposeful activities," she concluded.



Jeremy Godfrey, Commissioner of COMREG presents the Commission for Communications Regulation Award to Aidan Quigney and Jack O'Connor from Ardscoil Ris, Limerick for their project How Now Brown Cow?

## LIMERICK STUDENTS AT THE BT YOUNG SCIENTIST AND TECHNOLOGY EXHIBITION



Barry Hoban, Maxim Integrated, presents the Maxim Integrated Award to Seoda Ni Chaoimh and Muireann Ni She, Gaelcholaiste Luimnigh for their project on antibiotics use



Ruth Murphy, Legal Director, BT, presents the Technology Intermediate Individual Category 3rd place award to Niall Meade, Ardscoil Ris, Limerick for his project TagBuddy A Safe Secure NFC authenticated messaging service for teenagers. Niall also won the IE Domain Registry Award for the same project. See weekend Limerick Leader for story and more pictures



Abbey O'Keefe, Lauren Kelly and Buki Adejomehin from Colaiste Nano Nagle with their project, Cookies for Rookies



Orla Mullane, 14, and Lucy Flaherty, 14, students from Desmond College, NCW at the Cook Medical stand

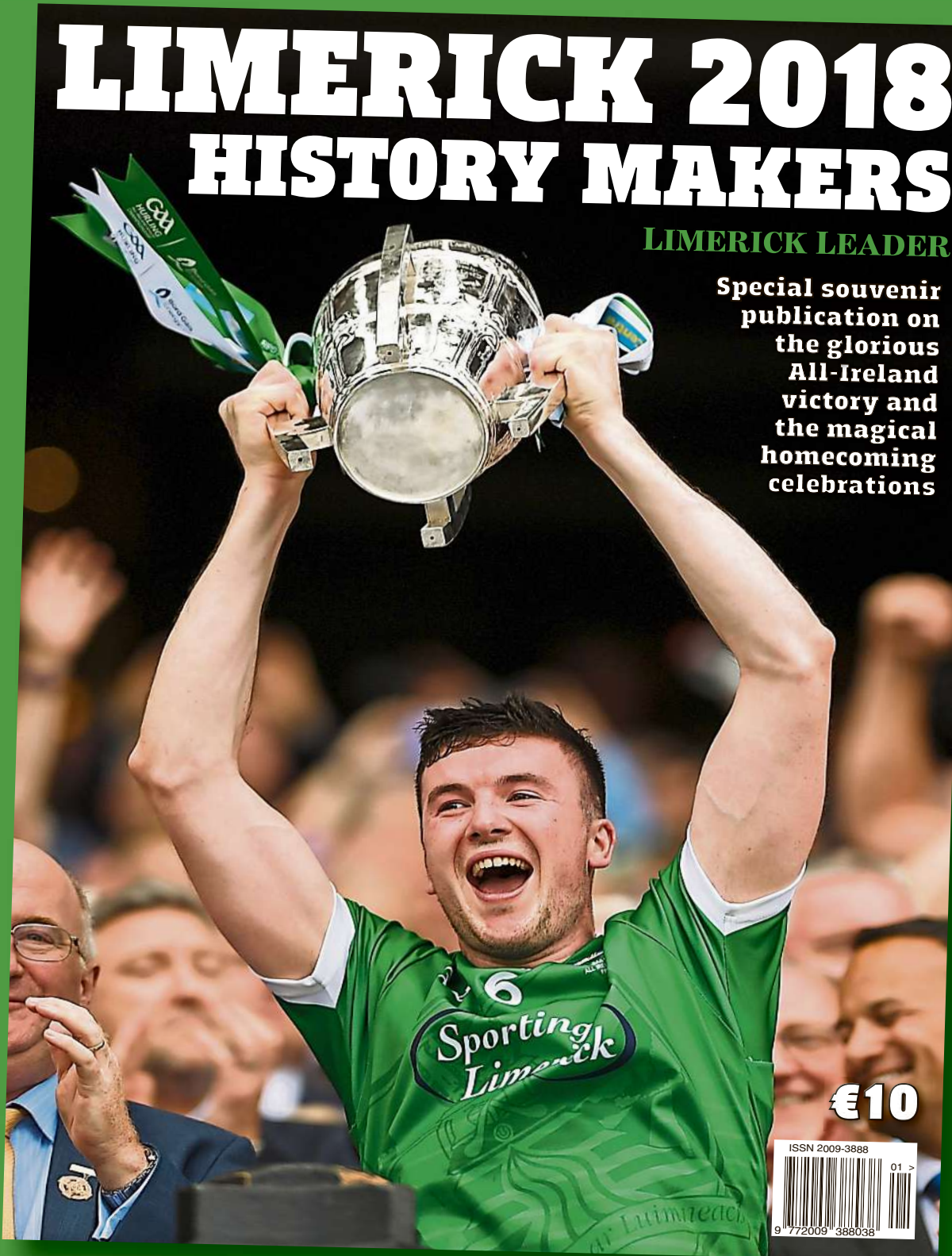


# LIMERICK 2018 HISTORY MAKERS

## LIMERICK 2018 HISTORY MAKERS

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# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

## First-time buyers need to watch for hidden costs

There are things that will stay with us for the rest of our lives – first girlfriend or boyfriend, first kiss, first job. All unforgettable moments, and we can add buying your first property to the mix as well.

Buying a property for the first time is a big deal and is likely to be one of the biggest financial decisions you will make during your life.

One of the biggest mistakes first time buyers make is when they are paying, eg €1,400 in rent each month, to then go out and buy a property where the monthly mortgage equates to €1,400.

Your mortgage repayment isn't the only monthly expense you'll have once you become a homeowner. You'll have additional costs which include life assurance and home insurance premiums, property tax and utility bills. Unexpected expenses are also likely to occur. So, you need to look at your total monthly costs and not just your mortgage repayment.

I helped arrange a mortgage last year, for first-time buyers who borrowed €300,000 over 30 years, their monthly mortgage repayment was €1,297.

On top of that, their life assurance premium was €50pm, their home insurance cost was €46pm. The property tax attaching to the property worked out at €49pm. I estimated their heating costs were going to be €59pm, electricity costs of €41pm, refuse collection c. €25 pm, and telephone and broadband bills €39 pm. They were also likely to spend on average €50 per month on improvements, additional household purchases and repairs.

The conservative cost of home ownership for them each month was

going to be c. €1,656 which was 28% higher than just what their mortgage repayment was. And anyone thinking of buying a property, a good rule of thumb is adding between 25% to 30% of what their mortgage repayment is to get the true monthly cost of home ownership.

The amount you should be paying towards your mortgage, in my opinion, shouldn't be greater than 28% of your net take home pay each month or 36% when combined with other debt.

The reason I'm referencing these numbers, is because evidence from studies would suggest, people with mortgage debt to income ratios greater than 28% are more likely to run into trouble making repayments on time and will suffer more if they are exposed to an income shock i.e. a reduction in their income as a result of redundancy, illness, partner's loss of income etc.

My next piece of advice would be not to start looking at buying a property until you have pre-approval. There's no point. You mean nothing to sellers unless you have evidence you can buy their property. Getting pre-approved will also save you time, by preventing you from viewing properties that are outside your price range.

The amount a lender is willing to advance is determined by how much you earn. Based on current Central Bank regulations, most banks will give you 3.5 times your income or your combined income if buying with a partner. They have scope to increase this by 20% of their new loan issued during 2019, so they might allow 4.5 times your income.

The amount a first time buyer has to contribute towards the purchase price

**“Your mortgage payment shouldn't be greater than 28% of your net take home pay each month or 36% when combined with other debt**



### DID YOU KNOW?

The earliest forgery took place in 542 B.C. when Polycrates of Samos used fake gold coins to pay a debt he owed to Sparta.

of a property is 10% but banks again have discretion to deviate from this amount by 5% of their new lending each year, so they could effectively give you a mortgage of 100% but the chances of them doing this are low. And even if they were willing to give it to you, I would suggest you decline it, unless you have absolutely zero chance of ever getting a deposit together.

The bigger deposit you have, the lower your monthly repayments will be, and the bigger buffer you have if house prices decrease in the future, and you wanted or needed to sell your property.

I appreciate getting to 10% is a very big ask in itself, but when you reach it, don't let it be the trigger that makes you buy a property either. Unless a property you absolutely love comes on the market and it fits into your price range, don't buy it. Don't settle for any old house.

Don't forget to have a contingency fund in place either after you have bought a property. As good as it is to have as big a deposit as possible, you don't want to exhaust all of your savings. The reasons being (a) you may need money to carry out renovations to the property or you may need new furniture, or need funds for new decorations etc. and (b) you should have funds in place, that you can call upon in the event of you losing your job, or your income being reduced.

Think about what would happen if you lost your job a week after buying a property - would you have enough funds until you secured a new job and income? Maybe keep back five or six months' mortgage repayments from your savings, so it's important to factor them into the amount you personally need to save towards the purchase as well.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: Liam, we have identified online shopping as the reason we mainly overspend. Individually, they are not big transactions but when we add them up, they are more than we can afford. We don't want to give up shopping online as it's very convenient, but we don't want overspend either, any ideas?**

A: Pre-paid credit cards can be a very effective tool for anyone who wants to get their spending under control each month.

The idea is simple. You can't spend any more than what you load into the card.

It's also been called a pay as you go card which is a good description, because you can't spend more money than you actually have.

It will allow you to continue to shop online but there won't be any surprises at the end of the month in terms of the amount you spent. Just work out the amount you can afford to spend each month and put that on the card.

And they don't have to be used exclusively for shopping online either. If you have an issue with any other categories you are prone to spending more than you had planned to i.e. grocery shopping, clothes, eating out etc. they are an ideal solution to consider.

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

**Kellett Interiors marquee sale continues this week. All fabrics in the marquee now €4/yard; 50% off all wood blinds; 20% off all fabrics from sample books plus 15% off curtain making, free curtain making on all fabrics in stock in our showroom Call 061-394108 or go to Kellett Interiors on Facebook**



**For your last chance to grab a bargain head to Bit of a Do - the shop for children's fashions, Ballycasey, Shannon.**

**There is now up to 70% off remaining Autumn/Winter Stock. New boys and girls communion wear for 2019 arriving daily. For more information call (061) 366 985 or check out Bit of a Do on Facebook.**



**Nevil's Shoes half price sale has begun and they have a huge reductions throughout the shop! Nevil's is making room for their new spring/summer range. All prices have been slashed and you're sure to find a good deal. Pictured are a pair of Paul Green nubuck boots which are now half price at €110. For more brands see their website [www.nevilsshoes.ie/brands.html](http://www.nevilsshoes.ie/brands.html). They deliver anywhere in Ireland and can arrange payment over the phone, on 061 418692.**





**Tánaiste Simon Coveney; Peter Creighton, Managing Director of Reliance; Limerick hurlers Barry Murphy and Oisin O'Reilly, Samantha Byrne, Business Development Manager at Universal Robots with Joshua, 8, Oscar, 6, at the opening of Reliance's new facility on the Ballysimon Road and welcoming their new partnership with Universal Robots**

# LIMERICK HUB OF RELIANCE LAUNCH PARTNERSHIP

**Pictures:** JULIEN BEHAL



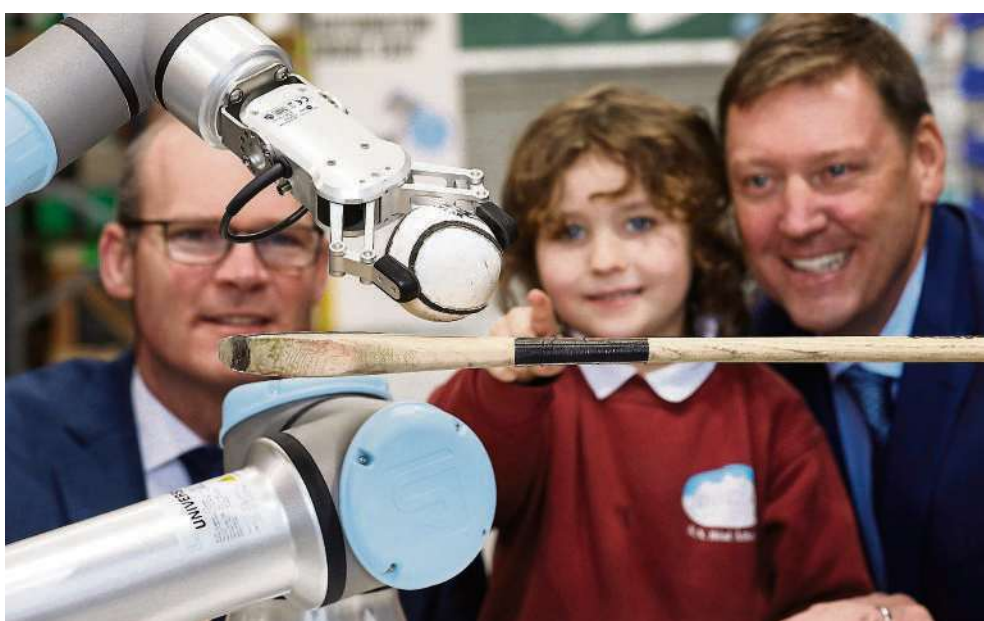
**Peter Creighton, Managing Director of Reliance and Tánaiste Simon Coveney watch the robot in action**



**Tánaiste Simon Coveney and Limerick hurler Barry Murphy with Oscar, 6. Tánaiste Simon Coveney experienced some of the smartest robots in the world**



**Tánaiste Simon Coveney and Peter Creighton, Managing Director of Reliance inspect the robot**



**Tánaiste Simon Coveney, Oscar, 6, and Peter Creighton, Managing Director of Reliance**



**Peter Creighton, Managing Director of Reliance and Tánaiste Simon Coveney. Robots made Tánaiste Simon Coveney's favourite pizza at Reliance Limerick**



# Enterprise Ireland aids creation of 532 new jobs

## Recruitment:

Over 9,000 jobs now supported by government agency

**NICK RABBITTS**  
 nick@limerickleader.ie

MORE than 9,000 people are working in Enterprise Ireland supported companies in Limerick, the agency says.

As part of its annual report, Enterprise Ireland confirmed Limerick recorded a jobs growth increase of six per cent last year, with two-thirds of the companies supported by the organisation outside of Dublin.

In total, 532 jobs were put in place by Enterprise Ireland-backed companies in 2018, bringing the number of jobs in such firms in Limerick to 9,553.

The government agency responsible for helping Irish business develop nationally and globally has reported the creation of 18,846 new jobs last year.

"These record results are a great achievement and a testament to the resilience of Irish companies in the context of Brexit as well as our local economy here in Limerick.

"They are particularly welcome in the context of similarly strong results from IDA-supported companies in 2018," Senator Maria Byrne said.

Key sectors include life sciences, construction, electronics, primary



meats and foods," the Fine Gael senator added.

Welcoming the results, Minister of State Pat Breen added: "As a small open economy, Ireland is exposed to any global developments that impact on our ability to trade internationally.

"Enterprise Ireland's excellent results for 2018 illustrate the strength and appropriateness of the Government's response to the very real challenge of Brexit."

Jerry Moloney, Enterprise Ireland's most senior figure in the Mid-West added: "2018 was another strong year

**'2018 another strong year for growth in Limerick': Jerry Moloney, Enterprise Ireland, right, who is pictured with Prof. Luuk van der Wielen, director Bernal Institute and Dr. Mary Shire, Vice President Research & Enterprise, UL** PICTURE: ALAN PLACE

for job creation in Limerick with our client companies now employing 9,553 people across the county.

"Now at the half way mark into our four-year strategy to Build Scale and Expand Reach 2017-2020, we are on course to exceed the ambitious target of creating 60,000 new jobs across Ireland by the end of 2020."

