

ON YOUR MARKS



Peter Casey, Emer O'Mahony, John Cleary, and William O'Donoghue, at the launch of the 2019 Regeneron Great Limerick Run at the Strand Hotel PICTURE: OISIN MCHUGH/TRUE MEDIA



Regeneron sponsored Great Limerick Run launched

The Leader

www.limerickleader.ie
Wednesday, February 6, 2019

FREE

YOUR NEW PAPER FROM LIMERICK'S LEADING TEAM



CLASS ACT City school's tribute to late rock star Dolores **P8**

PROPERTY

Find your dream home or next business opportunity in our 20-page supplement

PROPERTY
HOME & INTERIORS
Great space in the country and still handy for the city
Substantial family home in...
S...



SAM CALLS TIME Local tennis star Barry announces his retirement from game **P56**



Nurses continue action as talks yield no solution P4

EARLY

BIRD

ENDS

FEB 15TH

REGENERON GREAT LIMERICK RUN

WWW.GREATLIMERICKRUN.COM

The Leader
CONTACT US
NEWSDESK

061-214503
 news@limerickleader.ie

ADVERTISING
 061 214521
 and 061 214525

SWITCHBOARD
 Call us on
061-214500
 54 O'Connell Street,
 Limerick

LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK

Limerick GAA

The county's hurlers and footballers both unbeaten in league, with the former smooth winners over Tipp



▼ BAD WEEK

Car dealers

Continued uncertainty over Brexit has seen new car sales continue to fall in the first month of the year



☀️ QUOTE OF THE WEEK

"I know of nurses that drive home in the evening crying. I know nurses that have drove in the morning crying, especially those who have kids." (see page 4)
Nurse, Seamus Keogh

INSIDE THIS WEEK



VIAGOGO CONCERNS

Ticket resale bill threatens jobs
 Page 11



PLAYERS' SURPRISE

Hurlers attend kids' premiere
 Page 10



FINANCIAL HEALTH

Liam Croke with five exercises
 PAGE 26



TOWN ON HIGH ALERT

Cannabis grow house burns
 Page 19

Lack of Cabinet voice not helping patients



Health Minister Simon Harris during a visit to University Hospital, Limerick. In November, Minister Harris said the 60-bed block would be included in the HSE capital plan. But the HSE has yet to even finalise that, which is a huge concern



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

THE sorry saga of the spiralling cost of the national children's hospital and its implications for University Hospital Limerick is very concerning.

The people of Limerick and the Mid-West have been treated badly, with little solution in sight to the trolley crisis. We have by far the worst overcrowding in the country and with no one in

the region to argue our case at Cabinet level there is every chance that promised work on the vital 60-bed block will be put on the long finger.

The unit is a crucial piece of hospital infrastructure that will alleviate overcrowding pressures before a 96-bed block is built sometime in the 2020s.

In November, Simon Harris said the 60-bed block

would be included in the HSE capital plan. But the HSE has yet to even finalise that. No contractors have been appointed and works have yet to take place. It was hoped that it would be open in 2019, but it looks like we will have to endure another winter of patients languishing on trolleys. And what are local politicians doing about this?
 It is time to up the ante.

WEBTOPTEN

1. Gone to pot: Cannabis growhouse goes up in smoke in County Limerick
2. Sadness as well-known Limerick GAA figure dies suddenly at farm
3. Man accused of Kilkee murder 'freely admitted' he stabbed deceased after arrest
4. All Limerick SHC teams confirm their club hurling management teams for 2019
5. SLIDESHOW: Ahane Camogie celebrate county title with victory banquet
6. One of Limerick's oldest hurling fans passes away in her 102nd year
7. Limerick record store owner throws hat in the ring for local elections
8. Garden at home of Limerick garda dug up during search after arrest
9. University Hospital Limerick cancer patient fronts World Health Organisation HPV campaign
10. Tributes paid to Limerick man who died following road collision



Laura Brennan: University Hospital Limerick cancer patient working as advocate for HPV vaccine

WEATHER FORTHEWEEK



WEDNESDAY

A couple of showers with temperature peak of 10°C



THURSDAY

Mostly cloudy, spotty showers and temperatures rising to 8°C



FRIDAY

Periods of rain with the wind picking up. High of 11°C



SATURDAY

Damp, showery weather continues with high of 9°C



SUNDAY

More showers with temperatures peaking at 9°C



MONDAY

Staying wet and overcast with temperature peak of 8°C

limerickleader.ie
The No 1 Source of Local News Online

MyLimerick

Paul Knapp

Fireman, owner Firefighting Chef Co., regular contributor to Ireland AM on Virgin Media 1

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

It would start with clear blue skies and a crisp frost, walking through The Milk Market, listening to the hustle and bustle, as families and friends meet gathering food and treats for the week ahead. In the afternoon, an autumnal stroll along the Shannon at the back of the University of Limerick, with a hot chocolate in hand, kicking the carpet of golden leaves. I'd finish off the day with a balmy summer's breeze watching the sunset on the river.

What's your first Limerick memory?

The row of houses on the left-hand side at Mayorstone, just before Thomond Park. Flying in from London, heading to Castleconnell, it was always a landmark to let me know that I had arrived.

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

The walk from Plassey to the back of the UL Bohs pitch, heading to Castleconnell. As my children grew up in the area, I would spend many a weekend walking through the village and along by the river.

What about a favourite local walk or view?

It would start at the Fire Station, down Lelia Street, to Clare Street and onto the canal, heading towards Park Road, and then running along over the White Bridge, through Irish Estates, the Mill Road, looping back on myself and heading along towards Plassey, before heading back.

What do you think gives Limerick its unique identity?

Limerick is steeped in history. I love that many of the red bricked Victorian and Georgian buildings have managed to retain their character and identity much like her people.

Do you have a favourite local restaurant?

This to me is like trying to pick my favourite child! The Grove Vegetarian Restaurant on Cecil Street, and The Old Fire Station on Thomas Street with (my kids) Sean and Marci. Having dinner with them is like being at home with your mum and dad.

How would you describe the people of Limerick?

Its people have amazing resilience and a strong identity. As a firefighter working in the community, I have met so many people across the spectrum, and everyone of them has immense pride in their city.

How important do you think sport is to Limerick?

Sport is Limerick's heartbeat, it is its language. Sport in Limerick brings people together, it's the bond that unites this city and county. It also draws in people from afar, filling hotels and restaurants and pubs. It's the showcase for her, for our Lady.

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

People need to ask themselves why they are no longer going into the city to do their shopping. As a firefighter working in Limerick city, and as someone who loves to walk the streets of the city, I feel the biggest challenge is to try and increase footfall back into the city. I can see green shoots emerging with the likes of the Hanging Gardens, the pedestrianisation of Thomas Street and the café culture that is emerging and the walkways along the Shannon. We are getting there, but we all have a lot of work to do.



FRONT PAGES OF THE PAST

15 YEARS AGO
FEBRUARY 28, 2004

"IT hasn't sunk in yet: Limerick's new sports hero" was the heading on the story which revealed that Andy Lee of St Francis Boxing Club had become the first Irish boxer to qualify for the 2004 Olympic Games.

Back 15 years ago there

was also a very popular Limerick International Fashion Festival, which announced another big sponsor in the form of Smirnoff.

And the lead story revealed that 13 people were being treated at the Regional Hospital in Dooradoyle for the winter vomiting bug with strict restrictions on visits.



061 33 55 66 • sales@castletroypark.ie • www.castletroypark.ie

Book Now! T: 01 648 1000
reservations@trinitycityhotel.com
Trinity City Hotel, Pearse Street, Dublin 2
www.trinitycityhotel.com

Bus Éireann drivers warned not to use road

DAVID HURLEY

david.hurley@limerickleader.ie

BUS Éireann drivers were instructed by a senior manager not to use Rosbrien Road after safety concerns were highlighted by Limerick City and County Council.

Correspondence obtained under the Freedom of Information Act shows Carmel Lynch, senior executive engineer with the local authority, wrote to the transport company, on May 17, 2018, after a

notice of motion was submitted by Cllr Joe Leddin.

"The request is to review the use of Rosbrien Road and Lord Edward Street by Bus Éireann as there is growing danger to both elderly and young children due to speed and frequency of buses on these roads," she wrote.

In an emailed response sent on the same day, Blaithin McElligot, services manager with Bus Éireann, said the buses in question were Bus Éireann coaches and

were not operating on city services.

"I can assure you the safety and wellbeing of our passengers and the general public is paramount to Bus Éireann and we as an organisation have stringent guidelines in place," she wrote.

Noting the concerns of the council, Ms McElligot added: "I have informed all drivers operating the associated routes that under no circumstances are our vehicles to operate or divert via Rosbrien Road with immediate effect."

The email concludes by stating that staff in the Tralee, Cork and Galway depots were also informed of the concerns.

At a meeting of the Metropolitan District before Christmas, Cllr Leddin claimed buses were still using the route and he accused the State-owned company of continuing to "flout the law".

"It's a narrow road, the speed the buses are travelling at is of enormous concern," he said



Notice of motion: Cllr Joe Leddin



As part of the nationwide strike action, nurses took to the picket lines at University Hospital Limerick this Tuesday, from 8am to 4pm. It was the second day of strike action since last Wednesday PICTURE: ADRIAN BUTLER

'I know nurses that drive home crying'

Day Two: Front line hospital staff return to picket lines

FINTAN WALSH

fintan.walsh@limerickleader.ie

HUNDREDS of nurses and midwives endured torrential weather conditions in another day of national strike action this Tuesday, as the Government faces increasing pressure over pay, conditions and staffing.

It was the second time in a week that around 40,000 members of the Irish Nurses and Midwives Organisation (INMO) have been deployed to the picket lines again, should talks continue to break down between the union and the Government.

And as a result these ongoing disputes, there are significant disruptions to healthcare services in Limerick and nationwide.

Seamus Keogh, a Dooradoyle

resident who has been a nurse for 20 years, said that none of them want to be staging these protests.

"Patients need to be looked after. We need to put the patients first. Secondly, we are not getting paid for this. No one wants that. Thirdly, the weather, it's absolutely shocking. But the resolve is there and a bit of rain won't deter us anyway," he told The Leader during a heavy spell of rainfall at University Hospital Limerick this Tuesday morning.

INMO members were also protesting at Croom Orthopaedic Hospital, St John's Hospital, University Maternity Hospital Limerick and various primary care centres, including the new Barrack View centre in the city.

"I know of nurses that

drive home in the evening crying. I know nurses that have drove in the morning crying, especially those who have kids," Mr Keogh said, commenting on the staff "burnout" and "stress".

He said his message to the Government is that they need to engage in "meaningful discussions" around pay and conditions in the hospitals.

"When I started in the hospital, I worked in one of the wards. I was very happy there, to be honest with you. Staffing was at a really, really good level. You had one nurse to two patients, and that never changed.

"Unlike the wards when you could have one to ten, one to fifteen, or possibly even more," Mr Keogh explained.

3 Number of INMO strike days planned for next week

Golf Course at Adare Manor is ranked in world's top ten

RYAN O'ROURKE

Rorourke@limerickleader.ie

THE GOLF course at Adare Manor has been ranked number nine out of the World's Top 100 Golf Courses.

The golf courses which feature in the ranking are those that offer unique, memorable, and luxury experiences worldwide.

Limerick's Adare Manor course, favourite with many to host the 2026 Ryder Cup, has placed at number nine on the list. The Limerick venue is listed alongside some of the most famous names in golf, with the Old Course at St Andrew's topping the list as number 1.

Masterfully designed, magnificently maintained and perfectly set within the glorious estate of one of Europe's most spectacular manor house hotels, The Golf Course at Adare Manor is now among the best championship courses in the world.

Celebrated golf architect Tom Fazio has taken what was already an award-winning course and transformed it into a parkland paradise befitting a country in the top tier of global golfing destinations. Fazio has designed more than 120 courses. His individual honours include Best Modern Day Golf Course Architect and is only the second architect to receive the highest

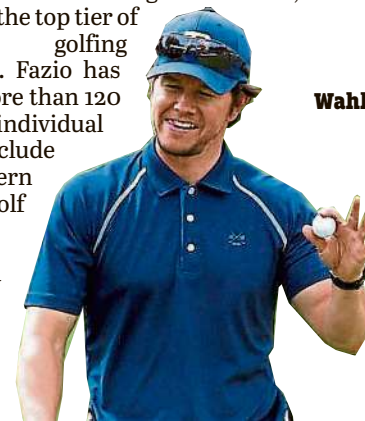
recognition awarded by the Golf Course Superintendents Association of America - The Old Tom Morris Award.

Andy McMahon, Director of Golf Operations at Adare Manor, reacted to the golf course ranking.

"It is fantastic to be recognised in the Top Ten of Golfscape's inaugural 'World's Top 100 Golf Courses', 2019. The Golf Course at Adare Manor was uniquely designed over a two year period, led by Tom Fazio, to create a course that is unmatched in terms of quality of conditioning," said Mr McMahon.

"Every day the course is maintained by a 50-strong team of green-keepers who work hard throughout the year to ensure guests have an unforgettable golfing experience. We are delighted to be included on the 'World's Top 100 Golf Courses 2019' and look forward to another successful year ahead," he added.

Other Irish courses that made the prestigious list include The Old Course at Ballyunion Golf Club which ranked number 17 and the Royal County Down Golf Club, which took third.



Actor Mark Wahlberg is among the latest celebrities to confirm his attendance at next year's JP McManus Pro-Am in Adare Manor

in association with
shannon AIRPORT



THE HOLIDAY SHOW

UL SPORT ARENA
UNIVERSITY OF LIMERICK

16TH & 17TH FEBRUARY
11AM TO 5PM

FREE ADMISSION • FREE CAR PARKING

GREAT KIDS' ENTERTAINMENT

FAMILY BREAKS AT HOME & ABROAD

*SNAP UP HOT DEALS,
EXCLUSIVE TO THE SHOW*

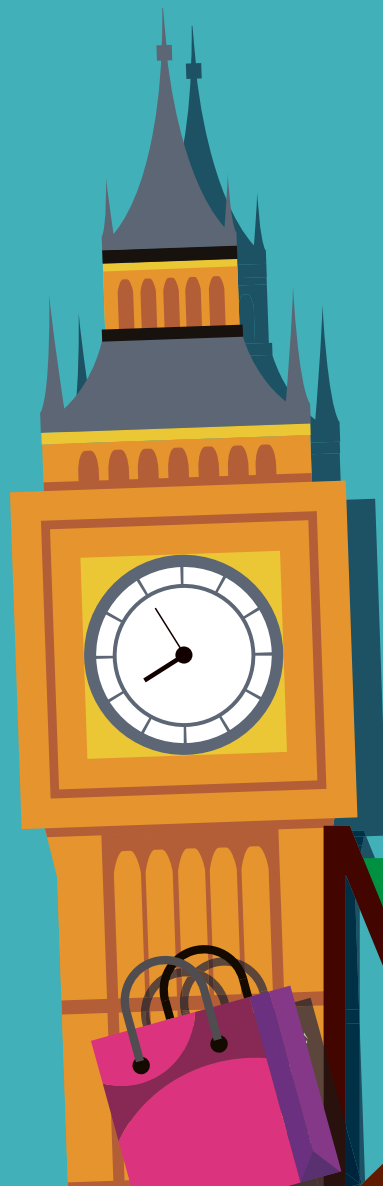
WIN SUPER HOLIDAY PRIZES

GET EXPERT ADVICE

*GET IDEAS TO SUIT EVERY BUDGET
AND EVERY DREAM*

LUXURY CRUISES

**FEATURING THE
CARAVAN,
CAMPING +
MOTORHOME
SHOW!**



**EXHIBITOR
PROFILE**

AIRLINES
CAMPING

CRUISE COMPANIES

FERRIES
GOLF
HOME HOLIDAYS
HOTELS

NATIONAL AND REGIONAL

TOURIST ORGANISATIONS
WEDDINGS & HONEYMOONS
OVER 55s HOLIDAYS
THEME & LEISURE PARKS

TRAVEL AGENTS

TOUR OPERATORS
TRAVEL RELATED SERVICES
TOURIST ATTRACTIONS



1,257 new cars were sold in Limerick last month

Sales of new cars continue to fall due to Brexit

DAVID HURLEY

david.hurley@limerickleader.ie

BREXIT is being cited as a major factor for the continuing reduction in the number of new cars which were sold in Limerick last month.

Official statistics released by the Society of the Irish Motor Industry (SIMI) show 1,257 new cars were registered in Limerick during January – down from 1,464 the previous year.

This represents a 14.14% year-on-year decrease which is higher than the national average of 12.56%.

According to SIMI, cars manufactured by Ford (202), Hyundai (128), Toyota (123), Volkswagen (122) and Nissan (101) were the five most popular sold in Limerick last month.

The five most popular models of new cars sold during January were Nissan Qashqai (70), Ford Focus (62), Hyundai Tuscon (57), Ford Kuga (53) and Toyota Yaris (50).

Jeep/SUV Standard (H1) cars accounted for almost half of the new cars sold in Limerick while cars categorised as Small Standard (C1) accounted for 16.47% of sales locally.

Almost a third of new cars (32.7%) were hatchback; 31.74% were MPV and 20.45% were jeep.

According to SIMI, just over 10% (126) of the new cars registered in Limerick during January were electric or hybrid – representing a significant year-on-year increase.

While still accounting for almost 54% of all new cars, the number of diesel cars sold last month fell by 20.22% to 667.

When it comes to colour, almost 40% of new cars were grey while just over 17% were black.

Great Limerick Run to bring €4.5m boost

Race: Regeneron backing major event that runs into a 10th year in the city

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

THE REGENERON Great Limerick Run is on track to bring an estimated €4.5 million boost to the local economy in its tenth year.

Organisers have promised this year's event will be "the biggest and best yet".

The 2019 race was launched by Mayor of the City and County of Limerick Cllr James Collins this Monday, who said that everything suggests the organisers and sponsors are set to take the run to another level.

Speaking at the launch at the Strand Hotel, Mayor Collins said that "when any assessment of the remarkable transformation that has happened across Limerick over the past decade is done, the role of the Great Limerick Run cannot be overlooked".

"Given the run is celebrating its 10th year this year, it's worth reflecting on the impact it has had on Limerick over that decade," said Mayor Collins at the launch, which was attended by Limerick hurlers Peter Casey and William O'Donoghue and Operation Transformation leader Jean Tierney, from Bruff, and members of the business community in Limerick.

"It's been more than a run or a race. It has brought huge numbers to Limerick from across the country and



Hurlers Peter Casey and William O'Donoghue with Jean Tierney of Operation Transformation and Fergal Deegan of The Leader at the launch of the Regeneron Great Limerick Run at the Strand Hotel this Monday PICTURE: ADRIAN BUTLER

opened a lot of eyes to the new energy of this great city," he added of the event, of which The Leader is a media sponsor.

Race Director John Cleary welcomed Regeneron as the new title sponsor and also confirmed that the Munster Athletics Council have again designated both the Marathon and Half Marathon as their official Munster championship races.

"I wish to acknowledge the huge levels of support from the people of Limerick and beyond who have demonstrated that the Regeneron Great Limerick Run is now a firm favourite on the Irish sporting calendar," Mr Cleary said.

A Social and Economic Impact report commissioned by Limerick City and County Council estimated the event will deliver a welcome €4.5

million boost to the local economy over the course of the May Bank Holiday Riverfest weekend in the city.

"The public-private partnership model has allowed us as race organisers to deliver a world-class event to Limerick with an economic value estimated now in excess of €4.5 million, according to an Economic impact report," Mr Cleary said.

Fined for dumping rubbish on side of road near flyover

A BALLINACURRA Weston man was fined for littering following what was described in court as a "straight forward case", writes David Hurley.

Patrick Crawford, who has an address at Clarina Avenue, Ballinacurra Weston, was prosecuted in relation to a detection which was made at Rathroe, Rosbrien on July 19, 2018.

At Limerick District Court, Paul Clancy, a litter warden with Limerick City and County Council, said after examining five bags of household rubbish which were dumped at the side of the road near the M7 flyover, he found evidence which was linked to the defendant.

Photographs of the rubbish, which was dumped next to a 'no dumping' sign, were submitted to the court.

Mr Clancy told Judge Bernadette Owens that an on-the-spot fine was issued and that a number of reminder letters were sent to Mr Crawford



Photographs of the rubbish were submitted as evidence during the hearing

whose partner agreed to pay the fine in installments over a number of weeks.

While the first payment of €50 was received by the local authority, the balance was never paid.

Judge Owens imposed a €150 fine

and ordered that Mr Crawford pay the costs and expenses incurred by the council. Solicitor Ger Reidy indicated these totalled €280.

Neither Mr Crawford or his partner were present in court for the brief hearing.

Goldfinches at centre of legal action

WHILE a bird in the hand is worth two in the bush, three in cage could lead to a criminal conviction for one man, writes David Hurley.

In one of the first cases of its kind in Limerick, a prosecution has been initiated under the Wildlife Act 1976 after three wild Goldfinch was allegedly captured by a man who lives in Clonlara.

The defendant, who is being prosecuted by the Minister for Culture, Heritage and the Gaelteacht, is accused of being in possession of the three "live perching birds" at his home on April 12, 2018.

The case, which came before Limerick District Court for the first time last Friday, was adjourned to next month.



MOTOR LOAN 7.5%*

NEED AN UPGRADE?

Or need to clear your PCP finance?

€10,000 Car Loan
For Only €46.12 Weekly
Over 5 Years

Come and Talk to us

- Own Your Car • No Hidden Fees
- No Early Repayment Penalties
- No Balloon Repayments

in Glentworth Street *or* call 061 317 910

www.sarsfieldcu.ie  

A typical €10,000 five year car loan will have weekly repayments of €46.12 interest rate of 7.5% (7.8% APR). Fixed cost of interest €1,991.80 - Total amount repayable €11,991.80. Loans are subject to approval, terms and conditions apply. Sarsfield Credit Union is regulated by the Central Bank of Ireland.



ALEX FINDLATER
— & COMPANY LTD —

THE GRILL — ROOM —



Three Course
Dinner Menu
From €34.00

For Reservations
Call 061- 516450

109 O'Connell Street, Limerick City
+353 (0)61 516 450 | info@alexfindlaterandco.ie

UL research centre to share new €39 million investment

JESS CASEY

jess.casey@limerickleader.ie

A UNIVERSITY of Limerick research centre is among seven centres to share a new €39 million investment, that will see 15 PhD positions created in Ireland.

SSPC, the Science Foundation Ireland (SFI) pharmaceutical research centre, based in UL, is one of seven centres awarded funding through a new partnership to support doctoral training.

“We are delighted to receive funding on this programme,” SSPC director Professor Gavin Walker said.

“Strengthening academic links across national boundaries and through partnerships such as these means we can tap into further expertise, and tackle priority areas through excellent and transformative research.”

The funding will now see the SSPC work with two leading schools of pharmacy in the UK: the



SSPC to begin working with UK universities

University of Nottingham and University College London.

The three groups will work together as a Centre for Doctoral Training (CDT) in Transformative Pharmaceutical Technologies.

The CDT, which will be led by Dr Snjezana Stolnik-Trenkic at the University of Nottingham, will help 75 doctoral scientists to drive innovation in the sector, by designing and developing new medicines.

The project will also see 15 new PhD positions created here, with the first expected to begin later this year.

Funding for the UK side of the CDT will come from the Engineering and Physical Sciences

Research Council (EPSRC).

Industry investment is also expected to add to the overall project.

SSPC is a SFI research centre, hosted by UL. The centre is run in partnership with University College Cork, National University of Galway and Trinity College Dublin, the Royal College of Surgeons Ireland, Dublin City University, Waterford Institute of Technology and Athlone Institute of Technology.



Remembering Dolores: Front row from left: Gillian Ni Dhomhnaill, Jenny Ni Dhabhaireann and Aine Nic Philib, back row, Barbara Ni Chathasaigh, Sallyann Ni Chiarba, Aedin Ni Bhriain, Gillian Coipli and Rachel Real. Above, the late Dolores O'Riordan PICTURE: ADRIAN BUTLER

LHC remembers past pupil Dolores with art exhibition

Education: Clothing owned by the late rockstar displayed with students' artwork

JESS CASEY

jess.casey@limerickleader.ie

GARMENTS owned and worn by Dolores O'Riordan, kindly on loan from her school friends, were put on display at her former school as part of an exhibition dedicated to the late rockstar.

On Lá Fhéile Bríde, St Bridget's Day, Laurel Hill Cóláiste FCJ (LHC) celebrated the life of the late Ms O'Riordan with an exhibition of portraits created by students of the city school.

A selection of outfits both worn and associated with Ms O'Riordan, including a bridesmaid dress worn at her wedding in 1998, were also

displayed, loaned to school from Dolores' school friends Rachel Real and Breffni McCarthy.

“I think Dolores would be chuffed that her garments were on display here in LHC,” Ms Real said.

“The oldest of the two leather jackets belonged to Dolores when she was a teenager,” Ms Real explained.

“When we were about 16, she was getting a new one and I bought this one from her, so it really is very old.

The transaction was carried out at school but I can't remember how much I paid for it. I added the darker piece of lining later as I wasn't crazy about the red.”

“Some years later when Dolores was getting married, I thought it

would be a good idea to wear the jacket to her wedding,” Ms Real added.

“The other leather jacket was given to me many years later. She told me she wore it in a video but I'm not certain which one.”

“It's been worn far less than the other one and hence is in much better condition.

“I like it a lot and I like that it says ‘angel’ on the back.”

“The robe has a similar story,” Ms Real explained.

“It was made for her for a performance. It's not something that could be worn out and about as you can see and it's quite heavy so I can't imagine that she wore it for too long



I think Dolores would be chuffed...

RACHEL REAL

as she had such a small frame.”

A purple robe worn by Dolores' bridesmaid Breffni McCarthy for her wedding in July 1994 was also included in the exhibition.

Last summer, a bench dedicated to Dolores O'Riordan was unveiled in the sixth year garden at LHC.

The wooden bench, which is engraved with lyrics from Ordinary Day, reads: ‘Always be yourself along the way, living through the spirit of your dreams’.

In December, the LHC choir treated the All-Ireland senior hurlers to a special rendition of Dreams as the country's top hurling team visited with the Liam MacCarthy Cup.



Wind down

on your way



Start your getaway in style with space to relax, refresh & recharge.

shannonairport.ie



Limerick's Lowest 2, 4 and 7 Year Fixed Rates

For when you're moving
for more space or switching
for more breathing room.

Visit one of our Limerick branches today

Lowest rate claim source Bonkers.ie 12/12/2018. Maximum loan to value is 90%. Security and insurance required. Product fees may apply. Over 18s and residential mortgages only. Lending criteria, terms and conditions apply. Credit facilities subject to repayment capacity and financial status.

WARNING: YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP PAYMENTS ON A MORTGAGE OR ANY OTHER LOAN SECURED ON IT.

WARNING: IF YOU DO NOT MEET THE REPAYMENTS ON YOUR LOAN, YOUR ACCOUNT WILL GO INTO ARREARS. THIS MAY AFFECT YOUR CREDIT RATING, WHICH MAY LIMIT YOUR ABILITY TO ACCESS CREDIT IN THE FUTURE.

WARNING: YOU MAY HAVE TO PAY CHARGES IF YOU PAY OFF A FIXED-RATE LOAN EARLY.

Ulster Bank Ireland DAC is regulated by the Central Bank of Ireland.

Comments from online readers

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

LL

Limerick Leader



CALL FOR LIMERICK CITY MUSEUM TO STAY OPEN AT THE WEEKEND

Anne Hadnett

Didn't know this existed. Great to see that beautiful building being used though



Olivia O'Sullivan

It's a great museum with fantastic insights into Limerick life of the past, it should be open as much as possible, all week long if possible like the Hunt Museum

Gerry McCormack

Perhaps it should close on Mondays, except for Bank Holidays of course. Shame to not have it open at weekends

Niamh O'Mahony

Frankly ridiculous that it is closed all weekend

MUNSTER STAR SUFFERS FRACTURES TO CHEEK AND EYE SOCKET IN IRELAND'S 6 NATIONS DEFEAT

Tom Horan

This is where rugby is a dangerous sport- it was about brawn not skill and speed! Just look at the injuries



Grace Ann Koh

Nothing to him fab player

Stephen Collins

A monster of a man

'I KNOW NURSES THAT DRIVE HOME CRYING': FRONTLINE HOSPITAL STAFF IN LIMERICK CONTINUE STRIKE ACTION

Rosealeen Rice

We really need to have an all out strike pointless saying we support nurses if we can't get out and strike with them



David Wood

Would more staff be better than more pay. More pay doesn't change the workload?

Eilís Ní Chiaráin

All out sick tomorrow with flu after what they are being put through today

Rosemary O'Callaghan

They work so hard and deserve to be paid accordingly!

ONE OF LIMERICK'S OLDEST HURLING FANS PASSES AWAY IN HER 102ND YEAR

Úna Ryan Carmody

What a wonderful lady, will be missed



Maria Ryan

Nicest woman in the world

Una O'Carroll

God will wrap her in his arms for sure

Darragh Laffan

RIP Bridget. Great that you got to hold Liam before heading for Heaven

Anne Farrell Kinsella

Condolences to the family RIP

www.limerickleader.ie
www.facebook.com/LimerickLeader
Limerick_Leader



Limerick captain Declan Hannon with Anthony Maloney, who played Declan in the movie, and Grace O'Connor, who played his girlfriend Louise and Cian Lynch with Alex Neil, who played Cian in Hon the Treaty

All-Ireland heroes surprise students

'Hon the Treaty': Hurlers drop by movie premiere

JESS CASEY

jess.casey@limerickleader.ie

A clutch of Limerick hurlers recently surprised city primary students at a premiere of their original movie chronicling the journey to All Ireland glory after a 45-year wait.

Captain Declan Hannon, Oisín O'Reilly, Cian Lynch and Paul Browne surprised and delighted Corpus Christi students at a screening of Hon the Treaty, a movie created by the Moyross primary school.

Starring students in prime roles like Marty Morrissey, John Kiely and JP McManus, Hon the Treaty will be included in this year's Fresh Film Festival.

"Huge work and fun has gone in to the making of this movie, as a tribute to the Limerick hurlers," Fionnuala Bromell of Corpus Christi said.

The movie was screened last Friday at the Limerick Institute of Technology (LIT) Millennium theatre, with students donning their colourful costumes for the occasion.

Hon the Treaty also includes a soundtrack recorded by the students in Hazelgate studios.

The film was shot in several locations across the city including the school in Moyross, the Limerick Institute of Technology sports facilities, at the Treaty Stone and in Jen's Hairdressers, Ms Bromell added.

"There are twists and tales of dejection, comedy, musical interludes and ultimate joy and celebration," she added.

"It's a story of disappointment, determination, hard work and celebration."

Hon the Treaty also stars students as The Sunday Game Panel, Des and Grainne from Up For the Match and RTE presenter Miriam O'Callaghan.

Corpus Christi previously stole the show ahead of the historic final last August, when the school's choir delivered a heartwarming performance on RTÉ's Up For the Match.

The film also features pupils starring as team sponsor JP McManus, and Limerick captain Declan Hannon who raps about his dreams of winning the Liam MacCarthy Cup.

All the Limerick hurling team are also portrayed, as well as their wives, girlfriends and families who journeyed with them to Croke Park on that historic day last August.

For more photos from the screening, see page 41.

UHL has worst overcrowding in January

UNIVERSITY Hospital Limerick had the highest level of overcrowding in the country in January, according to monthly figures published by the Irish Nurses and Midwives Organisation.

The figures show that there were 970 patients on emergency

department trolleys and on additional trolleys or beds in the wards at UHL last month.

There was a marginal drop in comparison to January 2018 figures when there were 1,003 patients on trolleys. This January was the second worst for overcrowding since

records began in 2006.

The lowest January for overcrowding at the Dooradoyle hospital was recorded in 2008 when there were just 118 patients trolleys. That's an average of four patients a day. The average daily number of patients this January was 31.

Fears over city ticket re-selling jobs

Legislation: Local TDs seeking clarity over new laws proposed by government

NICK RABBITTS

nick@limerickleader.ie

A CLAUSE in the government's new ticket touting legislation allowing stubs to be sold for a small mark-up would protect Limerick jobs.

That's according to Sinn Féin TD Maurice Quinlivan, who is fearful proposed new laws could spell the end for

the 275 staff working in viago in Castletroy.

The ticket re-selling web site set up its European headquarters in Limerick back in 2015. But now, with the government set to ban the resale of tickets above face-value, there are huge concerns that hundreds of jobs are at risk, with Labour TD Jan O'Sullivan urging Jobs Minister Heather

Humphreys to provide some clarity as to how the local positions will be protected.

"All parties want ticket-touting dealt with: that's not the issue. But the Minister has a responsibility to protect jobs throughout the country. The minister did say that she is getting the advice of the Attorney General and she did indicate that she will bring

amendments to the bill," Ms O'Sullivan said.

Mr Quinlivan said his own rejected legislation purposely included a provision to allow tickets to be resold for a profit of up to 10% over their face value.

"This would ensure that ticket reselling websites, such as viagogo, could continue to sell second hand tickets with a small profit, but

it would also place a cap on ticket prices to ensure consumers are protected," he explained.

However, he feels the bill needs amending, pointing out at present, it would only apply to venues with a capacity over 1,000 – meaning local places like the Lime Tree Theatre, with its 510 seats, would not be subject to the legislation.



Deputy Maurice Quinlivan



Simon Harris made contact with high profile Mid-West politicians this Monday. Above he is pictured with Colette Cowan, CEO of the UL Hospitals Group

Harris says 60 beds will be in 2019 plans

FINTAN WALSH

fintan.walsh@limerickleader.ie

TOP politicians in the Mid-West have leaped to Minister for Health Simon Harris' defence, after it was confirmed that no funding has been approved for a crucial bed block at University Hospital Limerick.

In a report in this Monday's Limerick Leader, it was revealed that the HSE wrote to Deputy Alan Kelly that a €19.5m 60-bed block "awaits confirmation" in the 2019 capital plan.

But during a visit to Limerick in November 2018, Minister Harris announced that funding was committed to the project.

"A proposal for the development of a 60-bed ward block at University Hospital Limerick is being considered for inclusion in the HSE Capital Plan along with other initiatives," said the letter to Deputy Kelly, following a parliamentary question he submitted last week.

"The proposed project

Mr. Alan Kelly TD,
Dail Eireann,
Leinster House,
Kildare Street
Dublin 2

1st February 2019

PQ 7237-19 * To ask the Minister for Health when the new 60 bed modular unit in University Hospital Limerick will be opened in 2019; the other capital and operational improvements that will be made in the hospital during 2019; and if he will make a statement on the matter. - Alan Kelly

Dear Deputy Kelly,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question which you submitted to the Minister for Health for response.

A proposal for the development of a 60 bed ward block project at University Hospital Limerick (UHL) is being considered for inclusion in the HSE Capital Plan along with other initiatives. The proposed project was approved by the National Capital & Property Steering Committee (NC&PSC) and awaits the confirmation of capital funding and will be assessed in the context of competing priorities.