Mr Moloney added its priorities for 2019 include supporting its clients to prepare for a hard Brexit, regional jobs development, and driving innovation, competitiveness and diversification among Irish exporters.

## Jobless figures fall 15%

THE number of people out of work in Limerick has fallen by almost 15% in the last year.

Unemployment in Limerick now stands at just 5.3%, down from a peak of 16% back in 2012, something welcomed by Kieran O'Donnell.

"Since Fine Gael's Action Plan for Jobs was launched in February 2012, the Limerick live register has decreased locally by 61.2%. This is 12,447 people, with 8,364 from Limerick city, who are



**Senator Kieran O'Donnell**

back making a living, to the benefit of themselves, their families and the local communities in which they live," he said.

"We will continue this success into the future because we are investing in our talented people," he added.

## David on board at Edwards

EDWARDS Lifesciences, which is set to employ 600 people in Limerick, has appointed David Varden as director of manufacturing for its operations in Ireland.

In the role, he will be responsible for the site's manufacturing strategies in the production of delivery components for transcatheter heart valve therapies.

Headquartered in California and employing more than 12,000 people globally, Edwards Lifesciences recently announced the National Technology Park as its new European facility.

The move will see it invest €80m and create hundreds of jobs in Castletroy.

Edwards is currently hiring for its initial facility in Shannon and its permanent facility in Plassey which will open in 2021.

## Three's magic number for jobs is 30

LIMERICK has received a boost with the news that telecommunications firm Three Ireland has confirmed 30 jobs at its centre in Plassey, writes Nick Rabbitts.

The positions are being set up at the firm's customer service centre, and will bring the total staff headcount to 500.

Ashley Cook, customer relationship manager at Three said: "These new roles present a great opportunity for candidates to join Limerick's best employer and become part of a dynamic and growing team.

"A testament to the quality of our operation in Limerick is the long service of many of our employees, some of whom have been with us for over 20 years.

"This is due to a number of factors including strong

learning and development opportunities, a genuine focus on wellbeing, and a competitive salary and benefits package.

"We are delighted to be announcing these new roles as we expand our customer service centre in Limerick."

The Limerick Chamber chief executive Dee Ryan added: "I want to congratulate Three Ireland on its announcement.

"We recently announced Three as the region's best employer and these jobs further demonstrate Three's commitment to Limerick and its employees here.

"Today's announcement marks the start of what I know will be an exciting year for Limerick as we continue to work with our members throughout the county."



**Greg Chauvet, Three Ireland, Deirdre Ryan, Limerick Chamber, Brenda Jones, Three Ireland and Amina Almaghribi** PICTURE: LIAM BURKE/PRESS2

# Recruitment

**Limerick Leader,**  
54 O'Connell Street,  
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Web: www.limerickleader.ie  
Call: 061 214531/545/ 500



## WALK-IN INTERVIEWS

### FULL & PART-TIME POSITIONS AVAILABLE

Limerick Region

**Strand Hotel, Limerick**  
Friday 25th January 2019, 10.30am until 7.00pm  
Current CV Required



## NEW CUSTOMER ACQUISITION (DOOR TO DOOR) VACANCY

Glanbia Ireland

Glanbia Ireland is a world class, ambitious, integrated Agri-food and nutrition business, with a diverse portfolio of quality ingredients, leading consumer and Agri brands with a proven talent to succeed in the global market.

Glanbia Ireland owns leading consumer and Agri brands such as Avonmore, Kilmeaden Cheese, Golden Vale Milk, My milkman.ie and GAIN animal nutrition.

Glanbia Ireland is currently recruiting for New Customer Acquisition Personnel in the Mid-West Region.

### Role Responsibilities would entail as follows:

- Approach and Engage with residential market and small businesses to generate leads and develop sales.
- Growing customer base by an agreed weekly target with branded products used daily in all households.
- Tracking areas correctly, providing historical records by maintaining records and customer sales with equipment and reports provided.
- Hours of working 12pm to 9pm daily Monday to Friday. Have a positive attitude, strong work ethic and the desire to succeed.

Some Sales experience would be desirable but not essential as full training will be provided.

If you wish to apply for this vacancy, please forward your CV to [vhall@glanbia.ie](mailto:vhall@glanbia.ie) by close of business on Friday 25th January 2019.

## MARKET LEADER DAIRY COMPANY

wishes to appoint an Agent / Distributor in

**West Limerick**

Agent / Distributor appointment for supply of Fresh Dairy and chilled products to Predefined customer base incorporating Multiples, Symbols, Independent shops and Food Service outlets within the Clarina, Kildimo, Askeaton, Kildimo and Newcastle West region.

Some previous sales experience / self-employment responsibility would be advantageous but not essential as extensive training and support is provided to fulfil this role.

Successful candidate will be responsible for provision of Own Transport.

This is an excellent opportunity to join a highly progressive dairy company who are brand leaders in this category.

Closing Date is Tuesday Jan 22nd

If you wish to apply for this position, please forward your CV to [pbyrnes@glanbia.ie](mailto:pbyrnes@glanbia.ie)

or mobile contact is 087 2533054.

## ACCOUNTS/OFFICE ADMINISTRATOR

Well established business based in West Limerick seeks to recruit an experienced person for this role.

### DUTIES

- Creation and Processing of Invoices and Statements
- Credit Control and Cash Flow
- Processing of Payroll
- Preparation of Revenue Returns, VAT, PAYE/PRSI etc.
- Potential to expand role

### QUALIFICATIONS & SKILLS REQUIRED

- Experience essential, minimum 3 years in similar role
- Proficiency with Sage Line 50 or other similar software essential
- Excellent MS Excel skills required
- Good organisational and communication skills necessary
- Ability to work on own initiative and prioritise tasks

Please send your CV to Box No: **RLI3029480**  
c/o The Limerick Leader, 54 O'Connell St, Limerick  
by Friday 18/01/2019



**Milford Care Centre**  
(Under the auspices of Little Company of Mary)

## MILFORD CARE CENTRE

(Under the Auspices of the Sisters of the Little Company of Mary)

Milford Care Centre, working in partnership with the Health Services Executive, Mid West Area, provides a comprehensive range of Specialist Palliative Care Services and Services for Older People throughout Counties Clare, Limerick and North Tipperary (Mid West Region).

## PASTORAL CARE WORKER

(Part Time Post - 24 Hrs per week)  
11 Month Fixed Term Contract

Milford Care Centre has a vacancy for a Temporary Pastoral Care Worker to join our existing Pastoral Care Team within the Centre. The successful candidate to this post will be required to carry out pastoral visitations in the Care Centre (Nursing Home, Hospice, and Day Care).

### Requirements

- Certified Healthcare Chaplain awarded by Healthcare Chaplaincy Board is essential.
- Previous experience in a Healthcare Environment in Pastoral Care is essential.
- The ability to work as part of a growing Multidisciplinary Team.
- Excellent organisation and co-ordination skills.
- Have excellent communication and competent IT Skills.
- Maintain files/records as appropriate in accordance with the Data Protection Act 1988 (Amendment 2003), which confers rights to persons on whom, information is kept.
- The applicant will be required to maintain, enhance and develop their knowledge, skills and aptitudes necessary to respond to a changing situation in our new hospice facility.

For further information on this position and informal enquiries contact: Mr Noel Kennedy, Principal Social Worker on Tel: **061 - 485862**

Job Descriptions and further details for this post is available from the Human Resources Department on **061 - 201708** or Milford Care Centre Website [www.milfordcarecentre.ie](http://www.milfordcarecentre.ie) Interested applicants should submit their up-to-date Curriculum Vitae with a covering letter not later than 4p.m. on Wednesday 23rd January 2019 to: Declan Deegan, Head of Human Resources, Milford Care Centre, Castletroy, Limerick. Short-listing will apply. Interviews to take place the week of January 28th. Applications may also be e-mailed to [recruitment@milfordcarecentre.ie](mailto:recruitment@milfordcarecentre.ie)

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If interested please call **094-9259100** or send your CV to [westrecruitment@communicare.ie](mailto:westrecruitment@communicare.ie)



St. Paul's Nursing Home

St. Paul's Nursing Home Dooradoyle has positions as follows,

- Experienced Health Care Assistants,
- Experience and Relevant Qualifications is essential for the role.

Please email [Shane@stpaulsnh.ie](mailto:Shane@stpaulsnh.ie) or send CV to St. Pauls' Nursing Home, Dooradoyle, Limerick.

If you have any queries in relation to this role please contact Shane at 061 228209

# ADVERTISE HERE

Contact our advertising team **061 214500**

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# KEEP IT LOCAL!

Limerick businesses in the spotlight



## Plan your perfect day at Fota Island Resort

CHRISTMAS has come and gone, and for those who woke up to the excitement of an engagement ring under the Christmas tree or were surprised with a proposal on New Year's Eve, Fota Island Resort has the perfect event to inspire, entertain and excite you as you begin to plan your perfect wedding day.

With the return of its highly anticipated Spring Wedding Showcase, join the team at Fota Island Resort and begin the exciting journey of planning your big day. An invaluable resource for those tying the knot, Fota Island Resort's Spring Wedding Showcase takes place on Sunday, January 27 and will present every possible service and suggestion for your special day. Expect the finest of photographers, wedding planners, bakers and musicians showcasing their top services. There'll be delicious delights from Broken Spoon Cakes, Baker



**Fota Island Resort's Spring Showcase take place on Sunday, January 27**

Boy Cakes and Butler's Ice Cream, photography from photographers John Sexton, David Clynch and Ted Murphy, videography with Studio Plus, flowers from florists Flower Power and Wonderous Weddings, magic from magician Gerard Kearney, while wedding planners To Have & To Hold will answer any questions you may have, tending to your every need.

Whether it's a spring or summer wedding that you've always dreamed of, the stunning surroundings of

Fota Island Resort will be dressed just like it would for your glamorous and stylish wedding. The Smith Barry Suite, luxurious bedrooms and deluxe suites will all be available to view, allowing you to picture every aspect of your day. The resort's friendly staff will be on hand with a team of chefs, wine experts and event planners ready to show you around and answer any questions you may have while you sample some delicious canapés on the day, giving you a taste of the wedding menu available at Fota Island Resort.

Step into spring with the Spring Wedding Showcase at Fota Island Resort and plan your dream wedding day on Sunday, January 27 from 12pm to 5pm. For further news and updates about the upcoming Wedding Showcase visit [www.fotaisland.ie](http://www.fotaisland.ie) or follow Fota Island Resort on Instagram, Facebook or Twitter.



## Cheers! Charity night raises €23k

The Pinkalicious event in aid of the Mid Western Cancer Society on January 5 in Houlihan's 41, Kilmallock, has so far raised over €23k for the Mid Western Cancer Society with donations still coming in from very generous companies and sponsors. With over 700 tickets sold for the event, Meg Curran nee Wiley who organised the night with Clodagh Houlihan and Niamh Webb O'Rourke is absolutely thrilled with how the event went. The money raised from the Pinkalicious event will help fund much needed facilities for the Mid Western Cancer Society here in Limerick. A big thank you to everyone who has supported the event to date. Pictured at the event were Meg Wiley Curran and Mary O'Riordan

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**Cllr Frankie Daly**  
WORKING FOR THE PEOPLE

For all advice and  
Clinic Dates contact me  
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**Aoife and Oisín Geary with Limerick hurlers Oisín O'Reilly and Cian Lynch, and Mia, Brian and Euan Geary**



**Brian Geary Snr explains the benefits of hybrid to Con and Bridget Kiely at the roadshow in the Raheen showroom**

# Out & About

## BRIAN GEARY MOTORS HYBRID ROADSHOW AT ITS SHOWROOM IN RAHEEN

THE team at Brian Geary Toyota, Raheen hosted the unveiling of their new 2019 Hybrid Range: - the Corolla Hatchback Hybrid, the Corolla Saloon Hybrid, the Camry Hybrid and the RAV4 Hybrid.

This was a one day only event last Saturday where all the new models were available to see.

It offered interested customers and new car browsers an opportunity to get an exclusive first look at the exciting new range of Toyota's self-charging hybrids at the Brian Geary Toyota showroom in Raheen.

Interested customers started to arrive early and took the opportunity to view the amazing 2019 Toyota range before the cars embarked on their European Tour.

Two of the four new generation models have arrived to stay in Raheen and are now available for test driving: the Corolla Hybrid Hatchback and Rav4 Hybrid. The remaining two models are due to arrive soon - the

Corolla Hybrid Saloon and the Camry Hybrid. The Corolla Saloon is arriving mid-February and the Camry will arrive in early April.

The showroom doors are open and the team welcomes you to test drive a Toyota Hybrid and see why 54% of Toyota sales in 2018 were Hybrid and why this will increase to 80% in 2019.

The Brian Geary sales team and staff were completely blown away with the attendance last Saturday.

Commenting on the Hybrid Roadshow event Denis O Sullivan, sales manager, said, "We're humbled about the attendance and interest that there was at our roadshow event and we would like to thank all those that attended. It shows that many people believe it's time to change and we are so excited about the 2019 Hybrid Range. Last Saturday expresses the belief we have and now that our customers, new and old, have, that Toyota Hybrid is the future."



**Future drivers meet the Hulk - another great green machine - at the hybrid roadshow**



**Above: Hybrid drivers Jerry Flannery and Felix Jones run some drills at the roadshow on Saturday**



**Right: The real stars of the show - the team at Brian Geary Motors for the hybrid roadshow**

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



# It's a walk in the park for the January joggers

**This week:** We joined Ms Fossitt's fifth and sixth class students at St Michael's National School as they take a January jog around the People's Park

**JESS CASEY**  
jess.casey@limerickleader.ie

WHAT better way to dust off the January blues than with a run through Limerick's city landmark park?

With the People's Park right on their doorstep, students at St Michael's National School are shaking off the cobwebs this new year, with a jog through the park during school time.

As well as improving

physical fitness and promoting exercise, the daily activity also encourages the students to practice mindfulness, fifth and sixth class teacher Ms Fossitt explains.

"It's a nice, quiet, mindful run, where we listen to the sounds of the city," she tells the Leader as the students leave their classroom at their school on Barrington Street to they make their way to the park.

"After we warm up, our class does a lap around the entire park, which is one kilometre long," Fionn, age 10, explained. "We do it every single day."

And what happens if the weather is bad?

"Well, it hasn't rained so far," he laughed. "We'll have to wait and see."

"It's really helping us to get fitter," he added.

"We go everyday at 11:30 am," his classmate Adam, age

12, told the Leader.

"Even the juniors and the seniors have a little run. Every person in the school takes part."

"It's been very fun. I really like how it's helping to get our fitness up."

Ludwig, age 12, tells the Leader, "I really like talking to my friends as we go for our run, and we get a break from school."

"We already play a few sports, like badminton and

soccer.

"Our school also did a bit of running last year and our school got the Active Schools Flag."

The students find their run through the park helps them in the classrooms too, according to Angel, age 12.

"When we go back into class, it's easier to concentrate," Angel said.

"And we get to escape from class work, just for a few minutes," Patrycja, age 11,

laughed.

The new year also marks an exciting new chapter for St Michael's, as works commence on a new school extension.

Last year, the school launched a brick by brick fundraiser to help raise funds for the works, which include a new classroom, a new office and a new school entrance.

Builders are now currently on-site at the school on Barrington Street.





On the left are fifth and sixth class students at St Michael's National School, warming up for their jog and above are Raymond, Ava, Daniel and Vivian on their morning run in the park PICTURES: ADRIAN BUTLER

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

### FIONN, AGE 10

"I really like jogging because it gets your energy up."



### ADAM, AGE 12

"I really like the daily jog because it gets our fitness up."



### LUDWIG, AGE 12

"I like our daily run because we get out of school and get to run outside."



### ANGEL, AGE 12

"I like running with my class because I get to spend time with my friends."



### PATRYCJA, AGE 11

"I like jogging because we get a break away from our work and when we go back, it helps us to concentrate."

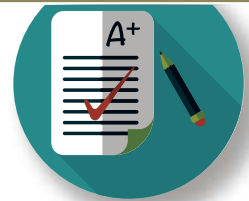


### HOPE, AGE 11

"I like our daily jog because we get to talk to our friends and we are setting new challenges for ourselves."



## SCHOOLS REPORTS



### ACCESS

## Calls for DEIS scheme to be extended more

THE Delivering Equality of Opportunity in Schools (DEIS) scheme should be extended as there is "further work to be done."

Cllr Cathal Crowe, a teacher at Parteen National School, has called on the Minister for Education to extend the scheme as a recent report finds a significant gap between DEIS and non-DEIS schools. According to Cllr Crowe, the

scheme sees more students staying in school. "The sooner schools which qualify for DEIS are identified, the sooner these funding structures can be put in place," he said.

Children who are in emergency accommodation and are placed in an area which does not have a designated DEIS school are missing out on accessing support services, he added.

### THIRD-LEVEL



## Open day at Mary Immaculate College

PROSPECTIVE students visited Mary Immaculate College (MIC) as the institution on the O'Connell Avenue showcased its range of undergraduate and postgraduate programmes.

Pictured here are Jill Franzoni and Hannah O'Driscoll who visited the college on January 12. On its open day, MIC showcased its 10

undergraduate degree programmes and a host of postgraduate programmes to doctoral level in Education and the Liberal Arts.

MIC also offers programmes in Continuing Professional Development (CPD), as well as access and inclusion pathways. MIC Open days take place in October, November and January each year.

### SPORT

## GAA launches online resource for students

THE GAA has launched an online resource, developed in association with the Camogie Association and Ladies Football Gaelic Association, to support students with the new Physical Education Leaving Cert exam.

"The GAA deserve great credit for showing the initiative here to set up this online resource," Education

Minister Joe McHugh said.

"The enthusiasm and their engagement with the Camogie and Ladies Gaelic Football Associations in order to create this resource is another fine example of the GAA being ahead of the game."

"Sport, exercise and PE is so important for our overall wellbeing, not just our physical health," he added.



**Greg Carroll, Mitchelstown; Bridget Lehane, Clonakilty; Helen Walsh, Dunmanway; Aileen O'Mahony, Bandon and Eabha Howard, Mitchelstown who were conferred with a Professional Diploma in Mathematics for Teaching in UL on Tuesday**



**Julie Kennedy Fogarty who was conferred with a doctorate is pictured with her family James and Elizabeth Fogarty, Fethard, Co Tipperary**

# Out & About

## UNIVERSITY OF LIMERICK WINTER CONFERRING CEREMONIES

**Pictures:** SEAN CURTIN/TRUE MEDIA



**Alison Duhan, Caherdavin Limerick who was conferred with a Masters of Science in Marketing, Consumption and Society**



**Valerie Boomsma, Castletroy who was conferred with a Masters of Science in Marketing, Consumption and Society**



**Alina Sile, Latvia living in Limerick city, who was conferred with a Masters in International Entrepreneurship Management from UL**



**Sean Hogan, Beara Peninsula with his son Theodore who was conferred with a Masters of Science in Project and Programme Management**



**Mary McMahon, Cavan; Rebecca Conlon, Mayo and Gavin Coleman, Dundalk who were conferred with a Professional Diplomas in Mathematics for Teaching on Tuesday**



**Carla Regan, Castlebar and Tara Quinn, Nire Valley, Waterford, Masters in Business Studies grads**



**Carla Regan, Castlebar and Tara Quinn, Nire Valley, Waterford, Masters in Business Studies graduates**



**Chaithra Virupaksha, Priyanka Chilveri and Elena Sarti who all graduated with Masters in Project Management**



**Tracey Mullins, Caherdavin with Fionn and Saoirse who was conferred with a Masters of Science in Programme Management**



**Paula Donaghy, Convoy, Donegal, Aisling Kelly and Andrea McCallion, Buncrana who were conferred with a Professional Diploma in Mathematics for Teaching**



**Thomas Moore, takes his sisters Andrea Moore, Dundrum photo after she was conferred with a Masters of Science in Marketing, Consumption and Society**

**SALE**

Suits from €69  
 Winter Coats from €49  
 Sportscoats from €49  
 Chino's from €25  
 Knitwear from €20  
 Shirts from €15

-----  
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 -----

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# ENTERTAINMENT

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

## SOAK up this new single

SOAK has announced details of a much-anticipated second album and new single ahead of a long-awaited Limerick headliner at Dolan's Warehouse.

Bridie Monds-Watson confirmed that *Grim Town* will be released on Rough Trade Records on April 26, while single, *Knock Me Off My Feet* is out now. Bridie, pictured right - who performs as SOAK - will play the Warehouse on May 29. *Grim Town* follows the success of SOAK's multi-prize-winning debut album *Before We Forgot How To Dream*, and an extraordinary period of invention and self-discovery for the still-just-22-year-old Derry native.

The gig promises to be a very special one. See [www.dolans.ie](http://www.dolans.ie) for more.



## Ann Blake's play for US premiere

ANN Blake has taken her play *The Morning After the Life Before* to New York for its American premiere.

Origin 1st Irish, the world's only festival devoted exclusively to producing the plays of contemporary Irish writers, started last week and features Blake's play as well as *Alone It Stands* by John Breen in another US premiere. *The Morning After the Life Before* is a personal tale that reflects on the seismic events of the marriage equality referendum and its aftermath.



## Legends of Irish Music & Song

# the fureys



Hear them sing all the hits including:

- I Will Love You*
- Sweet 16*
- Red Rose Cafe*
- Steal Away*
- Green Fields of France*
- Clare to Here*
- Leaving Nancy*
- The Old Man*
- Her Father Didn't Like Me Anyway*

**FRIDAY 8th FEBRUARY**  
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Conor O'Brien of Villagers, nominated for a third RTÉ Choice Music Prize for album of the year

## Choice Music Prize shortlist for album of the year is announced

VILLAGERS are nominated for a third RTÉ Choice Music Prize for album of the year.

The gorgeous *The Art Of Pretending To Swim* is among the shortlist of nominees for Irish Album of the Year 2018, a third nomination for 2013 winner Conor O'Brien of Villagers.

Also nominated in a very strong list are *The Academic Tales From The Backseat*, *Delorentos True Surrender*, *Just Mustard Wednesday*,

*Kojaque Deli Daydreams*, *O Emperor Jason*, *Lisa O'Neill Heard A Long Gone Song*, *Saint Sister Shape Of Silence*, *Rejjie Snow Dear Annie* and *Wyvern Lingo Wyvern Lingo*.

The shortlist for the RTÉ Choice Music Prize, held in association with IMRO and IRMA, was announced on RTÉ 2FM by Tony Clayton-Lea, chairman of the judging panel.

The winning album will be announced at a live event,

held in Vicar Street, Dublin on Thursday, March 7, and broadcast live on RTÉ 2FM in a special four-hour extended show from 7-11pm. A special television programme of the event will be broadcast shortly afterwards on RTÉ2.

This is the 14th annual staging of the awards, which was won last year by *Ships for Precession*.

The shortlisted albums can be enjoyed in full on [www.choicemusicprize.ie](http://www.choicemusicprize.ie).



Yorkston Thorne Khan play Dolan's Upstairs on Saturday

# THINGS WHAT ARE ON IN LIMERICK



ABOVE: Kevin McGahern is in the Kasbah Social Club on Saturday



RIGHT: Neil Delamere is at UCH on Saturday



The Far Flung Trio play two Belltable shows this weekend

**T**HIS weekend in Limerick is a smorgasbord of rap, comedy and the biggest swinger night of the year. There's also some classy classical and you can find out what happened to people who ratted out their friends in the 1920s.

## Thursday (Jan 17)

**Limerick City Gallery** is hosting an exhibition of work by French-American artist **Louise Bourgeois**, beginning this week. She's famous for her emotionally-charged sculptures, including a thirty-foot spider that terrified me at the Tate Modern 19 years ago. The Limerick exhibition is her Autobiographical Series of 14 etchings, as well as 11 drypoint prints. The simple drawings are inspired by her own anxieties and vulnerabilities, and includes a cat who plainly needs a hug. It's something of a coup for the gallery to secure, as there hasn't been a major-scale exhibition of Bourgeois work in Ireland since IMMA in 2003. The gallery is also displaying two marvellous recently-acquired sculptures by Irish artist Janet Mullarney for just two weeks, so catch them while you can. Free to see.

If you've every felt like diving (into water, not that you asked) but don't know where to start, this Thursday is your chance to give snorkelling or scuba diving a try for free. The **Atlantic Dive Club** are running a Try-A-Dive night at the **UL Arena pool**, supplying you with all the gear you'll need and accompanying you into the pool to make sure you don't drown. You'll need to be reasonably fit to have a go (in other words, be able to breathe and don't be ten minutes from death) but you don't need to have had any experience in diving. Meet at the pool's reception at 8pm.

## Friday (January 18)

**Granagh Players** are performing *The Informer* at **Granagh Community Hall** from

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

Friday to Sunday this weekend. The Tom Murphy play, adapted from the book by Liam O'Flaherty, was first performed in 1981 and has lost little of its power in the past four decades. Set in the Irish civil war, it's the story of a lunky giant Gypo who rats out his friend to the police and spends the rest of the show racked with guilt about what he's done. Being classically Irish, he buys a lot of booze. The play has a massive cast - 60 roles - and we are never going to get a professional cast with this show in Limerick, so this is probably your only chance to see it performed. 8pm each night, tickets are €10 for adults and €5 for children.

Prescription and Sesh FM have collaborated with director Brownsauce to make **Somewhere In Ireland**, a five-part music video and ode to Irish rap. It gets its live premiere this Friday at **Pharmacia**, followed by performances by artists in the video, including Hazy Haze and Aswell. The first two parts have been released on YouTube and it's worth going along to see the whole thing. 10pm, entry is a fiver.

## Saturday (Jan 19)

The **Far Flung Trio** are at the **Belltable** this Saturday afternoon, performing a family show of Prokofiev's *Peter and the Wolf*. It's a 30-minute orchestral piece, with each instrument representing a different animal while the musicians narrate the story. Farmboy Peter tries to defend a duck, a cat and a little bird from a threatening wolf. He has mixed results with the duck, I'm sorry to say. Prokofiev's most-performed work is very suitable for young children as, unlike my childhood book, the wolf doesn't get strangled at the end. 2:30pm and tickets are €8.

Comedian **Neil Delamere** is at

the **University Concert Hall** this Saturday night. You'll know him from RTE's *The Panel*, as well as *The Blame Game*, BBC1's comedy show where people from Northern Ireland blame other people from Northern Ireland for bad things that happen in Northern Ireland. 800 years of history have given them a lot of practice. His Limerick visit is part of his *Controlled Substance* tour, where he spends two hours corraling an audience and making them laugh. 8pm, tickets are €25.

Not content with one performance this weekend, the

**Far Flung Trio** are back in the **Belltable** on Saturday night with a show just for adults. It's not a naughty show, just one not aimed at children. They'll be playing Rossini, a bit of Gershwin and a selection from Dvorak's *Slavonic Dances*. It's the perfect show for a first date with someone who believes that violins and accordions can live together without killing each other. 8pm, tickets are €18 / €16 concession.

**Kevin McGahern** brings his laid-back Irish comedy to the **Kasbah Social Club** on Saturday, blending stand-up with some



Janet Mullarney's sculptures are on display at Limerick City Gallery for two weeks

cheerily comedic songs. He's largely the reason that Republic Of Telly managed to stay on the air for five years longer than it should have and his *Solo Pollo* show is pretty much guaranteed to make you laugh. Especially if he turns up with a chicken. 7:30pm and tickets are €12, half the price of the competing Delamere show. Not that it's a competition, but it is.

Experimental music group **Yorkston Thorne Khan** are in **Dolan's Upstairs** this Saturday night. They toss Scottish folk, jazz and Indian sarangi music in a blender and play a mixture of the lot. It shouldn't work but it really does. Obviously they've been booked by every trendy kale-quaffing festival in the past year and this is their first Limerick show. It's also the gig you shouldn't miss this week. Doors at 9pm, tickets are €16.

## Sunday (January 20)

If you're old enough to remember when being the biggest swinger in town was a compliment, your luck is in this Sunday night. It's the annual showband night at the **University Concert Hall**, with **Reeling in the Showband Years** featuring some of the biggest stars from the pre-disco golden era of Irish dancehalls. As many of the original showband monarchs are now too infirm to tour beyond the nearest bathroom, the line-up for this year has adopted a distinctly Eurovision vibe, with former contestants Red Hurley, Linda Martin and the Swarbriggs topping the bill. They'll try to send you home sweatin' regardless. 8pm, tickets are €30 / €28 concession.

## All weekend

The *Blurring The Edge* ceramics show is at the Hunt Museum until January 20. The Louise Bourgeois exhibition is at Limerick City Gallery until February 17. Both 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 @

**METIS MUSIC FOR MENTAL HEALTH SHOW AT DOLAN'S**  
**PICTURES: DAVE GAYNOR**



**Audrey Maxwell and Colm and Anita McGuinness at Dolan's**



**Evelyn Hanrahan and Cynthia Murphy at Dolan's**



**Derek Lombard and Stuart Bond at Dolan's**



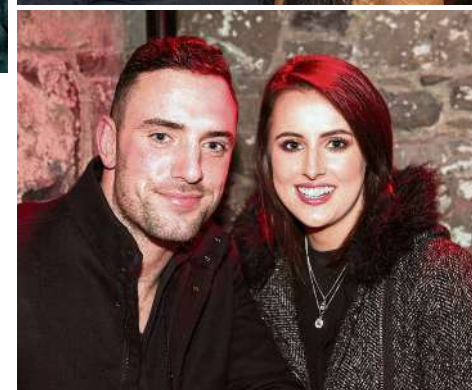
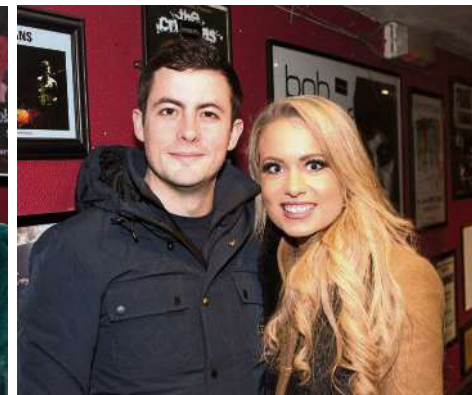
**Aoife Quinn and Dee Foley**



**Clockwise from above: Ana Putzier and Anne Morris**

**Conor Ward and Joann Howard-Bowles**

**Evan Ryan and Rachel Leahy**





Norma Manly, Doireann O'Grady and Louise Hurley



Aoife Reidy and Nicola Hackett



Lisa and Dave Devery



Alicja Hnatejko and Jen O'Regan



Eoghan and Petrina Meskell



Maria Gleeson and Robert Bourke



The footbridge at Castleconnell taken on New Year's Eve by Denis Hickey



Talking to Mr Ed by Michael Sheehan

# Readers**Pictures**

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



Spring is in the air and in the ground with these daffodils taken by Michael Sheehan



Are you kidding me? Michael Sheehan snapped this happy goat while on a walk



# LEADER LIFE

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



## A Day In My Shoes

**Paul Williams**

Owner, Canteen, Catherine Street

‘There is something to learn always’

**What time do you get up?**

I usually get up between 6.50 and 7 am.

**What is your normal breakfast?**

I always have overnight oats before I leave the house.

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

Two to three morning I go to the gym in the Strand Hotel before work, so usually there for 6.30 and finish my workout by 7.30 and head into work.

**You arrive at office at what time?**

Usually try to get to canteen by 7.30/40am.