In terms of other capital works, redevelopment of the former Emergency Department area of the hospital was largely completed in 2018. It is envisaged that the remaining elements of that building contract relating to the development of a Fracture Unit will be completed in 2019. The hospital will also be allocated some min capital funding in 2019 to undertake high priority infrastructural risk projects.

HSE letter which was addressed to Deputy Kelly

was approved by the National Capital & Property Steering Committee and awaits the confirmation of capital funding and will be assessed in the context of completing priorities."

In a statement to The Leader, this week the Department of Health said: "The Health Service Executive is currently developing its Capital Plan for 2019. The development of additional beds at University Hospital Limerick and other health capital projects, currently at various

stages of development, are being considered as part of this process."

Though the Department of Health said the 60 beds are being considered, Senators Kieran O'Donnell and Maria Byrne and Minister of State Pat Breen all said they spoke to Minister Harris on Monday, who confirmed to them "he will be providing capital funding for the 60-bed block unit at UHL". However, it has not been confirmed how much of the required €19.5m will be allocated to the crucial project.

Sky Fibre Ultra has arrived

with lightning speeds up to 1Gb

Now available in Limerick

Check your Eircode Q Sky Fibre Ultra

sky broadband

Sky Fibre Ultra: Available in selected areas only. External factors can affect speed. A new line provision charge of €75-€150 and modem activation charge of €5-€10 may also apply. 12-month minimum contract and further terms apply.

LEADER CRIME BRIEFS

BY DAVID HURLEY



Toolbox stolen from retail park in broad daylight

GARDAI at Roxboro Road are investigating the theft, in broad daylight, of a large toolbox from a retail park at Ballysimon.

A tradesman was carrying out work on a customer's car outside a premises at Eastway Business Park at around 2.50pm last Friday when the theft occurred.

"The tradesman went back inside the shop for only two minutes to get a part. When he returned he realised that the toolbox was stolen," said Garda John Finnerty who is appealing for witnesses to come forward.



Gardai at Roxboro Road are investigating

"This was an opportunistic theft. The toolbox was a red in colour. There would have been many people around this area at the time. If you are one of them and if you seen anyone walking around with a red toolbox, then please contact Roxboro Road gardai," he added.

Investigating garda can be contacted at (061) 214340.

Woman's bag stolen from car parked in city centre

A HANDBAG was stolen from a car which was broken into while parked in the city centre last Thursday afternoon.

The black Volkswagen golf was parked at Henry Street when it was targeted by a thief between 12.20pm and 1.10pm.

"The thief smashed the front passenger window and stole a black ladies handbag which had been left on the floor of the car. This handbag contained many personal items belonging to the owner causing her to be greatly distressed," said a garda spokesperson.

Gardai at Henry Street are investigating the incident and can be contacted at (061) 212400.

Warning following theft of diesel from farmyard

Homeowners, businesses and farmers are being advised to properly secure any fuel tanks which they may have on their property.

The warning has been issued following the theft of significant quantity of diesel from a farmyard in Ballylanders at the weekend.

Having entered the farm at around 4pm on Saturday the culprits extracted a large quantity of diesel from the farmer's diesel tank before he confronted them.

The thieves escaped with



A large quantity of diesel was stolen

the diesel in a silver Toyota Avensis.

"This car had a Dublin Reg, There is no description of the thieves," said a garda spokesperson.

Gardai at Bruff are investigating the incident and anyone who has information or may have seen the car is asked to contact them at (061) 382940.

Power tools stolen from flats

INFORMATION is being sought following the theft of power tools from a flat complex in the city centre last week.

The tools were taken from the balcony area at Tara Court, Watergate between 1pm and 1.30pm last Wednesday. "In this instance, it was the afternoon. There would have been many people either outside the apartments or in and around the apartments themselves," said Garda John Finnerty.



John Hayes admitted trying to smuggle a mobile phone into Limerick Prison following his arrival at the prison

Prisoner hid mobile phone in his sock

Clothes: Device seized as defendant was processed

DAVID HURLEY

david.hurley@limerickleader.ie

A SERIAL offender who tried to smuggle a mobile phone into Limerick prison will not have to serve any additional time behind bars.

John Hayes, aged 45, who has an address at Hartigan Villas, Moyross admitted hiding the device in his sock as he was being processed following his arrival at the prison.

Sergeant Donal Cronin told Limerick District Court the offence happened on May 10, 2018 after Mr Hayes was remanded in custody following an appearance before the court.

"He was being processed in (to the prison) and he placed a mobile phone within his clothing and deposited it.

He didn't declare it," he said adding the offence was at the lower end of the scale.

Solicitor Tom Kiely said his client, who has more than 200 previous convictions, had the phone on him when he arrived at the prison and that he was "still under the influence of an intoxicant" at the time.

"He dropped the mobile phone into one of his socks which was placed in basin which he parted with," he said.

Mr Kiely said the defendant, who is currently on remand awaiting trial for unrelated matters, was "stupid" and that there was "zero chance" of his plan succeeding.

He said Mr Hayes, who has chronic addiction issues, is not involved in organised crime and that

he did not have the phone for any nefarious purposes.

Judge Bernadette Owens was told the phone was intercepted by prison staff before the defendant was placed in custody and that the Mr Hayes did not manage to bring inside the secure area within the prison.

Judge Owens said the defendant's "considerable history of previous convictions" was an aggravating factor which she had to consider.

However, she noted his guilty plea and the fact that he is currently on remand and facing the possibility of a lengthy prison sentence if he is convicted.

In the circumstances, she imposed a three month prison sentence which she suspended for six months.

Jailed over early-morning break-in

A SERIAL offender who broke into a commercial premises in Castletroy has been jailed for five months, writes David Hurley.

Greg Russell, aged 31, of The Orchard, Caherconlish pleaded guilty to a burglary charge relating to an incident at Groody Road in the early hours of January 29, 2018.

Sergeant Donal Cronin told Limerick District Court the defendant "forcibly entered" the premises at around 6.15am - activating a security alarm.

While he could not be identified from CCTV footage, Mr Russell, who has more than 260 previous convictions, was linked to the

break-in following a forensic examination of the scene.

Sgt Cronin said when questioned about the incident following his arrest, the defendant "maintained his right to silence" telling the court the case against him was based on the forensic evidence.

Mr Russell, he added, has 26 previous convictions for burglary offences and is in custody in relation to separate matters.

Solicitor Tom Kiely said his client is a drug addict who has spent most of his adult life in custody for a variety of offences.

"His previous convictions speak for themselves," he said adding that

Mr Russell's "long-suffering" partner gave birth to the couple's first child since he entered custody last year.

"She is standing by him," he said adding that Mr Russell is "drug-free" at the moment.

Imposing sentence, Judge Bernadette Owens said the defendant's previous convictions were a concern and an aggravating factor she had to consider.

However, she not his guilty plea and the fact that the premises he targeted was unoccupied at the time.

In the circumstances, she sentenced him to five months' imprisonment.

Microsuction Ear Wax Removal

SAFE • EFFECTIVE • COMFORTABLE

Symptoms of ear wax buildup:

- Itchy Ears
- Tinnitus (Ringing in the ears)
- Dizziness
- Earache
- Hearing Loss

Don't wait weeks. Microsuction ear wax removal is a safe and non-invasive procedure, suitable for most people including hearing aid users.



Adults €50 for both ears (normal price €80)

SPECIAL OFFERS FOR FEBRUARY ONLY

Children €65 for both ears (normal price €100)

THE FIRST CERTIFIED LYRIC & ENDOSCOPIC MICROSUCTION PROFESSIONALS IN IRELAND



1800 501 501

CLINICS NATIONWIDE | www.audiologymedicalservices.ie

Bon Secours at Barrington's, Limerick

FREE ADULT HEARING SCREENING TEST - BOOK TODAY



Giving you back the gift of hearing



2019 COROLLA HATCHBACK HYBRID



THE GAME-CHANGING COROLLA HYBRID HATCHBACK HAS ARRIVED IN RAHEEN - CALL NOW TO TEST DRIVE

YARIS Y20



YARIS Y20 - 20TH ANNIVERSARY SPECIAL EDITION FROM ONLY €64 PER WEEK



BUILT FOR A BETTER WORLD



C-HR

THE TOYOTA C-HR IRELAND'S BEST SELLING HYBRID BOOK YOUR TEST DRIVE TODAY



ROAD SAFETY AUTHORITY

RSA 'Check It Fits'
Have your Childs seat check by the RSA experts
(NO NEED TO BOOK)

BRIAN GEARY TOYOTA | RAHEEN | 061-225225

SATURDAY 9TH FEBRUARY 10AM - 5PM
ALL CAR MAKES & MODELS WELCOME - FREE EVENT



Time to face the music: the X Factor comes to city

Music: Producer auditions for top-rated TV show set for Limerick

NICK RABBITS
nick@limerickleader.ie

"IT'S time to face the music!"

That will be the rallying cry as almost 100 singing hopefuls from across Limerick attend preliminary auditions held by the X Factor team in Limerick this Thursday night.

From 6pm at Cobblestone Joe's, producers from the top-rated ITV show – which airs on Virgin Media One here – will be in the city to run the rule over Limerick's musical talent.

David Ryan, the owner of the bar on Little Ellen Street, revealed that Thames Television, the producers of

the Dermot O'Leary fronted show reached out to him.

"Thames Television actually phoned us believe it or not saying they had heard of our venue.

"The Dublin auditions are quite full, as are the Cork ones, so they are looking to bring it to different areas so people could have a chance. Our place came up. They loved the venue, and wanted to do it here. It's a fantastic opportunity for us," he said.

Fans hoping to meet head judge Simon Cowell will be disappointed, however, with only three to four producers attending Cobblestone Joe's this Thursday night.



Huge boost for Cobblestone Joe's: David Ryan

Each act will get five minutes on the stage, filmed by X-Factor crew, and those who are successful will be brought back to London for a further audition in front of producers.

It is only those who get through that, who get a golden ticket to meet the show's four celebrity judges including music mogul Mr Cowell.

Mr Ryan says having X Factor auditions in his bar is a huge boost for the venue.

All are welcome to the auditions, which get under way at 6pm.

For more information, telephone 061-414840 or look up Cobblestone Joe's on Facebook.



Ryan Ashley Malarkey at last year's convention

Tat artists bring the ink to top convention

FINTAN WALSH

fintan.walsh@limerickleader.ie

MORE than 110 tattoo artists will be bringing the ink to the city for the annual Limerick Tattoo Convention in late March.

Attracting more than 1,500 visitors on March 23 and 24, this year's convention will host some of the world's most renowned tattooists at the Great National South Court Hotel, in Raheen.

Convention co-organiser and Limerick native Roy Keane explained that the convention's success has been down to targets set.

"Limerick was probably the largest urban centre that didn't have a convention in Ireland. Along with co-organisers Sylvia Butkiewicz and Thomas Skwara, we wanted to address that and bring back the best of what we had seen at conventions around the world but on a smaller level, of course."

"So, when we set about pulling the first two conventions together, we really wanted to raise the bar as high as we could and make sure our event in Limerick would be different and ultimately, better than any other convention here. We did so principally by bringing in some of the best known artists in the world and it worked."

This year's event see artists from 26 countries attending, among them some of the best known tattooists in the world.

These include Luke Sayer, winner of E4's Tattoo Artist of the Year; Nikki Simpson of US reality TV show Inkmaster and star of Paramount's 'Ink Master Angels' TV series along with Josh Payne and Teej Poole also from the big TV show.



The Great Padini will perform on Irelands Got Talent on Saturday night next February 9 on Virgin Media One

The Great Padini shows age no barrier to talent

RYAN O'ROURKE

Ryanorourke@limerickleader.ie

AGE IS just a number, and no one proves that better than The Great Padini, who will appear on Ireland's Got Talent at the age of 84.

Paddy Ward, who goes by the stage name The Great Padini, has had a long time to practice the art of magic. After 75 years of performing, Paddy explained how he found himself performing on Virgin Media One.

"I just decided I would have a go at Irelands got talent," said

Paddy who now lives in Sixmilebridge having lived in Caherdavin for many years.

"I've been involved in magic all my life. My father was a magician. I've been practicing since I was around nine-years-old. I performed my first act at the age of 11." Since then, Paddy has won everything there is to win in the magic world in Ireland.

His accomplished career earned him the title of 'The Great Padini' on the Irish magic scene.

"I'm a five times winner of the International Brotherhood of Magician Ring 85 Shield as

Ireland's Top Magician, a feat which has never been equalled," said Paddy.

Paddy has two children, a daughter Michelle (54) and a son Nigel (53). His wife Josie sadly passed away from cancer and he took a step back from magic for a while. He says "her death is the hardest thing I've ever had to face in my life."

Now retired from his job as a sales director, Paddy has dedicated his life to spreading cheer through magic.

"I pass the time and keep myself busy by doing charity

shows. I go around to daycare centres and care homes, just performing," Paddy said.

"I love performing. I get a great kick out of it. I love bringing the fun into it," he added.

Paddy isn't letting any secrets out before the show airs on this Saturday February 9.

"Check in was at 9am, so we had to leave Limerick at 5.30am to be up there in time. It was a long day, I was constantly on the go, but it was worth it. It was good fun. I can't tell you how I got on, I'm sworn to secrecy so you will have to tune in to see," Paddy said.



CRESCENT
Shopping Centre Limerick

WIN A
DIAMOND
Date Night
with your Valentine!



ENJOY THIS GREAT PRIZE...

Make it a Valentines to remember!

Win this stunning diamond ring from Fields, and celebrate with a delicious meal for two and then top it off with an escape to the movies!

Fields
THE JEWELLER



9CT WHITE GOLD DIAMOND RING

MEAL FOR 2 IN MILANO

OMNIPLEX
CINEMAS

TWO CINEMA TICKETS

To enter, visit [CrescentShoppingCentre.ie!](http://CrescentShoppingCentre.ie)
T's & C's apply.

Follow Us
  

Concern over estate's absence from new plan

NICK RABBITTS

nick@limerickleader.ie

METROPOLITAN mayor Daniel Butler has expressed concerns at the fact Kilteragh has not been included in the southside spatial plan.

Cllr Butler, who represents the area on the local authority, feels it would be appropriate for the huge estate in Dooradoyle – home to around 1,000 people – to become part of the proposals, which were

unveiled last week.

But, he added: "I have concerns in relation to the level of consultation with those directly affected and the lack of consultation with the very large estate of Kilteragh which borders the area. I am calling on the council to slow the process down and allow for more consultation because we have seen so many plans fail for this area and the residents suffer. We can't allow this fail again."

Limerick council has teamed up

with top architectural firm Allies and Morrison for the southside spatial plan.

The firm is aiming to provide a blueprint for 75 hectares of land, primarily in public ownership on the city's southside, including the Baggott Estate, Ballinacurra Creek, Toppins Field and the Rosbrien lands adjacent to the M20.

Following an initial public consultation in November, more than 100 people were at a second event in the Strand Hotel, where

the results of the public feedback were unveiled.

Speaking at the meeting, Steve Walker, Allies and Morrison referred to Toppins Field in Roxboro, land which was once suggested as a shopping centre.

"We are starting to think about how this site can accommodate uses which might have a strategic benefit to the whole city, rather than just being yet another piece of employment land," he told the meeting.



Metropolitan mayor Daniel Butler



Previously unknown shipwrecks off the west coast of Ireland have been explored by engineers at the University of Limerick using new technology developed at the university. For video, see limerickleader.ie

Shipwrecks explored using AI technology

UL: Previously unknown deepsea wreckage surveyed

JESS CASEY

jess.casey@limerickleader.ie

A SERIES of previously unknown shipwrecks off the west coast of Ireland have been explored by engineers at the University of Limerick using new technology developed at the university.

Engineers from the UL Centre for Robotics and Intelligent Systems (CRIS) and Marine and Renewable Energy Ireland (MaREI) have used a new automated vehicle, the ROV Étáin, to carry out the underwater surveys.

Led by Dr Gerard Dooly, the ROV Étáin successfully located and completed a dive on two large wrecks, more than 100 metres in length, thought to be a liner and a large cargo vessel.

"Every wreck has its own story, so it's always interesting to locate long forgotten shipwrecks and then try to

determine the identity of the wreck and understand something of the circumstances of the tragedy," Dr Dooly said.

Befitting from the weather conditions at this time of year, the ROV also examined a smaller wreck, found to be an operational World War One era U-boat.

"Close quarter inspection of these sites with an ROV is technically challenging and hazardous due to the presence of abandoned fishing gear."

The ROV Étáin uses AI and high powered computers for autonomous control, which enables perceptions and allows the robot to evaluate situations independent of human help.

"The blended control and automation of the ROV provided by our UL developed OceanRINGS software and other UL systems allows us to safely complete these

missions," Dr Dooly added.

"Near the wreck, we saw pots and pans and unexploded shells and primers scattered on the seafloor reminding us of the human misfortune that occurred at the time of sinking."

The discovery and high detailed survey of these shipwreck sites was possible for the first time through the technological innovations that the CRIS team have been trialling.

"Multibeam mapping" of one wreck, though to be that of the Ocean Liner S.S. Canadian, showed a large debris field that was not visible on the original map of the wreck. Researchers believe this suggests a violent impact with the seabed.

A high definition camera survey of one of the wrecks also revealed that intact parts of the ship have been colonised by various colourful epifauna: anemones, solitary corals, oysters and brachiopods.

Holiday Show makes a return to UL for a fourth year

RYAN O'ROURKE

ryan.orourke@limerickleader.ie

THE Holiday Show, in association with Shannon Airport, returns to the UL Sport Arena this month.

Now in its fourth year, with over 90 exhibitors, the show will take place on Saturday, February 16 and Sunday, February 17 from 11-5pm.

Attendees can snap up exclusive deals, get expert advice, win some amazing prizes and plan out the perfect holiday to suit their needs.