**What are your first duties?**

Light the stove, turn on the oven and put muffins on for the morning rush, then set up my section ready for orders at 8am.

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

I usually have three cups of coffee a day.

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

I eat here every day as I work most days,

**Do you have many meetings during the day?**

I try to avoid meeting if possible.

**What time do you finish up at?**

The kitchen is closed and

would be cleaned down by 16.30, then I do orders and the email and office work and try to get finished by 17.30/18.00?

**Do you watch much television?**

I don't have a television, I got rid of it a good few years ago. Sometimes I watch a box set or something on the laptop and Netflix to relax after nine in the evening.

**Do you read the newspapers?**

I try to read them at the weekends, mostly the magazines for food reviews.

**What do you do to relax?**

Exercise; run, cycle... If I am off for the day I like visiting other cafes and taste different

**Paul Williams busy in the kitchen at the Canteen on Catherine Street**

foods and get inspired.

**Are you able to leave the office behind?**

Not really.

**What is a perfect work day?**

A nice busy day, with happy customers and staff.

**Do you ever lose ‘the cool’ and if so what would make you annoyed?**

Kitchens are busy stressful environments so it can lead to heated situations. I never mind when someone makes a new mistake and there is something to learn always.

But making recurring mistakes is very frustrating especially when it affects customers.

### INSIDE THIS WEEK



#### COLD AND FLU SUPPORT

Eva's immune system suggestions  
PAGE 45



#### BABY IT'S COLD OUTSIDE

Patrick layers up in style  
PAGE 47



#### STICK WITH IT KIDDO

Meghann on keeping resolutions  
PAGE 51



#### ‘BANG’ BACK INTO FASHION

Local designer is making noise  
PAGE 52-53

# Operation Transformation gets off on the right foot



## MENTAL HEALTH MATTERS

### DR EDDIE MURPHY

Clinical Psychologist

#### Operation Transformation Week 1 - First Weight-in

**T**HIS year, numbers and metrics are all the go, there is no hiding! The scales now measure weight, body mass index, visceral fat and hydration.

Karl and Aoife tell me that by weighting hydration we will get to know the actual weight loss rather than fluid loss. All very interesting and goes to the maxim, "what get measured gets done".

This is true, however, I also believe in the 'softer' and important measures of happiness, contentment, energy levels, confidence, grief, anxiety, depression, stress etc. They are so important and this is what I will be tracking throughout Operation Transformation 2019.

This year we are filming from Ballbriggan Castle and we are hoping to shape up the eponymous town in North County Dublin. The



**The show has a new base, a new medical expert, new challenges and, new food and fitness plans**

Castle sounds glamorous but it's really a building site and I had to invest in a pair of wellies to get into it! In fairness, during filming last Sunday there was a great turnout

as hundreds turned up to take part in the filming for the Operation Transformation ad break challenges.

This year's OT programme has undergone something of a transformation itself. The show has a new base, a new medical expert, new challenges and new food and fitness plans and as always, five new leaders to inspire the nation to live healthier and happier lifestyles.

#### Jean Tierney Age: 33 Bruff

Weight: 15st

Jean (33) has the greatest smile you will see. It will beam all over the program for eight weeks.

Jean wants to own her own body, and has the ultimate goal of a wedding in 2019 and a size 10 dress that she has already bought. Her waistline is 48.5 inches so Karl Henry will be working to reduce that.

For me behind Jean's smile is a great sadness and low confidence. I know she will look brilliant in February, I want her to feel brilliant. See this weekend's Limerick Leader for story and pictures from Jean's OT Leader's

Walk held in her home town.

#### Cathal Gallagher Age: 48 Ballyshannon, Co Donegal

Weight: 26st 10lb

Cathal represents a big threshold for Operation Transformation as he has the biggest weight loss to make and his health status is shocking. Based on Prof Niall Moyna's fitness assessments his fitness is at an 80-year-old's level. And I know many more healthier 80-year-olds than Cathal. To me this is life and death stuff - he has diabetes for one thing. Cathal is the biggest ever leader on OT and I have concerns about layers of denial, defences and self-deceit that he has.

If it's true that it's not what you are eating it's what's eating you then there is a process of psychological work that will be need to be completed. Cathal has two great reasons to complete this, his wife Agi (36) and daughter Maja (2).

#### Siobhán O'Brien. Age: 30 Clonsilla, Dublin

Weight: 17st 6lb

Siobhan (30) works as a secondary school teacher in

Luttrelstown Community College. She has a great sport background that she has left behind. That won't be for long. Low energy, low mood, low confidence characterise Siobhan at the moment, but that will change. Siobhan has great potential, and if she can channel the passion she gives to her school, work and school students towards herself, then she is on to a winner. She is a passenger in her life, now is the time to jump into the driving seat and take charge.

#### Pamela Swayne Age: 36 Youghal

Weight: 14st

Mother of four Pamela (36) lives in Youghal with husband Sean (36) and children Ally (18), Leigh (10), Lilly (7) and Mickie (4). She works part time in the Amber petrol station in Youghal. What you see with Pamela is what you get. I like it. I like Pamela. Despite looking fitter than other leaders, inside there is a different story; her cholesterol is 7.4, which is high; she is a smoker and her capacity for fitness is compromised. Looks can be deceiving. Aoife is encouraging Pamela to take responsibility for her family's health noting that junk food can lead people to be overfed and undernourished. I think Pamela engages in a lot of mindless eating, I don't know if that's the case, but that's what I suspect.

#### Paul Murphy Age: 41 Tubbercurry, Co Sligo

Weight: 19st 13lbs

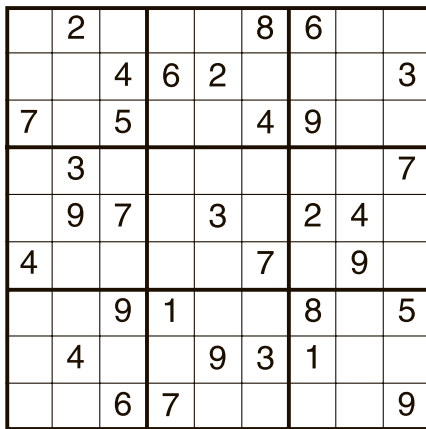
Paul (41) is the manager and owner of Murphy's Hotel in Tubbercurry. He lives with his wife Sonya (39) and two children Ava (8) and Ethan (1). Paul's life can be characterised by 'all work and no play'. I don't know if there is fun in his life? I think the way Paul is going he will have a very successful business but a very unfulfilled life in terms of relationships. Paul has a great capacity to change really fast as he is carrying a lot of muscle. That's good. I think however changing his core beliefs about work, work work will be his greatest challenge.

This is going to be one busy season, I can't wait to get stuck in, come along and join us on the Operation Journey each Wednesday on RTE 1 at 9.30pm.

**\* Dr Eddie Murphy is a clinical psychologist, author and mental health expert. To contact him, call 087 1302899 or go to [www.facebook.com/dr.eddie.murphy.psychologist](http://www.facebook.com/dr.eddie.murphy.psychologist)**

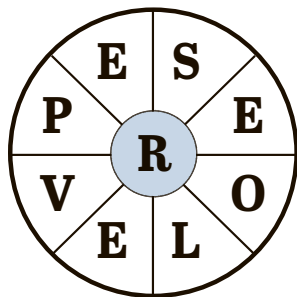


**SUDOKU**



**WORDWHEEL**

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



**How you rate:**  
20 words, average; 30 words, good;  
40 words, very good; 50 or more, excellent.

**DOUBLE CROSSWORD**

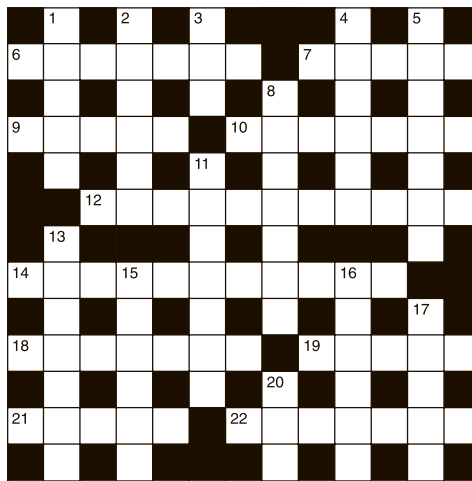
**Cryptic Clues:**

**Across**

6. To put the motion, you'll need a professional attitude (7)
- 7 & 15Dn. One well-known for his relations? (5-6)
9. River that suits many people (5)
10. Failures of French achievements (7)
12. Household pests likely to contain poison (11)
14. What's the conductor doing? Getting ahead of the clock (7,4)
18. Insinuated the little brat spoke falsely (7)
19. Waters where this vessel is put back (5)
21. Change in international terminals (5)
22. The girl and I have abbreviated the letter (7)

**Down**

1. Coin associated with a sovereign (5)
2. A soft bell-like sound to evoke sympathetic feeling (6)
3. A custom among industrious employees (3)
4. The way to confuse a tester (6)
5. Document X is recorded (7)
8. Accounts about naval stations (7)
11. Put in a grave position for a second time (7)
13. Mealies affected by nautical measure (3-4)
15. See 7 Across
16. They burrow near the end of the street and cause annoyance (6)
17. Loves to find the answer in a way (5)
20. Started to eat a morsel (3)

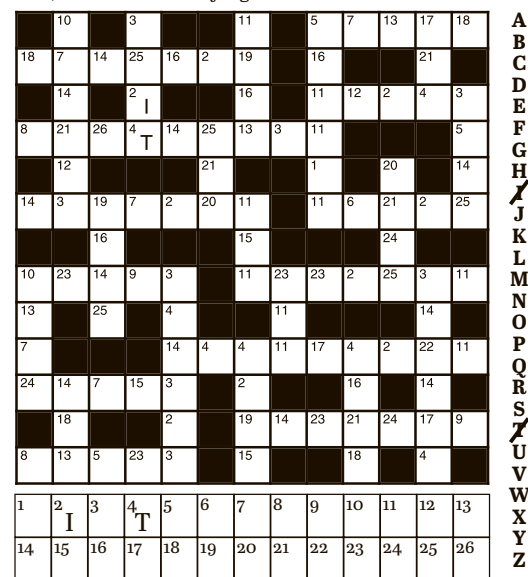


**Quick Clues:**

- Across**
6. Mistake (7)
  7. Danger (5)
  9. Subject (5)
  10. Stranded (7)
  12. Last but one (11)
  14. End (11)
  18. Flagrant (7)
  19. Swift (5)
  21. Scriptures (5)
  22. Land (7)
- Down**
1. Inundate (5)
  2. Whole (6)
  3. Favourite (3)
  4. Amend (6)
  5. High office (7)
  8. Stir (7)
  11. Corner (7)
  13. Harangue (7)
  15. Spirit (6)
  16. Rectangular (6)
  17. Jocund (5)
  20. Morass (3)

**CODEWORD**

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.



**LAST WEEK'S SOLUTIONS**

**DOUBLE CROSSWORD:**  
Cryptic: Across: 1 Pace-makers; 7 Repel; 8 Uniform; 10 Salaried; 11 Peak; 13 Wraith; 15 Raisin; 17 Tags; 18 Bass-clef; 21 Habitat; 22 Bonus; 23 Jay-walkers.  
Down: 1 Pupil; 2 Celerity; 3 Mauser; 4 Kris; 5 Rioters; 6 Wrist-watch; 9 Making fast; 12 Passable; 14 Algebra; 16 Pastel; 19 Lines; 20 Stow.

**Quick:** Across: 1 Cadaverous; 7 React; 8 Coerced; 10 Feminine; 11 Pass; 13 Relate; 15 Lean-to; 17 Each; 18 Untoward; 21 Tensile; 22 Drain; 23 Repentance.  
Down: 1 Charm; 2 Detonate; 3 Vacant; 4 Reel; 5 Unchain; 6 Preferment; 9 Discordant; 12 Beholden; 14 Licence; 16 Intent; 19 Abate; 20 Rile.

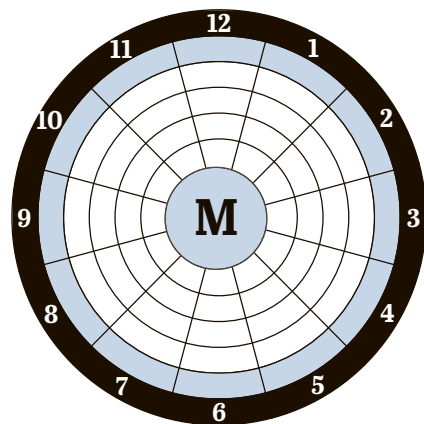
**SUDOKU:**

9	5	1	6	7	4	2	8	3
2	7	8	1	9	3	6	5	4
4	6	3	5	2	8	1	7	9
3	1	4	2	6	5	7	9	8
7	9	5	3	8	1	4	2	6
8	2	6	9	4	7	3	1	5
5	3	7	4	1	9	8	6	2
6	8	9	7	3	2	5	4	1
1	4	2	8	5	6	9	3	7

**CODEWORD:**  
1=U, 2=E, 3=R, 4=I, 5=W, 6=Y, 7=D, 8=Z, 9=C, 10=V, 11=L, 12=A, 13=S, 14=B, 15=H, 16=P, 17=T, 18=O, 19=K, 20=N, 21=X, 22=M, 23=F, 24=J, 25=Q, 26=G.  
**WORD WHEEL:**  
LEGENDARY.

**CLOCKWORD**

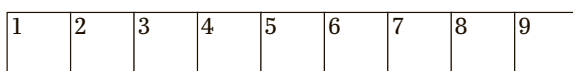
The solutions from 1 to 12 are all six-letter words ending with the letter M in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of an Irish singer/songwriter.



1. 20th century school of painting
2. Light gas
3. Beat
4. Tell
5. Skiing race
6. Misshape
7. Preserve
8. Base
9. To undo a join
10. Kidnapper's payment
11. Man's name
12. Carriage

**NINER**

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.



**THE CLUES:**

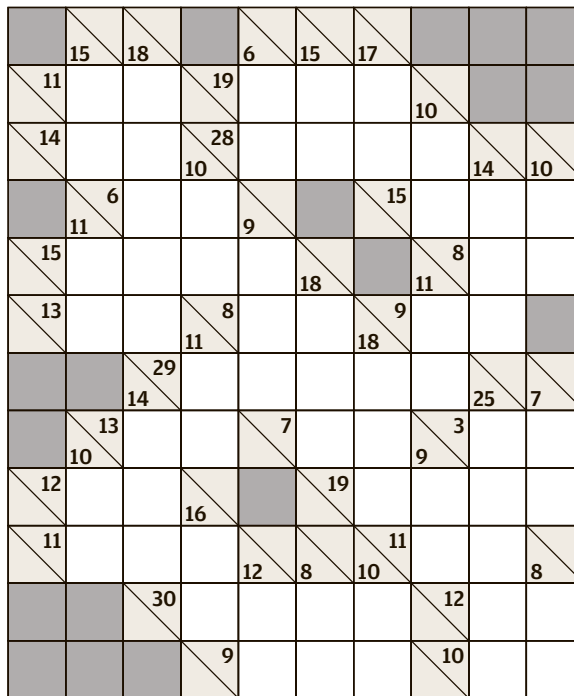
- 94771 gives a farm animal;  
6523 gives a farm animal;  
478 gives a farm animal.

**KAKURO**

Fill in the white squares with the numbers 1 to 9.

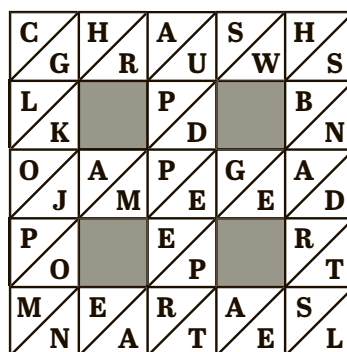
Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

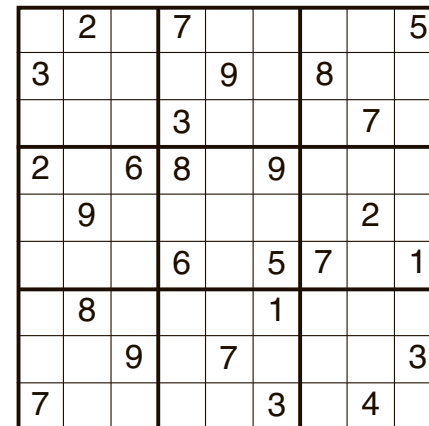


**SPLIT DECISION**

Cross out one of the two letters in each divided square to reveal a completed crossword grid.



**SUDOKU**



**LAST WEEK'S SOLUTIONS**

**CLOCKWORD:**  
1 Abrade, 2 Locate, 3 Inmate, 4 Secure, 5 Hurdle, 6 Adhere, 7 Seethe, 8 Alcove, 9 Throne, 10 Tissue, 11 Injure, 12 Centre.

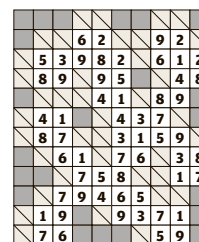
**SUDOKU:**

8	6	1	7	2	5	9	4	3
5	9	3	1	8	4	7	2	6
7	4	2	6	9	3	1	8	5
1	2	4	3	6	8	5	7	9
9	3	7	4	5	2	6	1	8
6	8	5	9	1	7	2	3	4
2	7	6	8	4	9	3	5	1
4	5	9	2	3	1	8	6	7
3	1	8	5	7	6	4	9	2

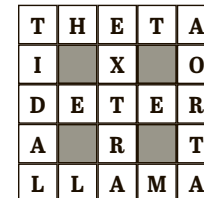
**POP DUO:** Alisha's Attic.

**NINER:**  
SUBEDITOR.

**KAKURO:**



**SPLIT DECISION:**



# POSITIVE PARENTING

LOVE PARENTING 

## Top Tips

For helping your teen stay healthy

### Provide lots of healthy food and snacks

Many teenagers have voracious appetites; it may feel like a full time job keeping them fed. If you have lots of filling, healthy snacks on hand (think fruit, cut up vegetables, hummus and pita, wholegrain bagels and peanut butter, wholegrain pasta with tomato sauce), they will be more likely to reach for these than fill up on junk

### Get active together

If your teens see you leading a healthy, active lifestyle, they will be more likely to follow suit. Ask your teen to join you on an evening walk - they might surprise you and actually come, and this can be a great way to connect

### Communicate and share information

Many parents find it challenging to discuss some issues, such as sex and drug and alcohol misuse, with their teens. The reality is that teens who can communicate openly and honestly with their parents about these issues tend to make better, healthier choices. So, get in the habit of talking about these issues openly and honestly.

### Help them build resilience

Teenagers are under a lot of pressure from school, friends, social media, etc., and many teenagers are struggling with mental health issues such as anxiety and depression. Developing positive coping strategies can help teenagers manage these pressures and improve their overall well-being.

Explore things like exercise, diet, meditation, yoga, breathing, mindfulness, etc. with your child and help them find a strategy that works for them.



If you find yourself reacting with anger or frustration to situations involving your children, then relax, take a few deep breaths, walk into another room - press the pause button before proceeding

## Pressing the pause button

Do you ever find yourself on the way to collect the children from school or driving home from work with the endless tick, tick, tick of your endless to-do list churning through your mind; what you need to do, what you need to get, where you need to be churning over in your mind?

Have you ever found yourself trying to make it through the list before you can finally, finally sit down and relax for a few minutes? And, then, well, it's time to get to bed!

Parenting requires us to multi-task like we have never multi-tasked before and, sometimes, it can become all about getting things done rather than enjoying what we are doing.

Many parenting guides use some variation on the idea of "pressing

the pause button".

This means when we find ourselves reacting to our children with anger, frustration or simple exhaustion, that we take a moment before we respond.

This might mean just taking a few deep breaths; it might mean walking in to another room for a few minutes; or, if emotions are running really high, it might mean deciding to address the issue at a later time or date.

It involves acknowledging our own emotions, taking the time to think about how we are feeling and recognising that reacting in anger or frustration won't help us or our child. Taking this time allows us to calm down and react with the love and patience that we and our children need.

This idea can be applied to many situations - not just when your

teenager comes home later again or when your toddler hops out of bed for the 15th time in a row.

It can be useful when that list starts to tick, tick, in your mind on your way to collect the children.

Instead of thinking, "we need to get to soccer, then to music class, ugh, I forgot to bring the raffle tickets, what will we make for dinner, the kitchen is a disaster, lunches need to be done, where is that Irish book...", press the pause button, take a few deep breaths and stay in the moment.

Let yourself find a moment of enjoyment - if you're in the car alone, put on your favourite music.

If you're with the kids, find a crowd-pleaser and all belt along. If you're trying to get the dinner ready, while making lunches and keeping little ones happy and entertained while underfoot, and

the chaos threatens to become overwhelming, try pressing the pause button.

Give yourself a moment, acknowledge that this is a lot to manage and let yourself relax.

Think about something positive in the moment - share a joke with the children, give them a hug, savour what you are cooking...whatever you need to do to make this moment enjoyable.

That list will still be there, and there will still be moments when everyone flies out the door with breakfast half eaten and books forgotten.

Giving yourself time to pause, to enjoy this moment rather than worrying about all the moments to come, however, can make a big difference in how everyone in the family reacts to stress and let you all enjoy your time together.



# HEALTHY LIVING

**EVA HILL HAMILTON**

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## Cold and flu support

**T**HIS mild and wet weather is the perfect breeding conditions for bugs, and sure enough, many people suffer with debilitating colds, sinus or chest infections.

According to the Centers for Disease Control and Prevention (CDC) the flu vaccines are only 40% effective in reducing the illness, and even less so with certain types of viruses. Therefore, it is crucial to support your immune system and soothe your respiratory system naturally.

If you feel under the weather at the moment, the best remedy is actually

fasting on bone broth full of healing collagen and immune cells. Take a diverse probiotic at the same time. Over 70% of your immunity is in the gut, and research show probiotics may support the efficacy of the flu vaccine. If you struggle with excess mucus all year round, or get colds and flus very often, contact me to find the root of it. There could be many reasons why the immune system is weakened and unless the cause is addressed it will keep you from recovering fully.

One of the most important steps you can take is avoiding foods that are



**This winter's mild and wet weather makes for the perfect breeding conditions for bugs**

suppressing the immune system and cause excess mucus formation. These include sweets, refined carbohydrates (white bread and pasta) and processed foods filled with additives. Instead, focus on foods and spices that would help to dry

up excess phlegm. These include ginger, cinnamon, nutmeg, thyme, turmeric, onions, fennel seed, rosemary, parsley, garlic, raw apple cider vinegar, lemon juice, watercress, celery, artichoke, asparagus, broccoli, and kale.

Liquorice tea is soothing for all mucous membranes and helps to boost local immunity. Bromelain is a protein-digesting enzyme derived from pineapple stem. It acts as both an anti-tussive (cough suppressant) and a mucolytic (reduces the viscosity of phlegm) and anti-inflammatory by blocking both fibrin and kinin, the two inflammatory components causing the tissue swelling and the permeability or leakiness of blood vessels. Enjoy a slice of pineapple with its tougher inner part before your meals or as a nutritious snack with a handful of nuts.

Vitamin A in retinol or Beta-carotene form and Zinc are also helpful in healing the mucous membrane and improving immunity. Eat orange and dark green colored vegetables, pumpkin seeds, sea vegetables, fish and take a good quality cod

liver oil – especially if you have hypothyroidism.

The tissue lining the surface of the lungs contains more silica than any other tissue in the body; it is important to supply your diet with silica-rich foods: whole-grains, vegetables, legumes and fruits. The richest sources are the bran and skin of them, so make sure you consume them in whole and unrefined form! Have a wide variety of grains – mostly gluten free, to reduce immune reactions.

You can also get a few powerful herbs to help you along, but these will have to be checked for contraindications if you are on any medication at all. Ivy-Thyme tincture thins the excess mucus in the chest, making it easier to expel. Plantago helps to expel catarrh and promotes healing of the mucous membranes lining the upper respiratory tract.

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# FIT4LIFE

## LEANNE MOORE

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# Do you need some help with your January shopping list?

**W**HEN it comes to living a healthy lifestyle, usually the fitness side comes along easily enough. Once you've committed to a gym class, a trainer or a plan, you can stick to it with a little bit of willpower. But what about the other 23 hours of the day? It's not quite as easy to maintain the same level of commitment outside the gym. Some of the most common questions I get asked are about food choices.

What do I buy?

What do I eat?

So this week I've decided to share something I have shared before, but I know it's always good to re-cap. Here are the things that are in my trolley each week. You won't go far wrong stocking up with this lot.

### GOOD CARBS

Sweet potato, quinoa, brown rice, gluten free oats, butternut squash, gluten free bread or wholemeal bread.

Don't forget fruits are also a source of carbohydrates. I usually opt for the following:

Apples, blackberries, blueberries, raspberries, strawberries, tomatoes, lemons, limes, bananas.

### PROTEINS

Lean steak, chicken, turkey, eggs, fish (salmon, hake and cod are my favourites), cheese, kidney beans, lentils, edamame beans, mince, bacon medalions, hummus.

### HEALTHY FATS

Raw nuts (almonds, cashews, brazil, walnuts), avocado, almond butter, coconut oil, organic peanut butter.



Just a few items for trolley this week

### SPICES

Cayenne pepper, chilli powder, Himalayan pink salt, cumin, turmeric.

\*Spices can make even the plainest meals taste amazing – experiment and find the ones you like best. Add flavour!

### VEGETABLES

These are what I class as “free foods”. Foods I add to everything. Some of my favourites are: broccoli, peppers, courgettes, cauliflower, spinach, mushrooms, onions, garlic, green beans, mangetout, bean sprouts, sprouted mung beans, aubergine.

Remember it's not about dieting. You have to find things you like to eat and enjoy to eat in order for it to be sustainable. Yes I 100% agree that eating fresh and healthy foods can cost a little more week to week. But by filling your body full of goodness you may just end up saving a lot more in the long run.

## Healthy Recipe

### Green Juice from Claire Grady of ANU Wellness

ANOTHER week another Green Juice recipe. I've been working with the amazing Claire Grady of ANU Wellness at the BEO events around the country and her knowledge is amazing. Follow her on Facebook for all your healthy eating ideas.

www.facebook.com/anuwellness

#### What You Need

- 2-4 Pineapple Chunks
- 2 Handfuls of Organic Spinach/Kale Leaves
- 3-4 Sprigs Organic Coriander Leaves
- 2 Inches Cucumber Chunk
- 1/2 Tsp of Wheatgrass/ Chlorella Powder
- 400mls Cleanse Tea (chilled)



#### What To Do

Blend all ingredients in the blender until smoothed creamy!

## Moore2Life

What I'm loving this week

### My Protein's New Range

IT'S no surprise that I've stocked up on the new My Protein gym gear range. It's definitely one of my favourites. They constantly share discount codes online so keep your eyes peeled for a good bargain. I got two leggings and two sports bras recently for less than €75. See [www.myprotein.ie](http://www.myprotein.ie) for more.



### New Ladies Zone At Go Gym

WE'VE gone super pink in Go Gym! Our Ladies Training zone has undergone a mini makeover and looks so pretty (in pink!) If you haven't tried Go Gym yet - put it in your diary. We are open seven days a week at Coonagh Cross and are ready and waiting to help you with your 2019 goals.



# MANABOUTTOWN

**PATRICK McLOUGHNEY**

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## Healthy eating tips for 2019

If getting fit and eating healthier were top of your list of new year resolutions then fair play to you. You're in good company too because they were right at the top of mine as well.

"I'm going to start eating right this year," is one of those well-intentioned, but too hard to keep new year goals that's often easier said than done. So if you really do want to eat healthier this year then here are some bite-sized healthy eating tips to help you turn resolution into reality.

As with most things in life, a one-thing-at-a-time approach is a great way to tackle your new year goals – or any goal for that matter. When you set one big goal, it can be hard to know where to start or how to approach it, which takes away the momentum you had when you set it. Setting smaller goals and hitting them as you go will get you where you want to be while delivering the feel-good factor that comes with making progress.

Read on for some smart and easy ways that will make your journey to healthier eating a little easier to navigate.

### CUT DOWN ON SUGAR

Easy to say, not so easy to do. Reducing your sugar intake won't happen overnight, but once you start to cut back on it, you'll start to see that you don't need as much of it as you thought. It doesn't have to be too drastic either, at least not at first. Try cutting the usual amount of sugar you add to tea and coffee by half and wean down from there. Cut down on the fizzy drinks too. Water is best, but if you want something sweet to drink try orange or apple juice. Use fruit instead of adding sugar to cereal or oatmeal, try fresh fruit (bananas, cherries or strawberries) or dried fruit (raisins,



**Eating mindfully means taking the time to taste and appreciate everything that you put in your mouth**

cranberries or apricots). Again, think baby steps rather than cold turkey if you want to stay on track but don't just make a start and stay there either.

### SAVE ALCOHOL FOR SATURDAY NIGHT

Booze is no friend to the new healthier you. Not only does the demon drink add empty calories to your diet, but it can also lead to poor eating habits and a day or days of inactivity. So save the booze for weekend shenanigans (Sunday is a rest/cheat day anyway) and skip out on alcohol during the week.

### TRY EATING MINDFULLY

I touched on this in my last

article, when I suggested mindfulness as a way to get you into a better head space for the year ahead. For those who might not have seen it, mindfulness is a form of meditation in which you focus on external phenomena – usually your breathing but you can also use it for walks, working out, sitting in your office, most things really – including eating. Most people who lead a very hectic lifestyle tend to rush through their meals and eat in front of the TV. Eating mindfully means taking the time to taste and appreciate everything that you put in your mouth. Food can and should be a wonderful sensory experience so take the time to experience it.

There's also research that suggests that eating mindfully can assist with portion control, weight management and digestion, which are all important factors for your long term health.

### INCORPORATE PROBIOTICS AND PREBIOTICS INTO YOUR DIET

Probiotics are active cultures that help to repopulate intestinal bacteria and balance gut flora. Using a daily probiotic will help to boost immunity and promotes overall good health. The best sources are yoghurt, kefir, kimchi, miso, tempeh and sauerkraut. Prebiotics are natural, non-digestible food components that promote the growth of beneficial bacteria in your gut. Look to choices like bananas, garlic, onions, leeks, asparagus and soybeans. Or you can just buy both in supplement form in your local health shop. Having a combination of probiotics and prebiotics in your diet improves the health of your gut which is a very powerful step towards improving your overall health.

### MEAL PREP

A weekly meal plan will help you to eat healthier, control your portions, save you time and save you money. If it sounds too much like hard work there are some lovely companies that will do it for you. For the last six months, I've been using Clean Cut Meals who deliver a week's worth of healthy meals to my door every Monday morning, saving me time on cooking and on grocery shopping. I've also used a local service called Country Munch who are based on the Ballysimon Road. I really love this service because I regularly have to work late and would always use the excuse that the only places open were the chipper. Now I know that



**Setting smaller goals and hitting them as you go will get you where you want to be while delivering the feel-good factor that comes with making progress**

there's a healthy meal at home in the fridge no matter how late I get home.

### EAT OUT LESS OFTEN

Over Christmas people tend to eat out at restaurants a lot more or eat at other people's homes. When you're cooking for yourself you have a lot less control over what you're eating and all the occasions over the festive period can lead to consuming extra fat, sugar and salt. So make January the eat-in month and focus on serving lighter, healthier fare like roasted veg and soups.