"Booking

holidays early this year is essential. With last minute deals to be few and far between due to the rush to snap up holidays

to the Canaries, Spain, Portugal and the USA and Canada," Declan Power, Head of Aviation Development, Shannon Airport stated.

Trends this year suggest that consumers are likely to be disappointed if they wait for a 'last minute' deal.

The show is the biggest of its kind outside of the capital. Experts will be on hand to provide holidaymaker's with all the advice they need for booking their trip, whether it's their annual holiday, a short-break or honeymoon.

"We are delighted to be back for a fourth year, bigger and better than before. Shannon Airport is now Ireland's fastest growing airport outside of the capital.

Last year was its best year this decade with growth of 6.5% bringing total passenger numbers to over 1.86 million," said Mr Power.

"New services to Toronto with Air Canada and new Ryanair services to Barcelona-Reus, Bristol and Liverpool helped achieve record passenger numbers in 2018. This year sees the introduction of Ibiza and East Midlands with Ryanair and the Alicante service increasing to year-round so we have another exciting year ahead," he added.

The Holiday Show will be open from 11-5pm. Entry and car parking is free and there will be a free children's entertainment zone also.

Edmund Hourican is the Managing Director of Business Exhibitions and an organiser of the show.

"We have a great event lined up and the timing is excellent as it's going to be a bumper year for holidays, the biggest in over a decade," Mr Hourican said.

"All sectors, from the traditional package holiday to cruises, are up," he added.

Visitors to the show will have the opportunity to discuss and book their holidays with travel experts and also be in with a chance to win one of many prizes on offer throughout the two day event.



On the double: charity to up its housing units to 100

NICK RABBITTS
nick@limerickleader.ie

HOUSING and homelessness charity the Peter McVerry Trust is to double the number of houses it has in Limerick to 100.

The charity, which set up its regional office in O'Connell Street two years ago, currently has 50 units in the city and the county.

But this will be doubled, it was revealed at a business breakfast in the Castletroy Park Hotel this Monday.

The event was moderated by Geraldine Mooney Simmie from the University of Limerick and included speakers

Mark FitzGerald, who chairs estate agency Sherry FitzGerald, Supermacs founder Pat McDonagh and Pat Doyle, who heads the Peter McVerry trust.

The charity announced that it will also further develop its education and employment activation supports, aimed at young people at risk or impacted by homelessness. The business breakfast event was followed by a meeting with representatives from Peter McVerry Trust, Limerick City and County Council, Limerick Institute of Technology and the local Education Training Board.

100
The housing stock the charity plans in Limerick



Mayor James Collins and Pat Doyle, the chief executive of the Peter McVerry Trust

Mr Doyle also reminded people of the importance of bringing vacant properties back into use for social housing and encouraged owners of empty properties in Limerick City and County to get in touch with the charity.

"Peter McVerry Trust's first

repair and lease property outside of Dublin was secured in Newcastle West, and we are eager to work with the owners of empty properties and buildings to see if we can repair and lease or buy and renew in order to provide more social housing in Limerick," he explained.

The Peter McVerry Trust gave a special word of appreciation to the event's organising committee, led by businessman Michael O'Dwyer, and the Castletroy Park Hotel for generously hosting the breakfast. All funds raised will be reinvested in the charity's Limerick activities.

ESQUIRE

Formal Menswear Hire and Sales

8 Roches Street, Limerick

T: 061 412010

W: www.esqformal.ie **E:** info@esqformal.ie

Monday to Saturday 9am to 5:30pm

Sunday open 12am-5am by appointment only

SALE NOW ON



2019 Communion & Wedding Suits Now In Stock Now Taking Deposits



Voted best suit supplier 2015, 2016, 2017 & 2018 at Brides Of Limerick Industry Awards

Find us on Facebook

Esquire Formal Menswear



YOUR
Wedding Day

AT THE INN AT DROMOLAND

Imagine a 15th Century Castle as a backdrop for your wedding day Photographs.

NEW BROCHURE AND PACKAGES NOW AVAILABLE. PACKAGES START FROM €50 P.P.

Call today and arrange a showround with your dedicated Wedding Coordinator.



THE INN AT DROMOLAND

Newmarket on Fergus, Co. Clare, Ireland. T: +353 61 368161

E: info@theinnatdromoland.ie www.theinnatdromoland.ie



Sara Cross is the founder of the new sewing group

Sewing group stitches itself into fabric of the city

NICK RABBITTS
nick@limerickleader.ie

A STITCH in time may save nine, but a new sewing group will help you gain new friends

Every Monday from 3pm to 5pm, sewers will get their needles out and create beautiful works of art in Central Buildings at 51a O'Connell Street.

Sara Cross is running the initiative, having started off the popular Knitters 4 Life group which meets in the same venue of every Tuesday.

"It would be the knitters 4 life sewing extension, I guess," she told The Leader, "It's for everybody. All are welcome. People can bring in their own fabrics and felts. This is to bring the community together in a diverse way, and we are aiming to introduce new crafts and skills to Limerick."

Local artist Kate Hennessy is a member of the group, and said: "The group is for women and men alike. It's to introduce new skills in fabric craft generally."

A great way to make new friends, all the group will ask for is a €3 donation to cover the cost of hiring the room and providing teas and coffees.

They are also appealing to people across Limerick who may also have small bits of fabric and other equipment to spare.

For more information on the group, contact Sara at 085-1533968.

Alternatively, email sara@centralbuildings.ie, or search 'Knitters 4 Life' on Facebook.

I'll be ok, stab victim told family before death in UHL

Trial: Court told victim deteriorated before mooted transfer to Cork

AOIFE NIC ARDGHAIL
news@limerickleader.ie

A stabbing victim had reassured his family he would be alright hours before his condition deteriorated at hospital, the Central Criminal Court has heard.

A consultant surgeon giving evidence in the trial of Robbie Walsh (23) agreed that 25-year-old Karl Haugh was stabilised after being admitted to University Hospital Limerick with a chest stab wound.

Mr David Waldron agreed with Brendan Grehan SC, defending, that the deceased man had been fully alert while sitting up talking to his family and reassuring them that he would be ok.

Mr Waldron agreed with Mr Grehan that an "unexpected chain of events" led to Mr Haugh's condition deteriorating and he died hours later.

The accused, of Island View, Kilrush, Co Clare, has pleaded not guilty to murdering Mr Haugh at the Marian Estate, Kilkee, Co. Clare, on August 6, 2017.

Mr Waldron told Patrick Gageby SC, prosecuting, that he was phoned around 4am by University Hospital Limerick's emergency team about a patient who had been admitted three hours earlier.

Mr Waldron said he had been told the patient, Mr Haugh, had become unstable and may require surgery. He told the court when he arrived at the hospital's operating theatre, Mr Haugh was not responding to resuscitation.

He said he and the medical team continued resuscitation on Mr Haugh for about an hour, until they pronounced him dead at 5.20am.

Mr Waldron agreed with Mr Grehan that Mr Haugh's family was told that he would be transferred to a specialist chest surgery team at a hospital in Cork and advised they should head in that direction.

The surgeon said Mr Haugh's condition deteriorated before the transfer. He explained that when Mr Haugh was first admitted to hospital he had a leak of air into his left chest cavity



The late Karl Haugh assured his family he would be ok, but his condition deteriorated and he died hours later

and had been in shock.

Mr Waldron suggested that though Mr Haugh was stabilised, he would have developed a blood clot in his lung from the air pressure. He said this eventually led to a sudden bleed.

Mr Waldron said the only thing to do in this situation is to operate to suture, but that it was "like turning on a tap" at that point. He told Mr Grehan that the patient deteriorated very quickly.

He told Mr Grehan that this was an "unusual situation" where Mr Haugh had been stabilised so he could sit up and talk to people before deteriorating.

He said most patients who have such a major blood vessel injury would tend to die before they reach A&E.

Mr Waldron told Mr Grehan that he didn't operate on Mr Haugh because his heart was not able to function on its own by the time he saw him.

The trial continues before Ms Justice Carmel Stewart and a jury of seven men and five women.

Southill FRC says its farewells



THE Southill Family Resource Centre and the Southill Community have said farewell and good luck to two of its longest working team members.

A farewell celebration was held in the Southill hub on

Friday, January 25, with over 120 members from the community attending to thank them for their support over the years.

Sr Maura O'Connor, who worked as a complementary health therapist finished

with the centre after volunteering her service for the past for 20 years.

Lindsey Liston finished as a family support worker after 10 years, she is moving on to pastures new at the University of Limerick.

Jim Prior, Southill Family Resource Centre coordinator, commented on the departure of two of the family resource centres longest serving team members.

"It's like saying farewell and bon voyage to a sibling. I wish Maura the best in her retirement and Lindsey a long and fruitful career. What Lindsey has learned here with us, she will take with her into the future," said Mr Prior.

The two of them will be missed by not only us but everyone in the community. They have left a void that is going to be extremely hard to fill. Sr Maura gave us her time for the last 20 years, completely voluntary basis. Her shoes are going to be hard to fill," he added.



Left: Jim Prior and Breda McNamara say goodbye to Lindsey Liston after 10 years of service

Above: Southill says goodbye to Lindsey Liston and Sr Maura O'Connor. Jane Aylmer, Margaret Cleary, Grazyma Ober, Lindsey Liston, Christine McMeenan, Frank McMahon,

Search for the All Time Great moves to a second round

LIMERICK LEADER
www.limerickleader.ie
all time **greats**
HAVE YOUR SAY ON THE GREATEST IN LIMERICK



AFTER a flurry of online voting, we are into the second round of voting to find Limerick's All Time Great.

From eight polls featuring 16 contestants who were selected from hundreds of nominations and a first round of voting that threw up some interesting results, we are now down to the final eight.

The draw has been done and a new series of polls will ask you, the reader, to determine who is Limerick's All Time

Great. The polls are online and will run until Friday.

"We have had a super reaction to the search to find Limerick's All Time Great and the names that are remaining, be they from business, charity, sport, entertainment, politics and historical, are all people who have contributed greatly to local life in this county and this recognises their work," explained Eugene Phelan, editor of The Leader. See www.limerickleader.ie for more.

Town on 'high alert' after growhouse fire

DONAL O'REGAN

donal.oregan@limerickleader.ie

GARDAI continue to search a cannabis growhouse in County Limerick this Tuesday that went up in flames at the weekend.

The fire brigade were called after smoke was seen billowing from the thatched cottage on the outskirts of Bruff at 4.50am on Sunday morning. The property was not occupied at the time and nobody was injured.

However, fire fighters quickly realised that this wasn't a normal fire and they quickly contacted gardai. Tens of thousands of euros worth of marijuana were seized by gardai, the Leader understands.

Three units from Kilmallock Fire Station and one from Charleville responded. They fought the blaze and the smoke for over 11 hours until 4pm. The main road had to be closed for a period of time due to the amount of thick smoke.

Some locals reported a "funny smell" in the area.

Gardai preserved the scene for technical examination. A digger was utilised to search under the rubble. It is believed that the fire was started by an electrical fault. Foul play isn't



A garda car and JCB just up the road from the burnt out cottage that contained a growhouse on the outskirts of Bruff PICTURE: DAVE GAYNOR

suspected apart from the illegal growing of cannabis, of course.

The cottage was being rented out and the owner had no knowledge of what was going on inside its walls.

Local councillor, Bill O'Donnell said: I'm disappointed to learn that this activity is taking place in our

community. It is not the first time that this activity has been discovered in our parish.

"It is worrying but I have great faith in An Garda Síochána that they will continue the fight against drugs in rural communities," he added.

IT'S ALL
ABOUT YOU
AT ENERGIE

- ✓ THÉ YARD, a unique workout playground
- ✓ PERSONAL results-focused approach
- ✓ FULL Changing and shower facilities

énergie fitness
where you belong...

€24.99* per month
OPENING
SOON!

JOIN ONLINE NOW!
www.energiefitness.com/limerick
Or Call: 061 511040

*One time admin fee of €29.99 applicable

Unit 1, Abbey River Court, Island Road, Limerick



Croom group: Around 50 people, including friends and family of the late Michael O'Brien, took part in the 10k event on Sunday morning. The 27-year-old died at Milford Hospice in January following a short illness

Stepping out for Milford

Almost 3,000 people took part in the annual Milford Hospice 10k run at the weekend. The Leader spoke to some of the runners and walkers

Pictures: Keith Wiseman **Words:** David Hurley



Winnie Greaney from Rhebogoe and Niamh Jordan from Westbury

Winnie: We work at Dell and it used to be a charity for Dell so we are very involved. We do it (running) every Tuesday and Thursday at Dell – it's part of the wellness group.

Niamh: Dell has a big focus on wellness at work to enable you to be mentally well. Being given the time to train at work and then being able to participate in runs like this really contributes to being well at work.

Mr Motivator, Richie Clifford, with Louise Banahan, Miltown Malbay

Louise: Running is just something that I like doing and I like getting involved with all the great causes. It's my first time taking part in this event. I have a lot of family and people who would have close connections with Milford and the service it provides so that's also part of why I am here today.



James Gahan, Castletroy and Hannah Santino, Ohio

Hannah: We thought it would be fun and I like to run, it's a good date activity. I ran cross-country and track for my college and undergrad but today I'm here for fun and the company and to do an activity on a Sunday morning



Record Numbers

Fundraiser:

Almost 3,000 people from across the region took part in the 10k run/walk which was the first major event of the year to raise funds for Milford Hospice

Candid Comment

By SPARTACUS

● WHEN a Minister tells the world that there is a funding commitment for a multi-million euro project, you expect them to be true to their word with no caveats lingering in the background.

Well, in the case of the €19.5m 60-bed block at University Hospital Limerick, there appears to be lots of confusion. In November, Minister Simon Harris said the money was there. According to the HSE on Friday, this money has yet to be even approved. And in a bid to get the 'right' message out there, Harris had three separate phone calls with Senators Kieran O'Donnell and Maria Byrne and Minister Pat Breen to say that all was going according to plan with the 60-bed unit. But this is before the HSE has laid out the blueprint of its capital plan for the year.

This episode is like a person bragging about buying a house before they even have a mortgage in the bag. No one will give us a clear-cut answer so most of us will turn to the big elephant in the room at the National Children's Hospital, spiralling costs for which are up to apparently upwards of €2bn, which is having an impact on other hospital projects around the country. Time the government got its house - and hospitals - in order.

● Spartacus was told that after a student left her phone on the outbound bus after getting off at Punches Cross on Sunday, she asked an inbound driver to contact his colleague. Within 20 minutes, the same bus arrived and the driver had her phone on his person. All faith is restored in humanity...just not the punctuality of public transport in the city.

● It's not often that judges comment or voice an opinion about the victims of crime.

However such is the reputation of security staff at Dunnes Stores, Spartacus can reveal that Judge Marian O'Leary

broke protocol recently when informed that a woman had managed to steal goods worth €500 from its store at Harvey's Quay. "That's unusual for Dunnes," she commented when informed the goods were never recovered. The culprit - a serial offender - was convicted and fined.

● True story. Walking along O'Connell Street lately Spartacus noticed a regular "homeless" figure who was begging on the street.

Spartacus stopped to cross the street when we heard the man utter to a friend who just arrived: "There isn't much doing today, the weather is awful, there is no one around. I'm heading for home."

It is so sad to see so many people forced to beg on the street. The problem is to recognise the genuine article from people like our friend above, who are clearly not all that they seem.

● RTÉ recently launched its brand new state-of-the-art news studio, which cost a whopping €1.7m. While a fan of Keelin Shanley and Catriona Perry, Spartacus wonders what the broadcaster's former South East correspondent Damien Tiernan thinks of the new set up - given his criticism of his former employer at the weekend.

● LIMERICK GAA fan Thomas Ryan appears to have been slightly confused as to what major sporting event he was attending at the weekend.

Proudly wearing a Limerick jersey, he posted a photograph on social media from the Mercedes-Benz Stadium in Atlanta which read: "Superbowl 53 Hon Limerick..... I mean the Rams!"

Spartacus notes the Rams only scored three points (one score) in a game which lasted more than three hours and was the lowest scoring in history. Stick to the Gaelic Grounds from now on we say!



Yvonne and Pat O'Hora, Ballina, Tipperary

Yvonne: It's a really good cause and we just wanted to come out and support the hospice and be part of it. I do the Park Runs in Killaloe and I am just trying to get back into fitness after having a couple of kids as well and this is my first 10k in a while.



Adam Moore, Colette McNamara and Brian Moore, Elm Park, Castletroy

Colette: Milford Hospice is a great cause to do the run for because you never know when cancer is going to knock on your own front door. Everyone should get out and put on a tee-shirt to make a go of it.



Noel Scanlon and Caitriona Murphy, Sixmilebridge

Caitriona: My company organised for a group of us to do it. It's a very important service for Limerick, it's a great charity and I think everybody is familiar with Milford Hospice and the work it does.

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



Tibi - a placid and friendly guy, would love a comfy spot in your house. Tibi has lived in a home before so it wouldn't take him long to settle back in. If you are looking for an older cat, this guy is the one for you. For more info on Tibi, please phone the cat unit on 087 2295669. Adoption fee for all cats is €100, each cat is neutered, wormed, and vaccinated.

Next up is **Ray** - a lovable tabby cat. He is roughly two years old. Ray enjoys having your attention and would make a great companion pet. For more information on Ray or any of our cats, please phone the cattery on 087 2295669 or visit the sanctuary any day between 12 and 3pm.



Up next is **Dobby** - Dobby is an adorable black shepherd mix. He is approximately four years old but still has the personality of a pup as you will always find him with a ball in his mouth. For more information on Dobby please phone us on 0876371044.

Adoption fee on all our dogs is €150 and all dogs are neutered, wormed, vaccinated and microchipped.

Spice finally needs a home

Lastly, we have **Spice** - who is a five-month-old collie mix puppy. Spice came to LAW after being found trapped in a bucket and abandoned with her sister. Spice is looking for a five-star home where she can learn and grow. Spice gets on well with other dogs and loves every person she meets. If you can offer Spice a home, phone us on 087 6371044.



Cycle 4 Sick Children next month

Saturday, March 9, is the date set for Pat Nolan's 19th annual Charity cycle, with Cycle 4 Sick Children. Cliona's Foundation is this year's beneficiary, with the cycle going from Kinsella's Pub, Thomondgate, to Killaloe. Pictured are Valerie Dunne, chairperson, Cycle 4 Sick Children, Pat Nolan, organiser and Elizabeth Kinsella Radcliffe, Kinsella's Bar

Kids to find 'better words' for art book

Education: EVA works with schools to shed light on art language

JESS CASEY

jess.casey@limerickleader.ie

LIMERICK primary school students are to take part in a new educational project that will see them produce a children's glossary of contemporary art terms.

EVA International wants to improve children's understanding of contemporary art through Better Words, a five-week programme of creative workshops taking place in five Limerick schools.

Better Words will include workshops at artists' studios, museums and galleries, with a book of the new art terms developed by the students to be published in autumn 2019.

"Every child will have an opportunity to contribute to Better Words in their own unique way; and the entire process will be child-led," Better Words coordinator Maeve Mulrennan said.

In Limerick city, Corpus Christi primary school in Moyross, Limerick School Project on O'Connell Avenue and Our Lady Queen of Peace in Janesboro are to take part in Better Words.

In County Limerick, Knockainey National School in Hospital, and St.



Isabel Del Valle pictured with Alfredo Jars, The Cloud, at Cleeve's Condensed Milk Factory during a previous EVA International PICTURE: SEAN CURTIN

Senan's National School in Foynes will also take part in the creative initiative, which will run from March to May.

"It's an honour to work with five great Limerick Schools on Better Words: it's an innovative, interdisciplinary project that will engage young people in a new way," Ms Mulrennan said.

"I'm also really looking forward to working with the teachers and school staff in such an experimental and child-centred way; creativity, play and imagination are embedded in their curricula."

Access barriers can often limit wider engagement with contemporary art, according to EVA

International director Matt Packer.

"We look forward to working with classes in each of the participating schools, drawing on their creativity, curiosity and insight, that will eventually lead to the publication of a unique glossary of contemporary art," Mr Packer said.

A publication of the new art terms developed by the students taking part in the workshops will be published by EVA International in autumn 2019.

The publication will be designed by Piquant, featuring a foreword by author Kevin Barry.

The Better Words programme is supported by Creative Ireland's National Creativity Fund.

ROUNDUP

Keep safe online

SOUTH MEP Deirdre Clune has urged everyone to play their part in ensuring the internet is a safe place for everyone.

It comes as new figures show almost 80% of children aged between eight and 10 own a smart device with access to the internet and 40% of eight are speaking to strangers online.

Tuesday was safer internet day.

Garda probe in Limerick

GARDAI have carried out a search at an address in Limerick as part of a nationwide operation targeting suspects involved in the distribution of child pornography. Led by the Online Child Exploitation Unit (OnCE), Operation Ketch took place between February 1 and 4, involving searches in Limerick.



Monster Bake Sale

ST MICHAEL'S National School, Pery Square are having a Monster Bake Sale on this Friday February 8 in Saint Michael's Church hall at 10am. "There will be two raffles on the day one for the children and one for adults. It will be a lovely social occasion with tea/coffee, delicious cakes. All are welcome," said principal Miriam Smyth.

Museums join forces

THE importance of family is currently being celebrated jointly at both the Hunt and Limerick City museum. The new collection, curated by Maurice Quillinan, was branded a "Fantastic success" by mayor of Limerick City and County Council, James Collins. He also described the joining of the two museums as "Typically Limerick".

Speak Out 2019

The Young Social Innovators (YSI) Speak Out will take place in Limerick on Thursday March 28 at the Lime Tree Theatre.

The event will be split into two sessions, with one kicking off at 9:30 am. The second session will begin at 1pm.



For more information on the day, see youngsocialinnovators.ie



Cathedral's awards

Saint Mary's Cathedral holds its Community Awards Scheme to highlight the "unsung heroes" of Limerick on

Sunday February 17 with a special service at 7pm. Dean Sloane will present cheques to local charities and groups.

31 patients on trolleys

ACCORDING to figures released by the UL Hospitals Group on Tuesday morning, on the day of nationwide strike action, there were 31 patients being treated on trolleys at the emergency department at University Hospital Limerick. On Monday, there was a total of 247 attendances at the emergency department, of which 47 were later admitted.

FINAL WEEK OF SALE



Further Reductions on
ALL Autumn Stock
Selection of Over Coats
from **€129**

Large Selection of Casual
Jackets Reduced to Clear

**Communion and
Confirmation Wear**

NOW IN STOCK

Deposits Taken
www.noels.ie

Wickham St., Bedford Row
& Newcastle West



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



Polar expeditions and American revolutions!

This week: We visited students at Gaelscoil Sáirséal, who are learning about two historic events; the American Revolution and the first journey to Antarctica

JESS CASEY

jess.casey@limerickleader.ie

FROM the explosive events leading up to the American Revolution, to the sub-zero temperatures encountered by Ernest Shackleton on the first Antarctic expedition – Gaelscoil Sáirséal students have been learning all about two major historic events.

Fifth and sixth class students told The Leader all about what they have learned

this year, when we visit them on the Shelbourne Road.

Rang a Sé have been working on an exciting project about the history of the American Revolution.

“The British came over to America in 1607 and they put laws in place, which the Americans didn’t like,” sixth class student Fiona explains.

They divided America into 13 colonies, she added. “They changed the flag as well,” her classmate Nóinin added.

“So there was 13 stars and 13 stripes to represent the 13 colonies. Then they taxed their tea and essentials.”

“They were really angry about those taxes and laws,” Fiona said.

So what happened next? “They had the Boston Tea Party, where a lot of Americans dressed up as Native Americans and threw tea overboard into a harbour,” Fiona explains.

“They decided to do that

because they were so unhappy about their taxes,” Meagan, age 12, adds.

“George Washington was at the signing of the Declaration of Independence,” Nóinin explains.

“The Americans went on to win their independence and in 1789 George Washington was elected the first president of America.”

Meanwhile, Rang a Cúig have been reading about the

life and explorations of Ernest Shackleton.

“He was a boy from Ireland, who really wanted to be an explorer and sail the seas,” Aisling, age 11 tells the Leader.

“When he was 16 he joined the Merchant Navy, and a few years later he set out on the first voyage to Antarctica.”

Rang a Cúig have loved reading *The Boss*, a book based on the life of the explorer, said Joe, age 11.

“It’s a very good book, very informative and it’s very interesting, exciting and thrilling.”

“We learnt a lot,” he added. “The temperatures there drop so cold, something like minus 30 on a good day!”

“We also learnt that Antarctica is near the bottom of the Southern Hemisphere,” Aisling added. “It’s not inhabited by people – The only life there is penguins and seals!”



On the left are fifth and sixth class students at Gaelscoil Sáirséal on the Shelbourne Road, and above are Grace, Deirdre, Tom and Ethan who are working on a project about explorer, Ernest Shackleton PICTURES: ADRIAN BUTLER

SCHOOLS REPORTS



GREEN SCHOOLS

Big Travel Challenge launches this month

AN TAISCE Green-Schools Travel has launched the Big Travel Challenge 2019, which is encouraging more students to enjoy the benefits of actively traveling to school.

The Green-Schools Travel team are inviting schools to promote their chosen greener mode of travel for any 10-day period for the month of February and to record their results. Schools

who have already been awarded the green flag for Travel are also eligible to apply for the challenge.

A cash prize of €1,000 will be awarded to the overall winning school, which is to be used for their Green-Schools Travel programme. Four runner-up schools will each receive a cash prize of €500. For more information, visit greenschoolsireland.org

TECHNOLOGY



'HTML Heroes' to help with internet safety

A NEW resource supporting young people as they learn about safe use of the internet has been launched this week on Safer Internet Day.

HTML Heroes introduces third and fourth class students to the internet with the help of two USB characters, Archie and Ruby, who come to life as the classroom empties to perform internet safety

raps.

The HTML Heroes Programme includes eight lessons and three specially designed animations for use in the classroom, exploring safety topics like privacy, cyberbullying, and evaluating information online.

The education resource is now free for all schools to access via webwise.ie/html-heroes.

CAMPAIGNS

'Equal Pay' campaign continues for unions

TEACHERS' unions continue with their campaign for 'equal pay for equal work'.

Currently, teachers who entered the profession after 2011 are on a lower salary than people who became teachers before this time.

Teachers' unions, including the ASTI and the INTO, believe this means young teachers miss out financially over the course of

their careers. The ASTI has also previously taken strike action as part of its campaign to achieve pay restoration for young teachers. "It is unacceptable that in 2019 we expect a cohort of teachers to do the same work as their colleagues for inferior pay which will lead to substantial losses over their careers," ASTI president Breda Lynch said.

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

FIONA, AGE 12

"My favourite thing about this project was learning about the history of the American Revolution, while working with my friends."



MEAGAN, AGE 12

"I loved the history with the project. I'm not the best at history but it was really fun to learn this way, doing lots of different things to look back on what life was like."



NÓINÍN, AGE 12

"I really liked using iPads to do all the research on this project and working with my friends as well."



PEARSE, AGE 12

"Before I started this project, I knew a bit about the American Revolution but not that much. Now, my knowledge is a lot better."



PJ, AGE 12

"I really liked learning about George Washington and about how he helped them win the revolution."



SHANE, AGE 12

"I really liked learning about the Boston Tea Party because I like the way they fought the laws and taxes."





Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Email: Liam@harmonics.ie Twitter: @liam_croke LinkedIn: [liamcroke](https://www.linkedin.com/in/liamcroke) Facebook: [liam.croke.96](https://www.facebook.com/liam.croke.96)

Five exercises to bolster your financial health

I've put together five tasks, I would like you to consider doing this month. They are financial housekeeping tasks to keep you on track in 2019. If you completed just one, you'd be doing great.

1. REVIEW YOUR HOME INSURANCE COVER

It doesn't matter whether your policy is up for renewal or not, take out your policy schedule and see how much your home is insured for. Many people are insured for the incorrect amount.

Their mistake is largely down to insuring their property for its market value i.e. what they estimate they would receive if they sold the property, rather than for its re-instatement value i.e. the amount required to rebuild the exact same property, if it was destroyed.

To find out what your house should be insured for, log onto the SCS's website (www.scs.ie) to see their excellent house rebuilding guide, with a calculator that will tell you exactly what your house should be covered for.

If you are over insured, have an insurance broker compare quotes from various providers, or do it yourself by using an on-line comparison website.

If a lower premium is available, ask your existing provider to match it; if they don't, tell them you'll move your policy from them. More often than not, they will match that lower premium.

Also, if you bought any valuable item over the Christmas period, then you may need to have it specified separately on your insurance policy. Speak with your insurance provider and ask them what needs to be done to get this in place and how much it costs.

2. GET A BETTER RATE FOR YOUR SAVINGS

I met someone last week who had €32,500 sitting in an account earning 0.25%. When you factor in DIRT tax and inflation, her real rate of return was -0.5375% so it was costing her money to leave it on deposit.

It's pretty shocking that €32,500 is depreciating by €172 each year and when you factor in the opportunity lost in investing in accounts that yield c. 3% per year, the amount becomes bigger.

If she invested in accounts returning 3% per year she would earn €975 each year on a balance of €32,500. So, by doing nothing, she is leaving c. €1,147 behind her each year i.e. the difference between 3% and -0.5375%. Multiplied over time, the difference is big i.e. €5,735 over just five years.

By doing nothing, it's costing her about €100 each month, so if you are in a similar situation get more proactive.

3. SAVE, RATHER THAN SPEND EVERY FIVER YOU HAVE THIS MONTH

This February, I want you to try to not spend a €5 note this month.

Instead, put it into a glass jar or an envelope. Every time you have a fiver in your wallet or purse, or you get it in change from buying something, you can't spend it. Put in into the jar and at the end of the month see how much you have saved - you might be surprised.

One woman, wrote to me telling me how she did this, and over a 12 months period, had saved €235.

4. SET UP A SAVINGS ACCOUNT FOR YOUR CHILDREN'S FUTURE EDUCATION

Even though it might be 15 or 16 years before they start college, the earlier you

“ Many people are insured for the incorrect amount



DID YOU KNOW?

The government of Hungary printed the highest denomination ever created in 1946. It printed a bank note worth 100 quintillion pengoes. A hundred quintillion looks like this: 100,000,000,000,000,000,000.

start the better.

I was carrying out a financial review for a client recently and one of his goals was to help his four-year-old daughter with the cost of going to college, if that is what she decided to do in 14 years' time.

The amount he would need to save now, I calculated, was about €146 per month. But if he was to delay saving until she was 10, the amount rises to €337.

If you don't then day to day income, existing savings or borrowings will have to fill the gap.

5. REVIEW YOUR LIFE ASSURANCE POLICIES

Get out your policy document and get someone to review it for you. You may have the wrong type of policy, you may not even need the policy you have, but unless you investigate it yourself, or get someone to, you will never know.

A Leader reader emailed me his mortgage protection policy to review last year. He was paying €78.56 each month, but when I compared the type of policy and level of cover in place, and stripped away all the commission paid to third parties, all he needed to pay was €34.17. The €44 he saved each month, was diverted to his mortgage as an overpayment, and the impact of doing that was taking one year 11 months off the term of his mortgage, saving €5,734 in interest payments in the process.

It takes c. 5 minutes to complete a new proposal form, and in this instance the total saving of €11,061 for completing a new proposal was an excellent investment; he was saving c. €2,212 for every minute it took him to complete the form. If you can get a better return anywhere else than this, let me know.

ASK LIAM

Our personal finance expert answers your questions ...

Q: My fixed rate mortgage is coming to an end. Should I fix for another term, or go for a variable rate.

A: I'm not sure who your mortgage is with, but some lenders are offering significantly lower fixed rates than variable rates.

The differential between one lender I encountered recently, is nearly 1% between their 3-year fixed and their very best variable rate, which is considerable.

The advantage of a fixed rate is the certainty it gives you. When choosing a fixed rate over a variable rate one, you are betting the rate you choose will be lower over that fixed time period than a variable rate one, and if it is you end up paying less.

I think it's a good bet. According to stockbroking firm Goodbody, rates aren't coming down any time soon. Anyone on a variable rate won't see their rate fall, and if they did, they have a long way to fall before they are on a par with some fixed rates.

Even if they did, you can always exit your fixed rate with a very small, if any penalty, because of the EU rule (Mortgage Credit Directive) which came into effect in late 2017.

So, with that in mind, choosing a fixed rate and rolling it on for another fixed term is your best play.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

The Castletroy Park Gym has a special offer to kick-off spring. They are offering three

months €170 per person or €305 for couples. Or a six month €265 per person or €535 per couple. For more information see www.castletroypark.ie



Call to Brian Geary Toyota, Raheen today to test drive the Yaris Y20 - 20th Anniversary special edition which could be yours for only €64 per week. Also join us this Saturday February 9 from

10am to 5pm for the RSA 'Check it Fits' event. Have your child seats checked by the RSA experts. All car make and models welcome, this is a free event and there is no need to book.



Spring break in style with 20% Off Sale at Trinity City Hotel located in the heart of Dublin. This is a city-sister hotel to Limerick

Strand Hotel. Book by February 17 for stays before April 30. T&C's Apply. Subject to Availability. Book now on 01 648 1000 or email: reservations@trinitycityhotel.com



Recruitment

Limerick Leader,
54 O'Connell Street,
Limerick

Email: advertising@
limerickleader.ie
Web: www.limerickleader.ie
Call: 061 214531/545/ 500



Working together, we can improve each other's lives

Celebrating 50 years of service to the people of Clare; Clarecare is a professional not for profit organisation providing a range of people centred social services to individuals and families in County Clare. Current services provided include Family Support, Elderly Care Services, Counselling and Bushypark Residential Addiction Treatment Centre. Clarecare's headquarters are based in Ennis with local offices in Shannon, Kilrush, Killaloe and Ennistymon. Further information is available on www.clarecare.ie www.bushypark.ie

We are currently recruiting for the following position:

HEMOCARE CO-ORDINATOR – FULL-TIME PERMANENT (subject to funding & probation)

Operating on a Monday to Friday basis, this Management position based in Killaloe, involves supervising Carers and assessing clients' needs in the community and reports to the Interim Homecare Service Manager.

Essential requirements:

- Third Level Degree in Healthcare, Social Care or related field.
- Minimum 3 years relevant work experience with vulnerable adults in a Healthcare/Social Care setting;
- **Of which** at least 1 year must have been gained in a Supervisory/Management capacity, leading and motivating a large team in a Healthcare/Social Care setting.

The ideal candidate must:

- have excellent communication and organisational skills with the ability to work on own initiative and as part of a team.
- be proficient in MS Office, Outlook and database systems with experience of report writing.
- be willing to travel using own car and possess a full clean driving licence.

For informal enquiries: please contact Cathal O'Neill, Interim Homecare Service Manager, Clarecare on 086 - 7966 517 or Email: coneill@clarecare.ie

For full job description and relevant application form, please contact Carmel Keane on the details below.

Please forward completed application form for relevant post, together with current CV by latest 5.00 p.m. on Friday, 15th February 2019 to: Carmel Keane, Administration (HR) Manager, Clarecare, Harmony Row, Ennis, Co. Clare.

Tel: 065-6867003. Email: ckeane@clarecare.ie

Shortlisting for interview will apply based on the relevant information submitted.