### KEEP FEWER SWEETS IN THE HOUSE

Resolving to give up eating sweets completely takes a lot of willpower and can give rise to feelings of deprivation. A more realistic goal would be to create an environment where you can consume fewer sweets without having to rely solely on your own self-discipline. Studies show that when sweets are within arm's reach we are much more likely to consume them than if we actually have to go out and buy them.

## 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 layered look that will keep you warm during this cold snap. My Mercer Wool Peacoat costs €139.99, my Nicki Track Sweat Jacket costs €49.99, my Slim Leon 6131 jeans cost €89.99 and my David Leather Sneakers cost €89.99.

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.



## Fragrance of the week

### Boss the Scent - Private Accord

**MY fragrance of the week is Boss The Scent - Private Accord.**

**A scent made with seduction in mind, Boss' Private Accord blends ginger and the mankina fruit alongside infusions of mocha and cocoa absolute for a lust-worthy scent.**

**If you're in any doubt of its captivating credentials then know that Private Accord is fronted by Fifty Shades star Jamie Dornan, a man who knows a thing or two about seduction. You'll find this sophisticated scent in Brown Thomas Limerick for around €82 (100ml).**





# STYLE & FASHION

**CELIA HOLMAN LEE**

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## Plenty of gems uncovered at bridal exhibition

**F**ROM sumptuous silk gowns to lavish lace pumps and gilded pearls, it was all about glorious wedding attire at the Mid West Bridal Exhibition 2019.

Some of the leading bridal stores in the region showcased bridal dresses and bridesmaid dresses for the 2019/2020 season.

I particularly loved the full tulle skirts with magnificent sweetheart necklines teamed with sequined mesh and long cathedral veils. I've noticed that bridesmaids' dresses are in strong colours including burgundy, pink and burnt orange. Mother of the bride/groom had a

great variety to choose from at the exhibition which was hosted at the UL Arena last weekend. There were great displays on the catwalk like gorgeous coats and dresses in pastels and strong colours of purple and emerald green. The hats and fascinators complemented the looks to give the wow factor for that very special occasion.

The menswear made a big impact thanks to the huge variety of looks in suits, from the traditional tails to three-piece tweed suits to forty shades of grey. There is no need to travel outside of the county for that special day, everything you need is on your doorstep!



**There was a gorgeous array of wedding gowns at the Mid West Bridal Exhibition at the weekend including these three stunning dresses from The Bridal Emporium in Miltown Malbay**



**This stunning dress by Marion Murphy-Cooney featured at the Mid West Bridal Exhibition**



**Ciara's Closet which is located off the Ennis Road showcased a fabulous range of evening gowns at the bridal exhibition**



**Orla models a stunning red ensemble by Marion Murphy-Cooney at the wedding fair**



## CELIA SPOTTED

Looking good out  
and about in Limerick

**Name:** Antoinette Gleeson  
**Occupation:** Works at Tadgh O' Flynn Jewellers  
**From:** Nenagh

**M**y style icon is Pippa O'Connor. What I like about her is she doesn't try too hard and is very natural. My favourite store is Lisa Baker Boutique in Nenagh which always has lovely pieces.

### CELIA SAYS

**Cape:** Antoinette purchased her gorgeous cape on Shein.com which is a website that features contemporary and affordable clothing for women. Antoinette spotted the cape and immediately loved it, especially the tartan. A cape has great wearability for autumn, winter and spring. The gold buttons are simply divine.

**Leggings:** Antoinette purchased her leatherette skinnies from VaVaVoom. Leatherette leggings have been the big hit of the season. They are such a versatile item of clothing and always look stunning with a simple white top. I think every girl should have a black pair in her wardrobe especially as a back up for those days and nights when you just can't decide what to wear.

**Boots:** Antoinette's shoe game is so strong here with these fab patent boots which are from, where else, but Penneys. Pointy toes have been oh so popular this year for all styles of footwear. The patent ankle boots are the perfect choice to finish off Antoinette's tres chic ensemble!



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

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# MEGHANN MIX

## MEGHANN SCULLY

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### Pick'n'Mix

Happenings about town



#### Munster Rugby is flying it

What a win for Munster Rugby on Friday night. They beat Gloucester 41-16 in Kingsholm. They now face Exeter Chiefs in the Champions Cup on Saturday in Thomond Park, a clash for which the Red Army is sure to show up in great numbers.



#### When Young is making a scene

When Young, a band that formed in Limerick are making waves in the music world. The London-based trio just released their latest single Never Let Go. Expect big things in 2019 from Andrew Flood, Aoife Power and Niall Burns



#### Operation Transformation

Operation Transformation has kicked off on RTE and there are five leaders to follow. There are food and exercise plans to follow over the coming weeks. Jean Tierney from Limerick is one of the leaders this year.



Did you make it past two weeks? Research suggest January 17 is the day most people ditch their new year's resolutions

# Beat resolution fatigue

ACCORDING to research the 17th of January is when people commonly ditch new year resolutions. Just over two weeks into the new year and the boredom sets in, the resolutions haven't effected any changes in that time and old habits return. If you are one of these people, don't panic. You are not a failure. Here are some ways to help you work around this.

#### SET NEW GOALS

The goals you set on the 1st of January aren't working? Make new ones. Don't throw two weeks of effort away. If you lasted this long then you have the power to do it. Amend the goals or make brand new ones.

#### TRY SOMETHING NEW

If that new gym class isn't for you or you cannot stand running outside, then try something new. Limerick has so many wonderful exercise classes on offer. Try out Zumba or spinning. Join a walking or running club so you have company. If you don't like that then try something new every month until you find what works for you.

#### START FRESH

If you are completely done with

new year resolutions and need a break then take it and start fresh on the first of February. The two weeks break will be enough to recharge and refocus.

#### KEEP WRITING

I always champion the importance of writing. If you started a diary, keep it going. Record everything mentally and physically. If you feel your resolutions are not working for you then write it down. It's so therapeutic and it's great to help you to unwind in the evenings.

#### MATE DATE

If you find your resolutions boring and a chore then bring a mate. Get your friends involved and add some fun to the mix. My aunt is part of a stitching group in rural Ireland. The ladies in the locality meet up once a week to chat, sew garments and knit. It's much more of a social aspect for them and they love it.

#### TREAT YOURSELF

While January can be a tough

month on the pocket, it can leave us feeling in need of a treat more than any month so do just that. Treat yourself to something nice. Book a night away somewhere in one of the many hotels that are doing great offers right now. Have something to look forward to.

So if you plan on throwing your new year resolutions out the window this week, don't panic and remember you are not a failure. Pick yourself up and start again. Resolutions can begin at any time of the year.

## Charity concert

### Metis Music For Mental Health

**METIS Music For Mental Health took place on Friday night in Dolan's. It was a night of music and reflection and it was all for three very worthy causes - Corpus Christi Moyross, Limerick Suicide Watch and Pieta House were the three beneficiaries.**

**The Corpus Christi Choir was the opening act and over 40 school children took to the stage. They ended with a mash**

**up of The Cranberries' biggest hits. Dora Gola, David Hope, Conor Ward and Emma Langford all graced the stage with their unique voices.**

**I myself hosted the event but I also told my own story and mental health struggles I faced in the past. The night had such a wonderful sense of community, hope and entertainment.**



Dora Gola performing at the Metis Music for Mental Health gig  
PICTURE: SEAN CURTIN/ TRUE MEDIA



# I ♥ LIMERICK

## RICHARD LYNCH

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# Derek Anthony Purcell puts the 'Bang' back in fashion and style

In recent years, the world has sometimes been missing a little bit of 'Bang'. But that has been restored in the shape of Limerick native, Derek Anthony Purcell – creative director of Bang London – who made his vision come to life in the costume and design industry, and served notice of a raw and genuine talent.

Starting out from humble roots in Garryowen, via his inspiring dance journey and the beginning of his design career working alongside Celia Holman Lee, Derek decided to give London a go and hasn't looked back since.

Since the creation of his Facebook page and business, Bang London has gone from strength to strength, year after year. 2018 has turned out to be a turning point for Bang London and well-derseved success has followed.

Having dressed Kate Moss in a six-page exclusive for Beauty Paper Magazine, Derek explained, "It wasn't until the invitation for the launch party of the shoot came through, that I thought ... wow, this is my first publication and it's with Kate Moss." Now, he is working and dressing style-icons,



such as Beyoncé, Rita Ora, Anne-Marie and Zara Larson who have all been 'Banged'.

When he is not dressing stars, Derek creates truly original and bespoke pieces for dance individuals of all ages and sexes that simply want to feel amazing in a one-of-a-kind piece.

Having entered into the

costume and design world without being formally trained, Derek has put a huge emphasis on the importance of creativity for young people. This can be seen through his work with the North West Fashion Project (NWFP). NWFP is a programme that Derek runs which allows young people

to explore their creative sides and find their true passion – something Derek never got the chance to explore when he was at school. Derek says, "making clothing wasn't a conscious decision, it was just something that happened for him personally.

"This programme gives



**LEFT: Limerick designer Derek Anthony Purcell – Creative Director of Bang London pictured at Limerick Art Gallery**

PICTURE: SARAH HAYES/ILOVELIMERICK

**ABOVE: Rita Ora dressed in Bang London is a fan of Derek's clothing**

young people the opportunity to explore their creative side with the reward of working in the Bang London studio as an intern."

2019 is set to be a great one for Bang London as Derek aspires to bring his designs to the States, early next year. One thing that stuck with me was Derek's

gratitude: "I am truly grateful and lucky that I get to do a job that I truly love doing every single day." Derek Anthony Purcell is certainly one to keep up with next year as he is a true inspiration to anyone who has a dream and wants to achieve it.

#ijustgotbanged

## New York's Origins 1st theatre festival has its roots in Limerick

ORIGINS 1st Irish Theatre Festival 2019 celebrates its eleventh anniversary from January 9 – 28 as New York's only month-long theatre festival exclusively devoted to producing the plays of contemporary Irish playwrights from around the world.

The festival is founded by Limerick man George Heslin who tells me, "The highly curated festival mixes brand new and recently acclaimed productions and special projects from both sides of the Atlantic."

Since its founding in 2007, the festival has been recognised for its focused size, and emphasis on audience engagement through main stage productions, parties, panels, and workshops.

George adds, "Our 'Next Generation and Breaking Ground' series have proven to be a launch pad for new projects developed collaboratively by artists from different cities, that have gone on to further success and acclaim."

In 2015, Limerick actor

Myles Breen won the best actor award at Origin's 1st Irish Festival where he showcased his hit one-man play 'Language UnBecoming A Lady'.

A major highlight of this year's festival is the American premiere of Limerick man John Breen's celebrated drama "Alone It Stands." The award-winning playwright and director revisit the 1978 David vs. Goliath win of Munster's defeat of New Zealand's All Blacks, rightly considered one of the best teams in

history.

Another Limerick play making its American debut at the festival is Ann Blake's Award-winning 'The Morning After the Life Before', a story based around the Irish Marriage Equality referendum.

The Origins 1st Irish Theatre Festival 2019 takes place in a number of distinguished venues across New York City with 15 contemporary Irish writers and six mainstage productions. See [www.origintheatre.org](http://www.origintheatre.org).



**Origin's first Irish Theatre Festival 2019 founder George Heslin pictured with Limerick-born actor Malachy McCourt and actress Fiona Walsh** PICTURE: JAMES HIGGINS

# THINGS I ♥ THIS WEEK

## LIMERICK CITY OF CULTURE

### Three short films mark anniversary

TO mark the fifth anniversary of Limerick City of Culture, the Limerick Film Trilogy is now available to view online after successful screenings on RTÉ and at a number of national and international film festivals.

The Limerick Film Trilogy consists of three short films that were made with the support of Limerick City of Culture in partnership with Behind the Scenes.

This ambitious project was realised by Film Limerick project manager Ronan Cassidy and acclaimed Limerick writer and director Gerard Stembridge. The idea behind the project was a way of providing training and experience for those seeking to break into the film industry. Three short films were produced using local filmmakers mentored by industry professionals. Stembridge selected three writers and worked with these writers individually to

make each script as strong as possible.

The writers were given maximum freedom to tell whatever story they wanted to tell. The stories had to be contemporary and preferably unfold within a limited time period and Limerick City itself was to be evident as the backdrop. Three teams were put together with everyone who took part gaining invaluable experience from top industry professionals.

Stembridge worked with the directors on casting to secure the best available local talent for the individual films.

He also supervised the filming and mentored the directors on set ensuring the linking elements between the stories were taken care of, so the final product would stand up as a single entity.

It is so great the public can now enjoy these films. Congrats to all involved! See the films now at [www.vimeo.com/192819437](http://www.vimeo.com/192819437).



A film crew shooting 'Date: Time', the final short film in Film Limerick trilogy back in 2014



Pictured at the launch of the Limerick Literary Festival at O'Mahonys Booksellers on O'Connell Street was Willow Byrne, Ballinacurra

PICTURE: OISIN MCHUGH/TRUE MEDIA

## Limerick Literary Festival 2019

RTÉ broadcaster Liz Nolan recently launched the Limerick Literary Festival 2019 in honour of Kate O'Brien at O'Mahony's bookshop. The festival was founded in 1984 and its 35th year promises to be its most magical yet. The festival will run from February 22-24 and is one of Ireland's most vibrant and successful festivals which showcases in a diverse and eclectic programme the best in Irish and international contemporary literature. A packed programme for 2019 includes talks, interviews, panel discussions,

poetry, an award-winning play, a debut book award, and a music recital. The 4th annual Kate O'Brien award for a debut novel from an Irish female author will be chosen.

The weekend will see lectures by Lyndall Gordon, Philippe Claudel, Liz Nugent, David Park, and Richard Ford among others as well as popular events return such as the Kate O'Brien Lecture and Desert Island Books.

Desert Island Books is a very popular event on the programme and this year it will be presented by David

Park and Eileen Battersby's beloved daughter Nadia Whiston Battersby. It's always wonderful to hear about the books that both inspire and console.

Dolans is where edgy entertainment meets irreverent comedy at 8 pm on Saturday, February 23 in the shape of international award-winning play 'The Morning After the Life Before', fresh from runs in Montreal, London, and New York. Full programme details and ticketing at [www.limerickliteraryfestival.com](http://www.limerickliteraryfestival.com).

## HEROS OF THE WEEK

### LesleyAnne and Shay of Chez Le Fab Café

ANYONE that opens a business to me is a hero. It's a brave thing to invest your life in a dream. I heard the sad news that Chez le Fab café at Arthur's Quay Park closed its doors for good this past December 31. For two glorious years, Chez le Fab lifted the spirits of a generation and was a thriving hub for budding musicians, artists, writers, comedians, actors, and poets. It boasted several different titles, dog-friendly café, arts café, wine bar, and live music venue. Thanks, LesleyAnne Liddane and Shay Riordan, who owned Chez Le Fab Café, for their drive and passion. It was bold. It was beautiful. It was fabulous! It is gone but not forgotten.



Love to all,  
Richard x



LesleyAnne Liddane and Shay Riordan of Chez La Fab PICTURE: DAVID WOODLAND

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WEEKLY LOTTO DRAW HELD ON 14/1/19

This Week's Jackpot: €5300 No's: 4-7-13-16  
Lucky Dips: Pamela Bowman c/o Dave Connolly, O'Sullivan Children c/o Joe O'Sullivan, Dave Connolly Jnr c/o Club Promoters Prize Martin Brynes, Dave Connolly Snr

NEXT Draw held 21st January 2019  
Next Week's Jackpot: €5500

**ST. MARY'S R.F.C.**

Lotto Draw held Monday 14th January 2019  
Winning Numbers: 4-8-15-25, No Jackpot Winner

4 Winners €40 each: Mike Butler c/o Kinsellas, Margaret Finucane c/o M Lyons, Gerry Ryan c/o Larkins, Emelda McMahon c/o M Ryan  
Next Weeks Jackpot €5650 Draw will take place in Cowheys Bar

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# FAMILY ANNOUNCEMENTS

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#### IN MEMORIAM



#### † FITZPATRICK

(30th Anniversary)

In loving memory of our dear dad, grandad and great grandad **Michael Fitzpatrick**, late of 9 Yeats Avenue, Kincora Park, who died on January 16th 1989. Aged 62 years. Mass offered.