PLEASE DO NOT APPLY FOR THIS POSITION IF YOU DO NOT HOLD THE ESSENTIAL REQUIREMENTS OUTLINED ABOVE.

Clarecare is an Equal Opportunities Employer

Contact
061 214500

YOUR
ADVERT
HERE

WANTED

THE LEADER
LIMERICK LEADER

PRACTICE NURSE

REQUIRED

CO. LIMERICK

Experienced Practice Nurse
Required for busy Co. Limerick
practice to work Thursday,
Fridays and Holiday cover.

Please email CV to:
19practicenurse@gmail.com

Experienced Advance Scaffolders

Required for
Clare/Limerick area.

Must have up to date current advance ticket.

Please forward CV to
accounts@clareco.ie or phone 061 452400

LEGAL SECRETARY

Legal Secretary/Receptionist wanted to
work 4 days a week in general practice.
Legal experience required.

Apply with CV to Robert Cussen & Son,
Solicitors, Newcastle West
or by E-Mail to rob@robertcussen.ie

THE SCHOLARS BAR The Stables Club UNIVERSITY of LIMERICK

FOOD FOR THOUGHT NEW CAREER

We are seeking candidates for their operations at the University of Limerick. Experience is essential with a commitment to excellence in customer service, the ability to smile and a desire to enjoy working within a team.

We are now recruiting for the following positions:

- Food Counter Assistant
- Chef
- Kitchen Porter

We offer a competitive salary package, benefits, bonus options, attractive summer, Easter and Christmas holidays and regular week-ends off.

Interested Applicants should send a CV to:
Declan.collins@ul.ie

Noreen O' Keeffe, The Stables Courtyard,
University of Limerick, Limerick.

Castle Oaks Catering are committed to an Equal Opportunities policy, which specifies that all employees, job applicants and guests will be given equal and impartial treatment, without regard to their race, colour, religion, nationality, ethnic origin, gender, sexual orientation, marital status or disability.

ABBOT CLOSE
NURSING HOME
Sensitivity in Caring

STAFF NURSE VACANCIES

The Windmill Nursing Group

is currently recruiting suitably qualified nurses at Abbot Close Nursing Home, Askeaton, Co. Limerick.

Job satisfaction and career development are encouraged and hard work & initiative are rewarded.

This is an exciting opportunity to work with a well-established company committed to creating a family friendly place to work.

Benefits of working at Abbot Close Nursing Home

- Working Hours
(Day or Night Shifts Available)
- Excellent Rates of Pay
- Loyalty Bonus Scheme
- Paid Breaks
- Subsidised Meals

These positions may be of interest to people who wish to work full or part time or 1 or 2 shifts per week.
If you are a caring & dependable individual who would like to work as part of a team in a very rewarding career then we would love to hear from.

Interested nurses should contact Evie Hallissy HR Manager at hr@windmillgroup.ie or call in with your cv to Abbot Close Nursing Home

St. Catherine's
NURSING HOME
&
RETIREMENT VILLAGE

NEWCASTLE WEST, CO. LIMERICK

St Catherine's Nursing Home, Newcastlewest, Co. Limerick

Are recruiting the following

*Clinical Nurse Manager,
Staff Nurses and Care Assistants*

Clinical Nurse Manager

Active registration with NMBI essential
Experience in Care of the Older Person and
Management Qualification essential

Staff Nurses

Active registration with NMBI essential
Flexible to work different shifts (days and nights)

Care Staff

QQI award in Care of the Older Person or
equivalent qualification essential
Flexibility is essential to this post

Letter of application together with C.V. to be
forwarded to the Director of Care
Or email to info@scnew.com

Closing date for applications: 8th February 2019
Job descriptions available on request



IDA put out call for tenders on €10m centre

Digital: Cutting-edge facility at technology park will see 100 jobs

NICK RABBITTS
 nick@limerickleader.ie

PLANS for a €10m IDA Ireland manufacturing centre at the National Technology Park have moved a step closer after the job creation agency advertised for tenders.

IDA Ireland is seeking a main contractor for the multi-million euro project, as well as a mechanical contractor and someone to work on the electrical and lifts side of affairs.

It comes with a planning decision due by the Council later this month.

Senator Kieran O'Donnell has welcomed the news, saying: "It shows it will become a reality soon."

As exclusively revealed by our sister newspaper, the Limerick Leader, up to 100 high-tech research jobs could be created, after Limerick beat rival cities across Ireland for the 'advanced manufacturing facility' to be built in Plassey.

Some 60 construction workers will work to build a two-storey complex

featuring facilities to look at the future of manufacturing, plus research and development.

"It will make Limerick and the region the centre of excellence for manufacturing," predicted Mr O'Donnell. "This project is cutting edge, state-of-the-art. It continues to put Limerick and the Mid-West on the map. The fact we have the IDA putting the contract out to tender concurrently with the planning application shows the intent to have this in place as quickly as possible. It's something I wholeheartedly support."

However, the Castletroy-based politician acknowledged three objections from local residents and landowners in the area, citing concerns over noise and light pollution from the project, and urged the IDA to engage with them.

The building will measure some 3,009 square metres and will form a part single and part two-storey complex.

The IDA tenders states: "This new project requires key focus on technical



Above: An overhead view of the National Technology Park where the centre will be located

Right: Senator Kieran O'Donnell has welcomed the tender process while acknowledging objections from some local residents



integration which will promote and support business-2-business and business-2-academic collaboration and the adoption of existing and emerging industry technologies."

It adds the project will house digitised and smart manufacturing technologies, and will "produce significant amounts of data which will require installation of appropriate IT, mechanical and electrical infrastructure to support".

Fireside chat with Vicki

BUSINESS leader Vicki O'Toole will later this month give a fireside chat to members of the city's entrepreneurial community.

The first fireside chat of the New Year will see the boss of packaging firm JJ O'Toole share her business experiences.

It takes place at the Bank of Ireland workbench facility in O'Connell Street, on Thursday, February 21, from 6pm.

JJ O'Toole, based in the



Vicki O'Toole

Raheen Industrial Estate, has been in business for 105 years.

The firm has a number of blue-chip retail partners like Brown Thomas, Selfridges & Co, Newbridge Silverware, Dunnes Stores, Blarney Woollen Mills, Lloyds Pharmacy Group and Shaws.

Vaughan joins mission

Ruth Vaughan, of The Savoy Hotel, has joined Tourism Ireland's sales mission to India and the United Arab Emirates (UAE).

The aim of the trip is to grow tourism in both Indian and Arab markets coming here.

Deals have been set-up with around 300 tour operators and travel agents in Mumbai, New Delhi, Abu Dhabi and Dubai. The delegation will also meet influential travel journalists and bloggers, highlighting why Ireland is such a wonderful choice for a holiday.

Siobhan McManamy said: "It gives our tourism partners a platform to inform travel professionals in both markets about what Limerick and Ireland has to offer and, encourage them to include the destination in their brochures and programmes."

African Irish Chamber of Commerce

THE AFRICAN Irish Chamber of Commerce (AICC) recently celebrated its official launch at the Kemmy Business School at the University of Limerick, writes Jess Casey.

Launched by deputy mayor Cllr Joe Pond, the AICC will act as a conduit for trade, community and investment into and out of Africa.

The Irish-based umbrella organisation will also provide a meeting place for African businesses in Ireland, and facilitates the development of business opportunities between Ireland and Africa.

"Africa is so huge and diverse that it is important that Irish businesses know the best routes and approaches to take," deputy mayor Pond said. "Your knowledge will be of enormous benefit to those wishing to tap into the potential of the African market."

Under the chairmanship of Maurice Kikangala, the AICC has already



Rita Montgomery, Maurice Kikangala, Cllr Joe Pond and Dr Philip O'Regan
 PICTURE: SEAN CURTIN

established diplomatic and business links with several countries in Africa including Kenya, Benin, Burkina Faso, Gabon, Senegal, Ivory Coast and Zanzibar.



KEEP IT LOCAL!

Limerick businesses in the spotlight



Partake in the Dunraven Wedding experience

ARE you recently engaged and looking for a special place to celebrate tying the knot?

The Dunraven Arms Hotel in Adare is opening its doors to brides and grooms to-be on Sunday, February 17.

The ballroom will be set up so you can visualise what it would look like on your

wedding day. The Murphys will show you around the hotel and provide you with all of the information you need to plan your big day.

You'll get to see the bridal suite, the civil ceremony room (if needed) and meet their fantastic team.

The beautiful village of Adare is a magical place to

bring your guests to for a weekend and has plenty to offer with everything on the doorstep of the hotel. If you would like to register your interest to make the most of your time on the day, why not email your contact details to weddings@dunravenhotel.com to confirm what time you'll be arriving.



The Dunraven Arms Hotel's ballroom will be set up so you can visualise what it would look like on your wedding day

Have a heart and support fashion fundraiser event

MUNSTER Heart Foundation and Hilary Thompson Model Agency are delighted to announce details of their forthcoming fashion show and luncheon, which will take place on Friday, February 15 in The Savoy Hotel.

Professor Tom Kiernan and Dr Samer Arnous set up the Munster Heart Foundation in 2015. The purpose of this charity is to raise funds to assist with the establishment and provision of defibrillators that first responders would be supplied with, especially in rural locations with training provided.

Facilities to provide aftercare and support advice for patients whom would not have much family support.

Also funds raised go towards the development of our department and enhance our research.

Your compere for the fashion show is RTE's Will Leahy with models by Hilary Thompson Agency, hair and make up by Park Avenue and live entertainment by Liam O'Brien.

Tickets are €100 per person which includes a bubbly reception, your entry for draw for a fabulous piece of jewellery from Keanes Jewellers, elegant lunch including wine with great entertainment. This promises to be a day out not to be missed.

Tickets available from The Savoy Hotel and www.eventbrite.ie. For more information please ring Hilary Thompson on 087 2405807.



Mayor of Limerick James Collins, Hilary Thompson pictured with committee members Liam Keehan and Petrina Hayes at the launch of the Munster Heart Foundation Fashion Show and Luncheon which will take place on Friday, February 15 in The Savoy Hotel PICTURE: KEITH WISEMAN

Dromoland awarded best five-star hotel at CIE awards

FIVE-star Dromoland Castle is celebrating after being awarded a Gold Award of Excellence for Best Five-star Hotel 2018 at the CIE Tours International Annual Awards of Excellence, which took place in Dublin's City Hall on Monday, January 28.

The honours were presented by Vivienne Jupp, Chairman and Elizabeth Crabill, Chief Executive Officer, CIE Tours International.

Now in its 29th year, the annual awards of excellence recognise the best hotels and attractions across Ireland. Dromoland Castle was chosen as the best five-star hotel according to customer feedback from over 32,000 customer surveys.

Mark Nolan, Managing Director of Dromoland Castle, said of the award: "We are delighted to receive such a prestigious award. In 2018 we invested €20million into

the castle, which has now combined all the modern luxuries expected of a five-star property with the unique and historical elements Dromoland Castle has to offer. This award is very much a testament to the staff of Dromoland, providing the highest standard of service".

Dromoland Castle and the Inn at Dromoland currently employs over 400 staff.

Love is in the air at the Clayton

WHETHER you have booked to stay at Clayton Hotel Limerick overnight for Valentines or just dining us with the one person that makes you light up it is a special time of year for couples.

The Clayton has a wonderful 5 course dinner including a glass of prosecco from €37.95pp. The views are set, romance is top of the agenda, food is our thing so the rest is up to you!

Call 061 444105 to make your booking!



The Clayton is your staycation - getaway this Valentine's Day

Plan your perfect day at the Park Hotel

THE team at The Charleville Park Hotel are really excited to announce their upcoming Wedding Fair on Sunday, February 17 from 2-5pm.

This is an event not to be missed if you are recently engaged.

On the day there will be a selection of wedding suppliers ready to meet couples.

There will be wedding cakes, photographers, videographers, hen & stag entertainment, cars, stationary, florists,

accessories and decor, fashion and lots more.

For the latest in bridal fashion The Celia Holman Lee Agency will be in attendance and the fashion show will include styles for the bride, groom, bridesmaids and mother of the bride/groom.

On the day you can meet with the hotel's experienced wedding team including Sales Manager Monica Gilmore, Banqueting Manager Sheila Dore and General

Manager Michael Boyle and view the stunning and award winning Deerpark Suite fully set as it would be on your special day.

Sample a fruity gin cocktail from the Charleville Park Hotel's new Gin & Bubbles Bar, enjoy some delicious treats, hear about their new "Why Wait" Wedding Offer- from €49 per person and view the romantic and stylish Bridal Suite.

With special offers for

Christmas 2019 Weddings now available and great value wedding packages come for a chat with our team. All are welcome!

Book your Wedding and be entered into the So Hotels "Win A Wedding" Draw (visit www.sohotels.ie for more details)

For more information on this event please visit www.charlevilleparkhotel.com, call the hotel on 063 33700 or email weddings@charlevilleparkhotel.com.



The Charleville Park Hotel Wedding Fair will take place on Sunday, February 17

SH ♥ P
LOCAL

Support Local
Business

SH ♥ P
LOCAL

BOB'S RUBBISH REMOVAL



For All Types of Removals
House, Attic, Garage, Yard Clearance,
White Goods, Earth, Rubble, Timber Etc.
We Will Even Call For ONE Single Item
Fully Licensed and Insured
Receipts Available

One Call Does It All
(061) 457979 / 086 3754717
Call anytime 24/7
Permit Number WC8-LK-129-07D



DENTAL LABORATORY

Anthony O Halloran

DENTURES REPAIRED
REMADE & RELINED

SPORTS GUARDS

36 John Street, Limerick

061 317 622

aohalloran37@yahoo.ie

Euroblinds Ltd

Limericks Oldest Blind Company

Celebrating
43 YEARS

Domestic Commercial School
Venetian Wood Venetian Roller Vertical Velux Blinds

25% off roller and 30% off wood

Free estimates and fitting within 15 mile radius of
Limerick City
Family Run Business

Moloneys Yard, Little Gerald Griffin St. Limerick
E: euroblinds@gmail.com | www.euroblinds.ie

To Have Your
Business

Featured Here

Contact

Lynsey or Aine on

061 214500

Aidan Frahill Motor Servicing



CAR REPAIR & SERVICING | SPECIALISTS DIAGNOSTICS
SYSTEM & FAULT FINDING

We offer servicing and repair facilities for all makes and models of vehicle:

All 4 x 4 Clutches • Brakes • Exhausts • Batteries • Puncture Repairs • Wheel Balancing • Laser Tracking

We offer full NCT testing for petrol and diesel vehicles.

Call now to book in: Call Aidan Frahill on 061 317788 | 061 603958 Mobile: 087 2456558

PROPERTY

Leader

HOME & INTERIORS

WEDNESDAY, FEBRUARY 6, 2019

Great space in the country and still handy for the city

Kildimo: Substantial family home in charming village 15 minutes from city

Sherry FitzGerald are delighted to introduce a magnificent countryside retreat in an idyllic setting.

No 49 Ballyvareen, Kildimo is new to the market and is expected to attract plenty interest.

This exceptional four bed detached home comes to the market in truly immaculate condition, having been very well maintained by its current owners.

It represents a fantastic opportunity to purchase a substantial detached home that is just 15 minutes outside Limerick City, with the charming rural community of Kildimo on your doorstep.

Located in the village of Kildimo, the property offers easy access to local amenities and also to the road network linking Limerick with Cork, Dublin and Galway.

Entering through a spacious and beautifully

AT A GLANCE

Location: 49 Ballyvareen, Kildimo

Description: Four bedroom, detached home

Price: €279,000

Seller: Sherry FitzGerald

Contact: 061 418000



French doors open through to the open-plan kitchen/dining room to the rear of the home. A fully fitted solid wood kitchen houses inset appliances, with attractively tiled floors and splashbacks. The kitchen opens to a sunroom, fitted with a solid fuel stove and double doors leading to the rear garden, which is private and south facing.

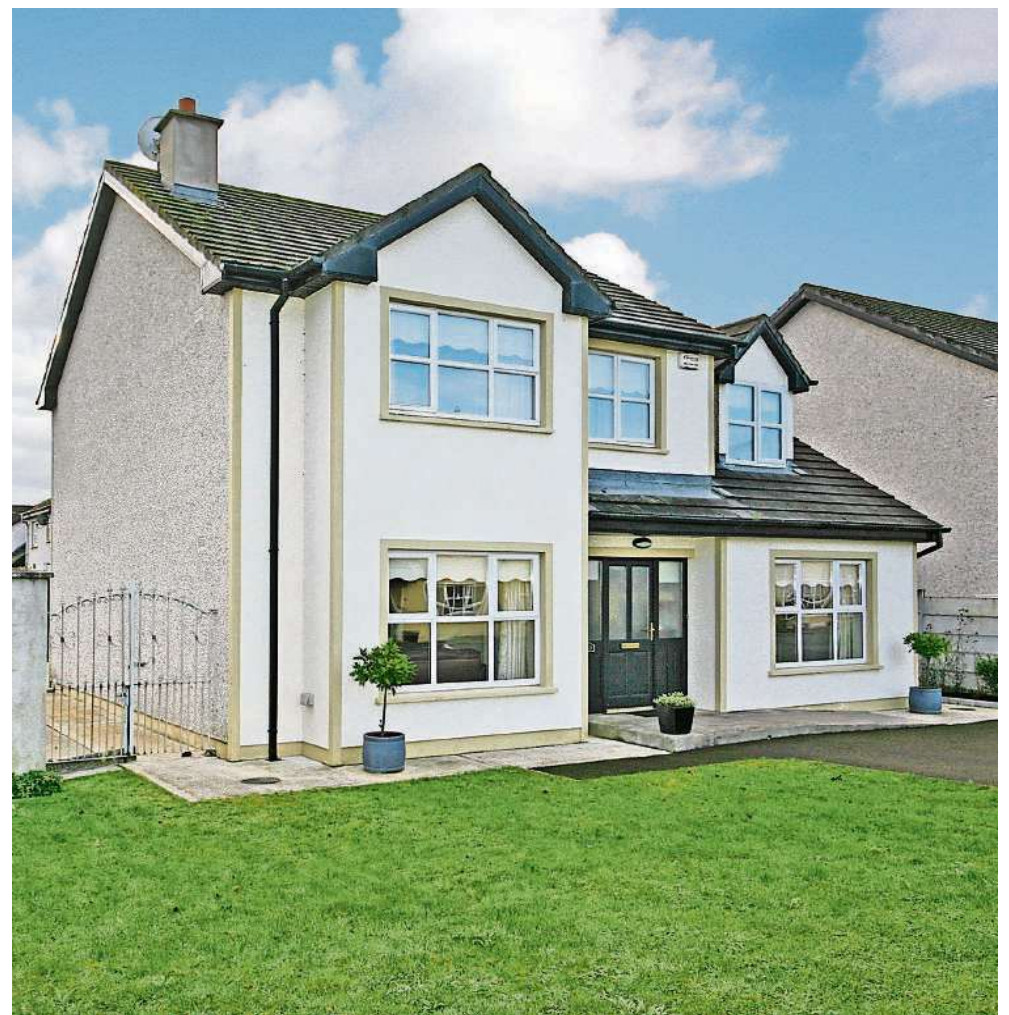
Toward the right of the kitchen there is a fully plumbed utility room, offering a laundry area and side access to the garden.

On the first-floor there are four excellent bedrooms (three double, one of which is en suite, one single), in addition to a main bathroom.

The fourth bedroom is currently being used as a walk-in wardrobe. The property features a Stira folding stairs to the attic for additional easy access storage. Viewing comes highly recommended.

appointed entrance hall, the main living room is to your left, with the family room to the right. The entrance hall is fitted with solid wood floors and there is a cloakroom under the stairs.

The living room is notably generous, while retaining a high level of warmth and comfort. Overlooking the front of the property, with an open feature fireplace at its heart. The family room offers a flexible extra space for any growing family, suitable for an office, playroom or fifth bedroom depending on your requirements.



This extensive home in Kildimo offers flexible space for a growing family with a ground floor reception room suitable for an office, playroom, family room or even a fifth bedroom



The property includes a sun room, private south-facing garden and play area



The living room is notably generous, while retaining a high level of warmth and comfort



**RHEBOGUE, LIMERICK**

BER C3

87 DROMINBEG

Spacious 3 bedroom semi-detached home of approx. 88 sq.m. (947 sq.ft.): Hall/wc off, living room, kitchen-dining room, 3 bedrooms, ensuite & main bathroom. Close to the City Centre, University of Limerick & within walking distance to schools, the Parkway Shopping Centre, Childers Road Retail Park etc. Overlooking a large green area. Large enclosed rear garden with patio. GFCH with new energy efficient boiler fitted. BER No. 111663902.

€180,000

Briain Considine 085 2894166

**ARDNACRUSHA, CO CLARE**

28 KEELGROVE

Fantastic home in showhouse condition. Approx. 1,630 f2 (151.39m2) : Living room, Dining room, Kitchen/Breakfast room, Family room /Playroom, utility, 4 bedrooms, ensuite & main bathroom. Decorated to an exceptionally high standard with New Kitchen, New Tiling, New Carpets and New flooring. Located on a mature private site in a residential cul-de-sac overlooking green space with trees to the front and a lovely private rear garden. GFCH & double glazed Upvc windows. Many upgraded features.

€310,000

Peter Kearney 087 6488792



BER C2

Rooney**NORTH CIRCULAR ROAD, LMK**

BER D1

"BROOKFIELD"

Located on the much sought after North Circular Road, "Brookfield" is a super family home with open plan livingroom/diningroom, open plan kitchen/breakfast room, 3 bedrooms, bathroom, WC, utility & storage area. Situated within walking distance to Limerick City Centre & all local amenities. Large cobblelock driveway with ample car parking to the front. Private rear garden and patio area. GFCH. Double glazed windows. BER No. 110832052.

€325,000

Lisa Kearney 087 2633422

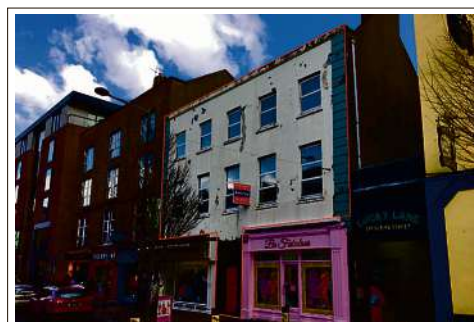


€650,000

Lisa Kearney 087 2633422

ADARE, CO LIMERICK
32 THE VILLAGE, ADARE MANOR

Substantial 2,500 sq.ft (232.25m2) detached property with beautifully landscaped gardens. Situated in a private cul-de-sac in the much sought after private residential estate adjacent to Adare Manor. Decorated to an exceptionally high standard and beautifully maintained. 2 reception rooms with one exceptionally large reception room, large sunroom to rear, open plan kit/diningroom, utility, guest wc, large storage/walk in closet. Upstairs: 3 large double bedrooms, two ensuite bathrooms & main bathroom. Originally a 4 bed property, it was converted to 3 large double bedrooms but can be easily reinstated to a 4 bedroom property if required. No 32 also boasts many many extras such as surround sound, underfloor gas heating, a large double driveway, fully walled in back garden to name but a few. BER No. 107304644

**LIMERICK CITY CENTRE**

BER G

9 CATHERINE STREET,

Open Viewing Thursday 7th February - 12.30pm - 1.00pm. Unique period property in the heart of Limerick City. Property comprises of the entrance doorway which is situated between O'Connell's Menswear & Be Fabulous Ladies Boutique. This leads into a hallway with staircase to the upper floors & back hallway with store room & access to basement. In need of substantial renovation. Possible tax incentives for renovations via Living City Initiative Scheme. BER No. 110823697.

€150,000

Briain Considine 085 2894166

**LIMERICK CITY CENTRE**

BER F

43 NICHOLAS STREET

Centrally located extended townhouse of approx.. 81.8 sq.m. (880 sq.ft.) - less than a 5 minute walk to Limerick City Centre. 3 good sized bedrooms, living room, kitchen, wc & main bathroom. The house has retained some of it's old world charm with architraves & skirting, coving & picture rails etc. Double glazed windows & GFCH. Yard to the rear. BER No. 111647467.

€130,000

Briain Considine 085 2894166



**Roses are Red
Violets are Blue
Looking for a new House?
We'll find one for you!**

VALENTINES

**LIMERICK CITY CENTRE**

BER D2

43A NICHOLAS STREET,

Extended end of terrace house of approx. 80 sq.m. (861 sq.ft.) - less than a 5 minute walk to Limerick City Centre. 3 bedrooms, living room, kitchen and bathroom. Garage to the rear which opens onto Exchange Street. Double glazed windows & gas fired central heating. The property would make an ideal home or investment property. Rear yard and storage. BER No. 101745420

€140,000

Briain Considine 085 2894166

**DOORADOYLE, LIMERICK**

BER C2

101 DOORADOYLE PARK

Well maintained spacious 3 bedroom corner duplex unit. Living room, large open plan kitchen-dining room, guest wc, 3 bedrooms, en suite and main bathroom. Super location close to the Crescent Shopping Centre, University Hospital Limerick, Raheen Business Park, schools & M7/M20 Motorways. GFCH. Designated parking space. Management Fee: €1,100 per annum. BER No. 111809067.

€175,000

Lisa Kearney 087 2633422

**CORBALLY, LIMERICK**

BER C2

12 BROOKHAVEN WALK, MILL ROAD

Super 3/4 bedroom home of approx. 1,360 sq/ft (126.3 sq/m) situated close to river walks, schools, shops & city centre. Hall/ guest wc, living room, dining room, kitchen-dining room, utility, playroom/bedroom 4. 3 bedrooms, ensuite & main bathroom. Tiered rear garden which splits the garden into 3 different levels - great opportunity to design a garden space like no other in a city suburb. GFCH. BER No. 101301935

€240,000

Briain Considine 085 2894166

**CAHERDAVIN, LIMERICK**

BER C3

33 WALNUT DRIVE

3 bedroom semi-detached house of approx. 1,076 sq.ft. (100 sq.m.) within walking distance to schools, shops, LIT, Thomond Park etc. The house is in excellent condition and has been upgraded and renovated recently having been rewired, replumbed, insulated and decorated. Hall, living room, kitchen/diner, playroom, utility room, garage, 3 bedrooms upstairs & main bathroom. Landscaped garden with large patio area. OFCH. BER No. 100987650.

€210,000

Briain Considine 085 2894166

**MEELICK, CO CLARE**

BER E2 F

THE MEELICK TAVERN,

Licensed premises with residential accommodation for sale. Licensed premises of approx. 215.33 sq.m. (2,318 sq.ft.) comprising Large lounge area; bar; 2 store rooms; keg room; toilets. The pub /bar operated up until recently. 4 bed residence located directly behind the licensed premises - requires modernisation. On site of approx half an acre. Approx. 35 car parking spaces. BER No. 800675076.

€180,000

Gordon Kearney 061 413511

**SARFIELD ST, LIMERICK CITY**

BER B3

UNIT 1 SARFIELD HALL,

FOR SALE - Modern ground floor unit with mezzanine floor. Vacant possession of the entire. Previously occupied as a Tanning Salon. Ground floor: 91 sq.m. (977 sq.ft.). Mezzanine: 52 sq.m. (560 sq.ft.). Ber No. 800675225. Price: Offers in excess of €200,000 (plus VAT)

€200,000

Gordon Kearney 061 413511

Upgraded family home ticks all the right boxes

AT A GLANCE

Location: 28

Keelgrove,
Ardnacrusha

Description: Four
bedroom, detached
home

Price: €310,000

Seller: Rooney Auctioneers

Contact: 061 413511



Rooneys are delighted to offer for sale this spacious four bedroom home in the sought-after and well-established area of Keelgrove, Ardnacrusha.

This fantastic home runs to approximately 1,630 sq. ft (151.39m²) and comprises a living room, dining room, kitchen/breakfast room, family room/playroom, utility, four bedrooms, en-suite and main bathroom.

Number 28 Keelgrove comes to the market in showhouse condition and has been decorated to an exceptionally high standard with new kitchen, new tiling, new carpets and new flooring.

This superb property with spacious accommodation is in turn key condition and auctioneers are expecting plenty of interest as it would make a perfect family home.

Houses in this development rarely come to market, so early viewing is advised.

Keelgrove itself is situated in Ardnacrusha only minutes' drive from a host of amenities including local schools, shops, pubs and churches.

Ardnacrusha is a short drive from the villages of

Clonlara and Parteen and Limerick city is very accessible, making the location most convenient and highly desirable.

No 28 is located on a mature, private site in a residential cul-de-sac overlooking green space with trees to the front and a lovely private rear garden. Gas fired central heating and double glazed uPVC windows ensure a cosy home, which boasts many upgraded features.

Contact Peter Kearney at Rooneys on 061-413511 for more information.



No. 28 Keelgrove is in showhouse condition and decorated to a very high standard

Well located 'blank canvas' awaits your touch

AT A GLANCE

Location: 16

Rathmore,
Dooradoyle

Description: Three
bedroom, semi-
detached home

Price: €220,000

Seller: REA O'Connor Murphy

Contact: 061 279300



REA O'Connor Murphy are delighted to introduce to the market this perfectly located three-bedroom family home.

Tucked away in a quiet cul-de-sac, 16 Rathmore is situated in a highly convenient and sought-after mature residential area of Dooradoyle offering an unparalleled sense of convenience. Within a gentle stroll of a host of amenities including Ballycummin Village, Raheen Business Park, Collins Bar, Dooradoyle Medical Centre, bus stops and the Crescent Shopping Centre, it is within easy reach of the major roads network,

schools and the hospital.

No. 16 boasts spacious accommodation which any discerning purchaser, or equally young buyers, would require looking for a property. It could be described as a blank canvas, and ideal opportunity for someone to add their own personal touch to what could be a beautiful family home in a very well served location.

The accommodation briefly comprises; hallway; a living room with an attractive bay window overlooking the front. There is an open plan kitchen/dining area.

Upstairs there are three bedrooms, two double (one en-suite) and a single room.

The family bathroom completes the accommodation at this level. Outside, is a tarmac driveway and an enclosed rear garden with patio and side entrance.

Call Elaine Fitzpatrick REA O'Connor Murphy on 061 279300



Number 16 Rathmore, Dooradoyle, represents a blank canvas on which prospective buyers could make their mark



THE Grange

R A H E E N | L I M E R I C K

NEW 3 & 4 BEDROOM SHOWHOUSES OPEN SUNDAY 2pm to 4pm (or by appointment)



P H A S E 4

'your home for your family awaits'

S P E C I F I C A T I O N S :

A RATED HOMES, FULLY FITTED KITCHEN WITH QUARTZ WORKTOP,
DOUBLE GLAZED UPVC WINDOWS, GAS HEATING WITH ZONED HEATING CONTROLS

SELLING AGENT:

QUALITY BUILT BY:



T: 061 413522
limerick@gvm.ie

www.gvm.ie



LIAM NEVILLE
DEVELOPMENTS LTD

www.liamneville.ie

GVM Auctioneers

PSRA Licence No. 002030 ipav
www.gvm.ie



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



The Grange, Raheen, Limerick



FINAL PHASE OF SPECTACULAR NEW SHOWHOUSES AVAILABLE FOR VIEWING THIS SUNDAY 10TH FEBRUARY 2 to 4pm.

A selection of quality "A" rated 3 and 4 bed semi-detached homes are now available to purchase. Booking deposits now being accepted.

Three bedroom semi detached.....1065 sq ft

Four bedroom semi detached.....1646 sq ft

Developers :- Liam Neville Developments Ltd.

Full details contact Tom Crosse on 087-2547717

BER A3

Price on application

Castle Lodge, Castleroberts, Adare, Co. Limerick



€390,000

This property is constructed and completed to a very high standard and specification. Feature walled entrance with automated gates. Detached garage, tarmac drive and landscaped gardens. Spacious attic suitable for conversion (subject to planning permission). Contact John O'Connell on 087-6470746

Ballynaught, Bruere, Co. Limerick. V35 X584



BER C3 €235,000

Deceptively spacious 4 bedroom detached residence situated within walking distance of the popular village of Bruere. The residence rests on a C. 0.6 St. Acre landscaped mature site. Accommodation comprises of; hall, sitting room, living room, dining room, kitchen, utility, 4 bedrooms, bathroom and guest toilet. Detached shed to rear. Viewing of this magnificent family home comes highly recommended. OFCH, DG UPVC Windows. Contact Richard Ryan on 087 8067772

105 The Meadows, Murroe, Co. Limerick



€195,000

Exceptionally well finished four bedroom semi detached family home set in a popular residential development with walking distance of Murroe Village. This property is situated on a large corner site overlooking a green area and is presented to the market in pristine show house condition. Viewing highly recommended. Contact John O'Connell on 087-6470746

87 The Meadows, Murroe, Co. Limerick,



BER C1 €159,000

Spacious three bedroom semi detached family home in excellent decorative condition throughout located in a small mature residential development just on the edge of Murroe Village. This property has three double bedrooms and a south facing rear garden. Only 10 minutes drive to The University of Limerick and motorway network. Viewing highly recommended. Contact Declan Barry on 087-2026886

121 Evanwood, Golf Links Road, Castletroy, Limerick



BER A3 €270,000

A beautifully maintained and very spacious 3 bedroom semi detached residence situated in this much sought after location in close proximity to the University of Limerick, Plassey Technological Park, excellent quality primary and secondary schools, shopping centres, cinema, and an array of wonderful sporting amenities. This magnificent family home has been tastefully fitted to the very highest standards, and is an ideal opportunity to acquire a "turn key" property in one of Limerick's premier locations. Contact Declan Barry on 087-2026886

45 Park Gardens, Corbally, Limerick



€225,000

Three bedroom semi detached family home with spacious living accommodation in a very popular mature residential development only a few minutes from the city centre with all amenities including primary / secondary schools on your doorstep. Not overlooked to rear. Garage available for conversion if additional accommodation is needed (subject to planning permission). Good decorative condition throughout. Viewing highly recommended. Contact Declan Barry on 087-2026886

90 Dromroe Avenue, Woodhaven, Castletroy, Limerick



BER C2

€230,000

GVM present to the market this exceptional three bedroom semi detached perfectly positioned home in a popular residential development offering prospective buyers a fantastic location with all amenities on their doorstep such as Primary, Secondary Schools, University of Limerick, Castletroy Shopping Centre and Plassey Technological Park, Recreation Park and a vast array of excellent quality sporting facilities are all within walking distance. Viewing highly recommended. Contact John O'Connell on 087-6470746

30 Creagh Avenue, Kileely, Limerick City



BER C2 €115,000

Extended two bedroom end of terrace house with spacious living accommodation located in a very popular and convenient residential development adjacent to all amenities and within walking distance to the city centre. This property has been maintained in excellent condition throughout. Contact Declan Barry on 087-2026886

3 Moylish Road, Ballynanty, Limerick



BER C3 €89,000

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

314 Mount Kenneth, Limerick City



€79,000

Spacious two bedroom apartment on the third floor facing Mount Kenneth Place with ensuite off one of the bedrooms. Good condition throughout. Ideal investment opportunity. This apartment is located within walking distance to the city centre and adjacent to all amenities. Viewing recommended. Contact Declan Barry on 087-2026886

65 Roundwood, Rosbrien, Limerick



BER D2

€179,000

This property is an extended three bedroom semi detached house located in a mature residential area adjacent to all amenities including public transport and offers spacious accommodation with additional living space and wet room to the rear. Small cul de sac development. Not overlooked. Viewing highly recommended. Contact Declan Barry on 087-2026886

Blossom Gate Street, Kilmallock, Co. Limerick. V35 HK18



BER C2 Price on application

Detached commercial unit situated on a landmark high profile corner site. The unit extends to C. 105.44 sq. m. (1,135sq. ft.). Accommodation comprises of: reception/waiting area, 3 doctor's surgeries, canteen and 2 toilets. There is ample off-street parking and an enclosed yard to the rear which has an outside boiler house. This property is currently used as a doctor's surgery but has potential for numerous uses. OFCH, DG UPVC Windows, 8 Parking Spaces, Contact Richard Ryan on 087 8067772

Marian Drive, Roxboro Road, Limerick City



€90,000

This is a rare opportunity to acquire a property with such a large site within a 5 minute walk to the city centre. This is a two bedroom detached house on circa 0.7 acre offering plenty of room for expansion if required (subject to planning permission) Needs modernisation. great location. Very highly recommended. Contact Declan Barry on 087-2026886

Knockanea, Boher, Co. Limerick



BER D1 €250,000

Four bedroom bungalow residence on circa 0.5 acre site situated within walking distance of the picturesque Village of Boher and just 15 minutes drive to Limerick City. Accommodation comprises of entrance hallway, sitting room, kitchen, dining room, hotpress, 4 bedrooms, 2 toilets and whb, shower room and garage attached. Oil fired central heating. Viewing highly recommended. Contact John O'Connell on 087-6470746



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

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



AUCTIONEERS / VALUERS / SURVEYORS

2 CECIL ST. LIMERICK

061 419799

COMMERCIAL/ INVESTMENT SALES 2018

Q RETAIL PARK LIMERICK



SOLD

56A ROCHES STREET



SOLD

20 THE CRESCENT



SOLD

"WILLIE SEXTONS"



SOLD

5 DELTA RETAIL PARK



SOLD

UNITS 1 & 2 PALMERSTOWN COURT, MUNGRET ST



SOLD



AUCTIONEERS / VALUERS / SURVEYORS

2 CECIL ST. LIMERICK

061 419799

31 Monaleen Heights, Castletroy



SOLD

In 2018 we experienced a growth in sales in all types of property and this demand has carried over into 2019 .