Dear Dad

They say there is a reason, they say that time will heal  
But neither time nor reason  
Can explain how we really feel  
We lost you too soon Dad  
After all you always did for us  
We got no chance to return it all  
of you to make a fuss  
You are now gone 30 years Oh  
it's been so long  
Your loss to us causes great  
sorrow as we awake up every  
day feeling a little hollow  
We not only lost the best and  
kindest  
Dad anyone could ever had  
We lost the best mentor in our  
lives  
But we live by every morales  
you taught us Dad  
Now another year has passed  
Only last year one day after the  
16th your anniversary  
We lost our Anna we were  
stunned, shocked and needed  
you and Mam  
So bad  
We lost her and you, Mam and  
our Mickey gained as Anna your  
second grandchild visited  
heaven and there she remained  
We know Anna is safe with ye  
She's happy, She's free  
Always in our hearts Dad,  
from your sons Denis and  
Michael, daughters Noreen,  
Breda, Marytina, Pauline,  
Caroline and their families.



#### † SHEEHY

(8th Anniversary)

In loving memory of **Mickey Sheehy** late of St. Mary's Park, whose anniversary occurs on **January 17th**.

A thoughtful brother,  
A special friend,  
A heart of gold,  
The very best this world could  
hold.  
Of all the gifts in life,  
However big or small,  
To have you as our brother  
Was the greatest gift of all.  
Love you Mickey from yours  
sister Mary and Madge,  
brothers, Harry, Ali, Joe,  
Junior, Jimmy, sisters in laws,  
brother in law, nieces,  
nephews, great grandnieces  
and great grandnephews. xxx

#### IN MEMORIAM



#### † KEANE

(19th Anniversary)

In loving memory of **Richard Keane**, late of 36 Smith O'Brien Ave, Kileely, whose 19th anniversary occurs on 13th January and also whose birthday occurs on February 13th..

In the silence of our minds  
Where no one else can see  
Your smile, your voice, your  
memory  
Are kept so tenderly  
No special words are needed  
For us to think of you  
For thoughts of you are in our  
minds  
No matter what we do  
Your shadow walks beside us  
Forever by your sides  
Always there to guide us  
Ever since you died  
We hold you close within our  
hearts  
And there you shall remain  
To walk with us throughout our  
lives  
Until we meet again  
So rest in peace and thanks for  
all you've done  
We pray that God has given you  
The crown you truly won  
Now that's it's your anniversary  
It's up to God above  
To tell you how much we miss  
you  
And give you all our love  
Loved and missed always your  
wife **Margaret**, son **David**,  
daughters **Marian** and  
**Catherine** and families



#### † MOLONEY

In loving memory of our dear mother **Mary (Babs) Moloney** late of 26, Hyde Road Prospect, who died on **January 15th 1988.R.I.P.** Masses offered.

You can only have one mother  
Patient kind and true  
No other friend in all the world  
Will be the same to you  
If memories bring us closer  
We will never be apart  
Four you are always with us  
mam  
In our thoughts and in our hearts  
Always loved and never  
forgotten by your loving  
family

#### 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



#### † MASON

(15th Anniversary)

In loving memory of a dear father, **John (Jackie) Mason**, late of 18 Sean Heuston Place, Limerick, who died on **January 16, 2004. Mass offered.**

The years are passing quickly,  
But still we don't forget,  
The times we spent together,  
always with love, never regret.  
It was sad the day you left us,  
we were very much aware,  
the presence shown by all your  
friends by the congregation  
there.  
Deep in our hearts you will  
always stay, loved and prayed  
for every day.  
A Mass and a prayer are all we  
can give, these you will have as  
long as we live.  
Missed today and every day.  
Love always, **Jackie, Dermot,**  
**Marlow and Hollie. xxxxx**

We cannot bring the old days  
back  
When we were all together,  
But memories keep us close to  
you,  
And memories last forever.  
Sadly missed, **Brian,**  
**Margaret, Dean and Niamh.**

It does not take a special day  
To bring you back to my mind  
A day without a thought of you  
Is very hard to find.  
You never failed to do your best,  
Your heart was true and tender,  
You simply lived for those you  
loved, and those you loved  
remember.  
Missed always, love **Richard.**

Today your memory is quietly  
kept, no need for words, we will  
never forget,  
Each one of us in our own way,  
has special thoughts of you today.  
Deep in our hearts you will  
always stay,  
Loved and remembered every  
day.  
Sadly missed, the **O'Brien**  
family.



#### † MEANEY

(18th Anniversary)

**Cherished memories of a dear husband, father, grandfather and great grandfather Christopher (Junior) Meaney** who died on the **18th January 2001** aged 58 years. Masses offered.

Those who die in grace,  
Go no further from us than God,  
And God is very near.  
Sadly missed by his loving  
wife **Rose** and family.

#### 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.

Also thank you to St Anthony, Holy Spirit and all the angels and saints P MI

##### NOVENA TO ST. JUDE

Most Holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honours and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use I implore, you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need, that I may receive the consolation and help of Heaven in all my necessities, tribulations and sufferings, particularly, (here make your request) and that I may praise God with you and all the elect forever, I promise O Blessed St. Jude, to be ever mindful of this great you as my special and powerful patron, and to gratefully encourage devotion to you. AOD



## 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.*

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THE Eclipse Cross is the first of a new generation of Mitsubishi SUVs designed and built to impress, both inside and out.

I was fortunate to try out both the 6-speed manual and the CVT automatic versions of this nicely sized family car. Both were front-wheel-drive models.

For me the CVT automatic edged it over the manual mainly because it was so much easier to drive in heavy city traffic without having to change gears, and the fact it had an electric handbrake as I found the traditional handbrake of the MT version a bit high for me to use in comfort even with my seat cranked up.

This SUV fits into the Mitsubishi range above the smaller ASX but below the larger Outlander.

In looks, the front is dominated by its high-tech headlight clusters and the big angular front fog light design. A horizontally divided rear window adds interest and didn't impede with my view out the rear mirror. Privacy glass and black roof rails added to the exterior look.

Big front side windows extend far forward and provide a good view out which is especially useful when you are approaching a roundabout. There's a very good reversing camera to help when needed as well and blind spot alerts on wing mirrors to warn of vehicles coming up from behind. These large mirrors also fold in when you lock the car.

The cabin is very spacious with generous leg and head room in the rear. It's just a very relaxing place in which to travel. Leather upholstery adds to the style and seats are comfy

### UNDER THE HOOD

**Price:** €27,900-€37,400

**Body style:** SUV Coupe

**Engine:** 1.5L 163hp Turbo Petrol 2WD

**Transmissions:** Manual and CVT

**Fuel type:** Petrol

**Road tax:** €390

**Warranty:** 8 Years / 150,000km

yet supportive. Front ones can be heated. Contrasting orange upholstery stitching completes the smart look.

The silverware, black shiny trim and patterned materials all make for an interesting modern and stylish look.

The CVT spec came with two sunroofs allowing a lot of light in the cabin.

There's lots of smart connectivity onboard and two USB ports in the front as well as a 12v socket.

The dash is dominated by the stand-alone big central touch screen. I'm not a fan of the square shaped control touch pad on the central console as I found it to be very sensitive to touch. I'd previously seen this in Lexus cars and had the same problem with it. It can operate audio functions like radio and iPod as well as the Apple CarPlay and Android Auto. Instrumentation, though, is nice and simple and I always appreciate having temperature controls actually available on the dash.

A stand out feature on the CVT version were the buttons on the steering wheel to give low front side view of the kerb etc. via a side camera. Alternatively, you can also get to see what's out of sight on the other side of the vehicle, as well as



The new Mitsubishi Eclipse Cross is priced from €27,900

having an all-round birds' eye view of the car and its immediate surroundings. This, to me, is a wonderful feature to have in a car as it aids parking in tight situations or if you take the car on uneven terrain or grass.

There's a fine big boot for cases or other 'stuff' but there was no spare tyre in either of my cars.

There's also no diesel offering as power is solely from a new, powerful 1.5 petrol turbocharged engine outputting 163hp and mated to a neat 6-speed manual gearbox or the CVT automatic transmission (both are €390 for annual road tax).

The 2WD 6MT does 0-100km/h in 10.3 secs; the CVT takes 9.3. Combined fuel consumption is 6.6 L/100kms for the MT and 6.7 for the CVT.

Towing capacity braked is 1,760kg

Three trim levels are Invite,

Intense and Instyle, all come generously equipped.

The entry level Invite spec includes manual air con, Smartphone Link Audio Display supporting Apple CarPlay and Android Auto, Touchpad Controller, Reversing Camera, Bluetooth and USB connectivity and rear seat passengers benefit from Sliding rear seats (200mm) with an 8 step recline.

Excellent safety features include Forward Collision Mitigation System, Lane Departure Warning system, LED Daytime Running Lights and 7 airbags.

The Intense Cross, from €29,900 for the manual and €32,400 for the CVT Automatic version, adds a Heads-Up Display system, 18-inch alloy wheels, Keyless Operation System, Rearview Camera with 8 spot parking sensors, dual zone air conditioning and electronic brake

auto hold on the CVT model.

The top Instyle trim priced from €34,900 and €37,400 for manual and CVT respectively. These models feature all the before mentioned features as well as Leather Seats, electric heated front seats, Premium Audio system, Panoramic Glass Sunroof, Multi-around Monitor, Blind Spot Warning, Lane Change Assist, Rear Cross Traffic Alert, and Adaptive Cruise Control on CVT models.

The Eclipse Cross has secured a maximum 5-star safety rating from Euro NCAP and comes with an 8 Year/150,000km warranty and 5 years' Mitsubishi Assistance Package for cover roadside assistance and breakdown cover in Ireland and Europe.

A good everyday family car that will appeal to many buyers for its initial cost, fuel efficiency, space and for all its capabilities.



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# Green thinking sees VW launch new lower-emission incentive

VOLKSWAGEN Ireland are encouraging the uptake of the latest generation, lower-emission new cars, hand-in-hand with the removal of older, Euro 1-4 emissions standard vehicles from the Irish market, by launching their EcoGrant Offer, writes Trish Whelan.

Owners of any petrol or diesel vehicle that complies with pre-Euro 5 emissions legislation qualify for the EcoGrant offer. They are able to trade in the vehicle to benefit from incentives ranging from €1,000 to €5,000, against a variety of Volkswagen models. The vehicle to be traded in needs to have been owned by the customer for at least six months and VW has set up a special website, [www.ecogrant.ie](http://www.ecogrant.ie) where you can find out if your current vehicle qualifies.

All new Volkswagen petrol and diesel vehicles meet the latest Euro 6 emissions standards, currently the most stringent yet. The Eco Grant offer covers a huge



Volkswagen has set up the website [www.ecogrant.ie](http://www.ecogrant.ie) so owners can check if their vehicle qualifies for the offer

choice of models, from the small Up! and Polo cars, right up to the new Touareg.

It is also available on the e-Golf and e-Golf Executive Edition. The offer applies to

orders between 1 January 2019 and 28 February 2019, to be registered by 31 March

2019.

Trade-in vehicles will be scrapped.

## FASTNEWS

### NEW CAR REGISTRATIONS

2018 new cars sales 4.4pc down

NEW car registrations for the year 2018 finished at 125,557, 4.4pc down on 2017 (131,332).

New Light Commercial Vehicle registrations (LCV) finished at 25,561, up 5.55pc for the year in 2018 while new Heavy Commercial Vehicle registrations (HGV) of 2,590 saw a slight decrease of 0.5pc over the 12 months compared to 2017 (2,603).

Meanwhile, imported used cars for the first time in history have reached 100,755 for 2018, an increase of 7.81pc on 2017 (93,454). Used Commercial Vehicle imports dropped in 2018: LCV imports were down 2.9pc and HGV imports were down by 0.5pc. New electric car registrations for 2018 increased with 1,233 registered in comparison to 622 in 2017.

SIMI's advice is to shop around whether looking at the used car market here or a used import, and consider the real benefits of shopping in your local retailer who not only provide value to the customer but also encourages economic activity locally.

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# SPORT

Leader



## COUNTY IDOLS COLLEGE HEROES

Stars out for Sigerson  
and Fitzgibbon Cups

For more see Page 61

# Munster's 'Chief' a doubt as Exeter come to town



Peter O'Mahony celebrates Munster scoring a try in Gloucester. The captain could be out this weekend

**Emotion:** Van Graan wary that more than emotion is needed to win

**DONN O'SULLIVAN**  
donn.osullivan@limerickleader.ie

MUNSTER rugby face a Champions Cup Pool deciding fixture this Saturday evening (5.30pm) against the Exeter Chiefs at a sold out Thomond Park.

The Exeter head coach Rob Baxter believes that his side, just four points behind Munster, need to match the 'emotional energy' that Munster bring to their games.

Speaking ahead of the must win tie for his charges, Munster coach Johann van Graan believes that his side will need more than emotion to defeat the Premiership rugby giants from the UK.

"Games like this is why we play this game. You might win

or you might lose but one thing I can guarantee is the effort is for the people of Munster is the most important thing and that is why you have to improve your game because you can't always count on emotion. That's why I say I would like to think we have improved our game so we are going to use the emotion but we also have to play well to beat a quality team like Exeter."

Munster are still in the glow of their 41-15 win over Gloucester last weekend, however the five pointer came at a cost.

Munster captain Peter O'Mahony 'popped' a rib during Friday night's game and is expected to miss this Saturday's clash with the Chiefs.

"I know we thrive on the big occasion and big games. We love to play at Thomond Park and we've got a quality squad" added van Graan.

"Pete's been involved in most of the big games for the last two years. He wasn't involved, starting against Leinster - he was involved as a water carrier.

"If he doesn't play it will be a loss for the team, but I thought CJ did really well as captain against Leinster and I thought Fineen Wycherley had an excellent day.

"We have a lot of options, we have Tadhg Beirne who can play on the flank, Tommy O'Donnell might shift over, Chris Cloete and the likes of CJ and Arno Botha, who have played Test rugby in that position before.



Munster head coach Johann van Graan prepares for Exeter

"We have a lot of options. The most important thing is to find out how Pete is first and then look at our options and we'll make a call on Thursday" concluded van Graan.

Munster currently top

Pool Two with 17 points, four ahead of Exeter.

A win for Munster could put them on 21 or 22 points depending on the number of tries scored, should they win.

With Edinburgh playing Montpellier on Friday night, Munster could be in the scenario where even a home win would not guarantee them a home quarter final spot.

The most likely outcome, should Edinburgh top their Pool with a win over the French side, is that Munster would be heading to Edinburgh for the last eight, with ties to be played on the weekend of March 29-30-31.

While fans might be thinking ahead, van Graan added - "It is all about Exeter for us, nothing else matters"

## Soccer

Limerick FC add Hanlon as McGowan joins Galway

**LEADER REPORTER**  
sport@limerickleader.ie

LIMERICK FC suffered a 5-0 defeat to SSE Airtricity League Premier Division high-flyers Cork City in the first of their pre-season fixtures played at The Farm, UCC, on Saturday afternoon.

'Blues' boss Tommy Barrett included new signings Jason Hughes and Sean McSweeney, who re-joined the First Division side from Ballynanty Rovers and Regional Utd respectively in advance of the game, in his starting line-up.

Since that friendly tie, Limerick have also added former Pike Rovers attacker Kieran 'Red' Hanlon.

Confirming the signing, Tommy Barrett commented, "is a really good finisher who holds the ball up well. which will add another dimension to our attacking options"

On the transfer front, Limerick's former striker Jeff McGowan has signed for Galway Utd this week.

20-year-old McGowan played a handful of games for the 'Blues' in 2018, following his return from a two-and-a-half year spell with Barnsley.

McGowan started brightly, breaking into the team and making four appearances for Limerick before his season was cut short by injury.

Limerick will renew rivalry with Finn Harps in their second pre-season friendly at the FAI's National Training Centre on Saturday next, January 19 at 5pm.

Limerick are also due to face Premier Division Waterford in a third pre-season friendly at the RSC on Sunday, January 27 at a time to be confirmed.

**LIMERICK FC:** Tommy Holland, Sean Russell, Charlie Fleming, Robbie Williams, Killian Brouder, Aaron Fitzgerald, Jason Hughes, Karl O'Sullivan, Connor Ellis, Sean McSweeney, William Fitzgerald. Substitutes: Ger Barry, Colm Walsh O'Loughlen, Tomas O'Connor, Adam Foley, Darren Murphy, Luke Kiely, Jack Brady, Edmond O'Dwyer, Lee Devitt, Sean Madigan, Kieran Hanlon.



# Local trio begin quest to keep Fitzgibbon Cup title in Limerick

**JEROME O'CONNELL**  
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AHEAD of Limerick's start to the Allianz Leagues on January 27, the Fitzgibbon and Sigerson Cup go centre stage this week.

The Sigerson Cup kicks off this Wednesday evening and once again UL are the only local side playing in the Third Level Senior A Football Championship.

UL journey to Dublin this evening to play Dublin IT in Grangegorman at 7.30.

The Limerick side are under new management this season with former Limerick U-21 manager Declan Brouder at the helm. The Newcastle West man has Tommy Stack (Dromcollogher-Broadford) as his coach - the duo were team-mates in Limerick's 2000 Munster U-21 winning team and have worked together previously.

Adare's Paul Maher is the only Limerick representation in the UL panel.

Victory over DIT would see UL advance to round three on January 30. There is a backdoor this season and if UL lose in Dublin they will play either UCC or Athlone IT next week.

In the Trench Cup, LIT are at home to GMIT and MIC are at home to Letterkenny IT.

On Sunday, the Fitzgibbon Cup commences with UL the only local side with a home fixture.

The prestigious senior hurling championship has



**Seamus Flanagan of UCD and Limerick pictured at the launch of the Fitzgibbon Cup 2019**

returned to Limerick in each of the last four years - holders UL, Mary Immaculate, and LIT are all kept apart in the group stages.

There are a total of 34 Limerick players registered across nine different Third Level Colleges. The Limerick contingent includes 14 members of John Kiely's 2018 All-Ireland winning panel - five August 19 starters - Diarmaid Byrnes, Aaron Gillane, Tom Morrissey, Seamus Flanagan and Kyle Hayes.

On Sunday (2.30) UL entertain a UCC side that will have Paddy O'Loughlin (Kilmallock) in their panel.

For the first time in 16

years, LIT aren't managed by Davy Fitzgerald - the Moylish side are away to IT Carlow this Sunday.

Mary Immaculate are again managed by Jamie Wall and are away to DIT this Sunday.

Elsewhere this weekend - Hospital's John the Baptist Community School play their Harty Cup quarter final replay.

They face Thurles CBS on Saturday (1pm) in Dundrum - over 90-minutes of hurling and 66 scores failed to separate the teams last week. The winner will face Christian Brothers College of Cork in a January 26 semi final.



**Andre Nation of Ballincollig goes for the fade away jumper against Limerick Celtics on Saturday night**

## Celtics bow out in Semi final to Ballincollig

LIMERICK Celtics' hopes of an All-Ireland final spot were ended on Saturday night in Cork.

The last four tie, played in the famous Neptune Stadium in Cork, was a comfortable 112-70 win for reigning Cup champions, Tradehouse Central Ballincollig.

The league leaders ran out 112-70 point winners over Limerick Celtics thanks to a whopping 39-point display from Andre Nation.

The Cork side will now meet Bad Bobs Tolka Rovers in the Hula Hoops Presidents

## All-Ireland returns with derbies

### Rugby

THE All-Ireland league returns this weekend for Limerick's seven senior clubs.

The winter break is now over and all seven sides will be looking to the second half of the season with some hope.

This weekend's action, from a Limerick point of view, will be highlighted by two Limerick derbies on Friday night.

First up is the Division 2A meeting of UL Bohemians and Old Crescent.

The student side were 13-10 winners when they met before Christmas and the fourth placed Robins will be looking to solidify their promotion hunt with another win, this time on the 4G in UL at 8pm.

Old Crescent, sitting in

seventh spot, with three wins from their nine games, know that a strong post Christmas run would see them in the hunt for a top four spot.

As well as playing for valuable league points Old Crescent and UL-Bohs will be playing the second leg of their Hayes-Walsh Cup fixture, which honours Tom Hayes, of Old Crescent and Fergus Walsh, of UL-Bohemian.

Also on Friday night, in Division 2C, bottom side Thomond RFC take on third placed Bruff at Fitzgerald Park.

Bruff were 24-7 winners in the last meeting, on December 14, but a long winter break will surely have given Thomond some time to think and a hard fought local derby might just be the tonic needed to secure some much needed All-Ireland league

points.

On Saturday, Limerick's top three sides in the League, Garryowen, Shannon and Young Munster are all in action.

Garryowen, fresh from their Bateman Cup semi final win over Lansdowne last weekend will host UCC at Dooradoyle at 2pm.

Fourth placed Garryowen are now looking the most likely of the Limerick sides to challenge the top of the table this season and a win over second from bottom UCC will be expected on Saturday.

Meanwhile in Dublin, UCD will host Shannon. The Tom Hayes side are 4-5 from their opening nine games and are just four points off of fourth.

Also in Dublin on Saturday, struggling Young Munster's face Clontarf.

## Geraldines AFC hit by vandalism

### Soccer

**LEADER REPORTER**  
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MEMBERS of Geraldines AFC are shocked and disgusted following an act of vandalism which has done thousands of damage to their pitch in Garryowen.

Late on Thursday night, early Friday morning, someone cut a gap in the

fencing around the ground and used a scrambler bike to do 'donuts' and destroy large portions of the Geraldines AFC main pitch.

In what seems to be an attack directed just at the soccer club, (Richmond RFC and St Patrick's GAA also have pitches on the site) the less than two year old Geraldines pitch, which cost over €70,000 to install has been damaged to the tune of

€10,000.

A spokesperson for the club admitted that the members were 'disgusted' with the act and have pleaded for anyone with information to contact the Geraldines committee.

"We had come in for praise from all visiting teams. The pitch was in perfect condition before this act. The amount of Bag packing, lotto and other fundraising

needed to build that pitch was unreal. We will have to go again now and try to repair the damage.

"The pitch was unplayable and dangerous this weekend and thankfully due to the goodness of Richmond RFC, we used their pitch for our game against Janesboro yesterday (Sunday)"

For more on this story see www.limerickleader.ie or use #LLSport online.



**The damage done to Geraldine AFC's pitch this week**

# ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

## Schedule forcing the magic out of Fitzgibbon Cup

THE Fitzgibbon Cup commences this weekend and should be the centre of attention for hurling enthusiasts.

But in the crazy world that is the GAA Master Fixture list, the prestigious competition doesn't have a clear run – instead it is forced into the schedule between Allianz Hurling League games.

Likewise the Sigerson Cup and the respective secondary competitions like the Ryan and Trench Cups.

The Fitzgibbon Cup is a cracking championship with the best of the best hurlers on display but where does its future lie.

There are round one games this Sunday, and round two next Wednesday-Thursday and that weekend is round one of the Allianz Hurling League. Hot on the heels of those inter-county games is round three of the Fitzgibbon Cup.

Some could be facing into three games over a seven day period.

And, it continues into the knockout stages – the Fitzgibbon Cup final is set for Saturday February 23, which is the same weekend as round four of the hurling league.

Limerick manager John Kiely is working with a 42-man panel at present and 15 of those will be involved with one of the Third

Level Colleges.

While everyone prefers playing to training, a hectic schedule doesn't afford an opportunity to reach potential.

It's the time of year to try and impress management and stake claim on a starting jersey for the season. One wonders are those not involved in the Fitzgibbon Cup in pole position.

Just five of Limerick's starting team from the All-Ireland final will be tied up with Fitzgibbon Cup. The other 10 Limerick players involved in Fitzgibbon Cup are surely targeting more involvement with John Kiely's team in 2019 but the hectic schedule in the coming weeks appears to hamper their progress.

For all that, the Fitzgibbon Cup is about to get underway and still maintains a magic for hurling followers.

There is something special about mid-week games out in UL, LIT or Mary I – often with crowds of up to 1,000 to watch the cream of hurling talent.

Champions UL have just one home game in the group phase but what a prospect of welcoming UCC to Limerick this Sunday (2.30). Six years have passed since the Cork men were last in a final but overturning the 38-time champions is always special.

Seamus Flanagan of UCD and Limerick in attendance at the launch of Electric Ireland's Sigerson, Fitzgibbon and Higher Education Championships announcement at Clanna Gael GAA Club in Dublin. Electric Ireland will live stream a selection of Fitzgibbon and Sigerson Cup games, bringing fans closer to the action than ever before, but where does the future lie?



All-Ireland champions Kyle Hayes, Tom Morrissey, Barry Murphy, Barry Nash and Lorcan Lyons are all in the UL panel, managed by Gary Kirby.

Among those registered in the UCC panel are Cork stars Mark Coleman, Darragh Fitzgibbon and Shane Kingston.

The draw was not kind to UL with games away to NUIG and UCD

to follow.

One home win and one on the road is a must for the champions.

In the post Davy Fitzgerald era, LIT also have three group games but two at home and their group looks a lot more straight forward. They will have mid-week games in Moylish against Garda and Trinity and with the likes of Diarmaid Byrnes, Peter Casey and David Dempsey on board,

LIT should advance.

Champions in 2017, Mary I have Aaron Gillane as their star man. They have just two games – home mid-week to Maynooth.

On paper, Sunday's UL v UCC game is the pick of the games to come in Limerick unless one of the trio earn a home quarter final

For more from Jerome, see #LLSport on social media.

DONN O'SULLIVAN

## You have to be happy at work, it is that simple

Lewin's equation,  $B = f(P, E)$ , is a heuristic formula proposed by psychologist Kurt Lewin as an explanation of what determines behaviour.

The formula states that behaviour is a function of the person and his or her environment.

Put another way, a famous rugby player once told me, "You have to be happy going to work every day"

It is a simple statement, but one that might conjure up images of sport in your mind.

Professional sports people are just that. Sports people who make their living from it. Sport is their profession.

That can be lost sometimes amidst all the media, the instagram shots, the photo shoots and the pressure to win.

Lewin's formula highlights that people's behaviour can be hugely influenced by their environment.

It's funny to think about actually. Take a few examples. The way you might act at work with colleagues can often be affected by who is in the room at the time.

Friends on a night out can act differently when they are out on their own or with their partners.

For sports coaches, the most important thing to create is a good environment.

Take Manchester Utd as an example. The club has everything that any sports team would want, from private planes to official noodle partners.

However, their last coach, Jose Mourinho, had created a poor environment for his players. They did not respond well to him or the surroundings in which they had been asked to perform.

A change came in the shape of Ole Gunnar Solskjaer and now that the environment has been changed.

Maybe it is time to look at your own surroundings, work or sport, and see if change is needed. After all, if you can't enjoy life, then what is it all for?



Change is good: Manchester United's interim coach Ole Gunnar Solskjaer

**DONN O'SULLIVAN**

# Fancy the third favourite?

This week in our betting column we take a look at the All-Ireland senior hurling championship.

If you fancy a flutter before a ball is pucked in anger, then the odds make for interesting reading.

As it stands, the defending All-Ireland champions Limerick are priced up at 5/1.

The 5/1 tag is shared with beaten semi finalists from last season Cork. These means that those in the 'know' believe Limerick are third favourites to retain their crown.

As it stands, beaten finalists from 2018, Galway,

are the favourites, while Tipperary are priced up at 9/2 in second.

The feel good factor surrounding Liam Sheedy's appointment as the man in charge of the Premier County sees them short enough on the odds market, but 9/2 is a very short price for a side who failed to get out of their province last season.

The old dog for the long road, Kilkenny, are priced at 6/1, while Clare are out at 8/1.

With top sides all under 10/1, the bookies believe that Waterford (14/1), Dublin (20/1), Wexford (22/1) and Carlow (100/1) are going to add to the colour of the

summer, but nothing more.

Limerick will begin the defence of their title on May 19 against Cork.

Hurling fans will have a better picture of where teams stand after the opening round of games on May 12, which sees Cork play Tipperary in Pairc Ui Chaoimh and Waterford playing Clare in a venue TBC.

One thing is for sure, the Munster hurling championship round robin system is sure to spring its fair share of surprises, drama and top quality hurling. As things stand, we fancy a flutter on the third favourites, Limerick.



## Wednesday

**SOCCER**  
CENTRAL V MELBOURNE  
BT SPORT 1 8.50AM

**SNOOKER**  
THE MASTERS  
BBC2 1PM

**SOCCER**  
JUVENTUS V AC MILAN  
BT SPORT 1 5.30PM

**SOCCER**  
MONACO V NICE  
BT SPORT 3 6PM

**SOCCER**  
SOUTHAMPTON V DERBY  
BBC1 7.45PM

## Thursday

**GOLF**  
ABU DHABI CHAMPIONSHIP  
SKY SPORTS 7AM

**CRICKET**  
BRISBANE V SYDNEY  
BT SPORT 2 8.15AM

**SNOOKER**  
THE MASTERS  
BBC 2 1PM

**HORSE RACING**  
NEWCASTLE  
SKY SPORTS RACING 3.55PM

**GOLF**  
DESERT CLASSIC  
SKY SPORTS 8PM

## Friday

**SNOOKER**  
THE MASTERS  
BBC 2 1PM

**SOCCER**  
NORWICH V BIRMINGHAM  
SKY SPORTS 7.45PM

**RUGBY**  
EDINBURGH V MONTPELIER  
BT SPORT 7.45PM

**RUGBY**  
NEWCASTLE V TOULON  
BT SPORT 3 7.45PM

**GOLF**  
DESERT CLASSIC  
SKY SPORTS 8PM

## Saturday

**SOCCER**  
WOLVES V LEICESTER  
SKY SPORTS 12.30PM

**RUGBY**  
MUNSTER V EXETER  
BT SPORT 2 5.30PM

**SOCCER**  
ARSENAL V CHELSEA  
BT SPORT 1 5.30PM

**GOLF**  
DESERT CLASSIC  
SKY SPORTS 8PM

**BASKETBALL**  
76ERS @ THUNDER  
SKY SPORTS 8.35PM

## Sunday

**SNOOKER**  
THE MASTERS  
BBC2 1PM

**SOCCER**  
HUDERSFIELD V MAN CITY  
SKY SPORTS 1.30PM

**RUGBY**  
TOULOUSE V BATH  
BT SPORT 2 3.15PM

**RUGBY**  
WASPS V LEINSTER  
BT SPORT 3 3.15PM

**SOCCER**  
FULHAM V SPURS  
SKY SPORTS 4PM

**SOCCER**  
NAPOLI V LAZIO  
ELEVEN SPORTS 7.30PM

**GOLF**  
DESERT CLASSIC  
SKY SPORTS 8PM

**NFL**  
LA RAMS @ SAINTS  
SKY SPORTS 8PM

**BASKETBALL**  
PACERS @ HORNETS  
SKY SPORTS 11PM

**NFL**  
PATRIOTS @ CHIEFS  
SKY SPORTS 11.40PM

For more see #LLSport

*J.J. Bowles*

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