We are now seeking properties to meet the demand of buyers currently on our lists.

Please contact us in confidence and without obligation if you are considering disposing of your property.

29 Curragh Birin, Castletroy



SOLD

48 Gouldavoher Estate, Dooradoyle



SOLD

Kincora Harbour, Killaloe



SOLD

33 Shannamore Park, Clareview



SOLD

70 Log na gCapall, S.C. Road



SOLD

7 Athlunkard Street



SOLD

7A Knockhill, Ennis Road



SOLD

42 Dooradoyle Park, Dooradoyle



SOLD

25 College Gate, S.C. Road



SOLD

Ballyneety, Co. Limerick.



SOLD

18 Rosehill, O'Callaghan Strand



SOLD

Apts Thomond Village, Old Cratloe Road



SOLD

23 Kilmurry Avenue, Garryowen



SOLD

Superbly finished Castletroy home



AT A GLANCE

Location: 34 Kylemore, School House Road, Castletroy

Description: Four bedroom, semi-detached home

Price: €315,000

Seller: GVM Auctioneers

Contact: 061 413522



Located in one of Limerick's finest areas, No. 34 Kylemore House is a substantial family home in a high quality development.

This spacious four bedroom semi detached residence boasts solid wood flooring in the living room and bedrooms and tiled flooring elsewhere, including in the fully fitted kitchen and

plumbed utility room.

The kitchen, pictured above also has an attractive breakfast bar and double doors to the rear patio.

The location is a real seller as, within a short distance, there is a wide range of amenities, including Monaleen National School, Castletroy College, University of Limerick, Plassey Technological Park and Castletroy Golf Club.

The property is finished to the highest of standards throughout as any viewing will quickly confirm.

All four bedrooms are generously proportioned, with wood flooring and built-in wardrobes.

The main bathroom has a Triton T90 electric shower, toilet and whb and bath and is partly tiled.

Viewing recommended.



This property at Kylemore, Castletroy is finished to the highest standards throughout

Attractive bungalow in a growing area

AT A GLANCE

Location: 7 Rathmale, Mungret,

Description: Two bedroom, detached bungalow

Price: €220,000

Seller: De Courcy Estate Agents

Contact: 061 415188



With Mungret village continually growing and new schools and other amenities, such as the park opening up, this two-bedroom bungalow should attract plenty of potential buyers.

Situated in a very popular and sought-after area and maintained in a very good condition, this detached bungalow comprises porch and hallway, living room, kitchen/dining area, two bedrooms (one with shower/toilet ensuite), and a main shower/toilet.

Most external walls are dry lined (insulated) while outside there is garage and



three outside sheds, one with toilet.

The double-glazed windows are mostly aluminium. Oil heating, installed in 2012, making this a nice cosy home.

The house is within 300 metres of Mungret with good sized rear garden backing onto Mungret football club and is a mere two minute walk to the village and its amenities.



This two bedroom detached bungalow is just a two minute walk from Mungret village



RAHEEN
BALLINVOHER**€389,000**

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

CALL ORLA SHEEHAN 061 418000

**CLAREVIEW**
MERVAL DRIVE**€220,000**

'No 50' is full of potential throughout and sits on a fabulous corner site with an excellent rear garden. 2 reception rooms, kitchen, 3 bedrooms and a main bathroom. BER 102071727.

CALL ORLA SHEEHAN ON 061 418000

**LIMERICK CITY**
PETER STREET**€130,000**

'No. 5' is a 2-bed 2-storey red-brick townhouse in close proximity to some of the city's key amenities. Living/breakfast room, kitchen, main bath, dining/office, 2 bedrooms (2 double). 64 sq m / 689 sq ft approx. BER 105487730.

CALL FRANK LYDDY ON 061 418000

**KILDIMO**
BALLYVAREEN**€279,000**

No '49' is an exceptional 4 bed detached home in immaculate condition, just 15 minutes from Limerick City. Entrance hall, living room, family room, kitchen/dining room, sunroom, utility, 4 bedrooms (3 double, 1 ensuite), main bathroom. 172.9 sq m / 1861 sq ft approx. BER 11681003.

CALL ORLA SHEEHAN ON 061 418000

**THERE'S SELLING PROPERTY AND THERE'S SELLING PROPERTY THE SHERRY FITZ WAY.****AILBHE O'MALLEY**
Director**BRENDA MULCAHY**
Associate Director**ORLA SHEEHAN**
Negotiator**FRANK LYDDY**
Negotiator**CLARE O'LOONEY**
Residential Valuer**JIM KEANE**
Financial Advisor**SEAN MCGEE**
Negotiator**Sherry**
FitzGerald**6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE****CRATLOE****GALLOW HILL****€565,000**

'Glebe House' sits on a wonderful private 1.7 acre site approx. The property is complemented by a boundary of mature trees that offers complete privacy and is set back from the road by a sweeping driveway. Entrance hall, living, kitchen, sunroom, family, guest w.c., games, utility, 5 beds, ensuite, main bath. 384.4 sq m / 4,138 sq ft approx. BER No. 110208287.

CALL AILBHE O'MALLEY ON 061 418000

**CASTLECONNELL****CASTLE STREET****€249,000**

'The Forge' is an exceptional old-world dormer cottage - renovated to provide well-appointed, traditional living space at the heart of the village, which offers an excellent range of shops, restaurants & traditional pubs. Ent hall, living, kitchen, family/bed, 3 beds, bath. 109 sq m / 1,173 sq ft approx. BER No. 110264801

CALL FRANK LYDDY 061 418000

**CO. LIMERICK****BALLYCLOUGH****€1,500,000**

'Derrybeg House' is a stunning landmark property which occupies a mature and secluded site in one of Limerick's best addresses. Designed by renowned local architect David Leahy, this exceptional one-off property offers breath-taking reception spaces and superb accommodation. Ent hall, drawing, library, dining, kitchen/cons, 2 w.c., breakfast, utility, pantry, music room, 6/7 Bedrooms, 6 ens. 470 sq m / 5,059 sq ft approx. BER No. 111495313

CALL FRANK LYDDY 061 418000

**NEWPORT****FANIT****€295,000**

A fantastic detached family home located on a wonderful site with stunning views overlooking the countryside and measuring 0.8 acres approx. Entrance hall, living, reception, kitchen, family, playroom, w.c., utility, 4 beds, 2 ensuite, main bath. 160 sq m / 1,722 sq ft approx. BER No. 110729407.

CALL ORLA SHEEHAN 061-418000

**DROMBANNA****ROBINHILL****€149,000**

This site, in a sought after area of Limerick, has full planning permission for a detached home measuring a total of 3,800 Sq ft. Site dimensions: 1.50 acres / .61 hectares.

PLEASE CALL ORLA SHEEHAN ON 061 418000

6 SHANNON STREET, LIMERICK

T: 061 418 111



SELECTION OF PROPERTIES LET IN 2018



Unit 29 Cruises Street, Limerick



First Floor Hibernian House, Henry Street, Limerick



Retail Unit Park Lodge, Old Dublin Road, Limerick



Unit 2, 3 & 4 Denmark Street, Limerick



Unit 5 Shannon Street, Limerick

6 SHANNON STREET, LIMERICK

T: 061 418 111



SELECTION OF PROPERTIES SOLD IN 2018

SOLD



Brookfield Hall, Castletroy, Limerick

SOLD



Block 4 Central Business Park, Tullamore, Co. Offaly

SOLD



Central Point Killarney, Co. Kerry

SOLD



Centre Point Tralee, Co. Kerry

SOLD



1-5 Barrington Street, Limerick

SOLD



Lands at Coonagh Cross, Limerick

SOLD



C1 Eastway Business Park, Limerick

SOLD



Holiday Homes, Bunratty, Co. Clare

Seven acre site with planning for 99 units

AT A GLANCE

Location: Singland, Castletroy

Description: Commercial site

Price: Price on application

Seller: Costelloe Estate Agents

Contact: 065 6821299



Costelloe Estate Agents have brought to the market an incredible development opportunity in Singland, Castletroy, Limerick City.

The site, which extends to 2.82 hectares (6.98 acres) has full planning permission for 99 units.

Exceptionally well located within 1kms of City East Plaza, 2.5kms of Plassey Technology Business Park and within 2.5kms of

Limerick City Centre, the site is just 2kms from the M7.

The site is incredibly well serviced with primary and secondary schools, universities and within a short drive to all major employment centres in Limerick City.

Full planning permission was granted in November 2018, for 99 units. The scheme has been magnificently designed by one of Limerick's leading architectural firms – Arnold Leahy & Associates.

The development features

54 three bedroom semi-detached houses, 15 two/three bedroom homes and 29 apartments.

The location is regarded as one of the best selling areas in Limerick. There is incredible demand for the designed units in the market place at

present.

The property is being brought to the market by Costelloe Estate Agents, and is for tender of the 14th February, 2019.

The agents are guiding "Offers in excess of €2,500,000.

Selling agent Mr. David Costelloe stated, "It's rare, in the Limerick market, that a site of this quality becomes available with full planning permission".

Further details contact Costelloe Estate Agents on 065 6821299.



The seven acre site, outlined in red, at Singland, Castletroy

Stunning property at Kylemore on market

AT A GLANCE

Location: 136 Kylemore, Castletroy

Description: Three bedroom, end of terrace home

Price: €245,000

Seller: REA O'Connor Murphy

Contact: 061 279300



REA O'Connor Murphy are delighted to introduce to the market this modern three bedroom property, in walk-in condition.

On entering this home, the attention to detail and interior finish will be immediately noticed.

Tucked away in a quiet cul desac with off-street parking, a spacious rear enclosed garden with side gate access, and front parking for two cars, this is an ideal starter home for young families or professionals looking to purchase!

The well designed accommodation comprises briefly: a welcoming entrance hallway with tiled flooring and under stairs guest wc; a spacious living room with an insert stove fire; French doors lead to the open plan kitchen/dining area with an extensive range of

modern wall and floor units. A sliding door leads to a generously sized rear garden with patio area and side access.

Upstairs there is a spacious landing and three bedrooms, two double, one with en suite and one single, a family bathroom which is tastefully finished completes the accommodation.

All in all, No 136 is sure to appeal to many a discerning

buyer including first time buyers, young families and professionals, a truly walk-in condition home, the quality of which needs to be viewed to be fully appreciated.

Services: Gas Fired Central Heating, PVC Double Glazed Windows.

Call Elaine Fitzpatrick REA O'Connor Murphy on 061 279300 for more information on this stunning property.



Number 136 is sure to appeal to many a discerning buyer including first time buyers, young families and professionals



Costelloe



Licence Number: 002313

Estate Agents | Registered Valuers | Chartered Surveyors

Licence Number: 002313



Singland

CASTLETROY • LIMERICK

FOR SALE | BY TENDER

THURSDAY 14th FEBRUARY 2019 (unless previously sold)



INCREDIBLE RESIDENTIAL DEVELOPMENT OPPORTUNITY
"READY TO GO" RESIDENTIAL SITE (99 UNITS) WITH AN UNRIVALLED LOCATION

S I N G L A N D , C A S T L E T R O Y , L I M E R I C K

info@costelloe.com | www.costelloe.com | 5 Abbey Street | Ennis | Co Clare | 065 6821 299

de Courcy

ESTATE AGENTS

'Proudly serving the Mid West for over 70 years'

7 RATHMALE, MUNGRET, CO. LIMERICK



Situated in a very popular and sought-after area and maintained in a very good condition, this detached bungalow comprises porch & hallway, living room, kitchen/dining area, 2 bedrooms (one with shower/toilet ensuite), main shower/toilet. Outside; garage, 3 sheds (one with wc). Mostly Alum. d.g windows. Oil heating, installed in 2012. Situated within 300 metres of Mungret village with good sized rear garden backing onto Mungret football club. Numerous schools within walking distance

€220,000

LINFIELD, DROMKEEN, CO. LIMERICK (SITUATED MIDWAY BETWEEN DROMKEEN & PALLASGREEN)



Spacious detached house 2,750 sq ft in excellent decorative condition comp hall, sitting room, living room, bath/wc, large open plan kitchen/dining room, sunroom, utility. Upstairs: 4 beds (2 ensuite) bath/wc. Outside: mature site, c.1.25 acres, electric gates, large gardens. Garage. Stable. Oil heating. PVC d.g windows. Eircode: V94 NTP8. Viewing recommended.

€350,000

6 CRAGAUN, FR. RUSSELL ROAD, LIMERICK



Detached family home situated in a mature and popular residential area off the Fr. Russell Road comp: Porch, hall, study/office, living room, dining room, conservatory, L-shaped kitchen/dining area, utility, shower/wc, play room/t.v room. Upstairs: 4 beds (1 ensuite), bath/wc. Stairs to attic room. PVC d.g windows. Gas heating. C. 2,250 sq.ft (excluding attic)

€415,000

LAND TO LET NEAR LIMERICK CITY



BALLYSHANE, CRECORA (NEAR KILPEACON CROSS)
* Grazing / Silage * 30.5 acres * 1 field * Water Troughs (Mains) * No maps * Re-seeded ground * Payment in advance
* Term to 1st November 2019

BALLYSHEEDY, NEAR LIMERICK
* Silage / Meadowing only (no cattle or horses) * 40 acres * 2 fields * No maps * Re-seeded ground * Payment in advance
* Term to 1st November 2019

ROSBRIEN, NEAR LIMERICK
* Silage / Meadowing only (no cattle or horses) * 20 acres * 2 fields * No maps * Re-seeded ground * Payment in advance
* Term to 1st November 2019
* Contact John de Courcy 087 2565444

POA

WANTED

DETACHED HOUSE REQUIRED

THE GRANGE, RAHEEN, CO. LIMERICK

CASH BUYER AVAILABLE

CONTACT: JOHN de COURCY
087 2565444

14 GLENVIEW GARDENS, FARRANSHONE, LIMERICK



Semi-detached home centrally situated within a short walk of Limerick City Centre, close to all local amenities and schools, comprising entrance hall, shower & toilet, sitting room, living room, kitchen/dining area, garage & utility room. Upstairs 3 bedrooms, bathroom/toilet. Mostly aluminium single glazed windows. Oil and solid fuel heating. Outside: Walled in and south facing back garden.

POA

APT. 10 THE PARC, NORTH CIRCULAR ROAD, LIMERICK



Two bed first floor apartment situated in a Prime and much sought after location within easy commute to the City Centre, this apartment comprises hall, open plan kitchen/dining/living room (door to balcony), 2 beds, bath/wc. Aluminium d.g windows. Electric storage heating. Outside: ample car parking. Appliances and contents included.

€150,000

9 LINDEN COURT, KENNEDY PARK, LIMERICK



Situated in front of Estate fronting Galvone Road and located in a very much sought after and mature residential area close to school, church, shops and directly opposite bus stop, this mid terraced residence maintained in good decorative condition comprises porch, hall, WC, sitting room, kitchen/dining area. Upstairs: 2 beds (one room divided in 2), shower/wc. Oil heating. PVC d.g windows. Outside: Front garden. Walled in rear yard with drive in back access

€115,000

4 WALLERS WELL, UPPER ROXBORO ROAD, LIMERICK



This 3-bedroom mid-terrace house is an ideal starter home, located within walking distance of city centre in a sought-after residential area. Accommodation comprising living room, kitchen/dining area, utility room, toilet. Upstairs: 3 bedrooms (one with shower/toilet ensuite), bathroom/toilet. Stairs to attic room. This home is maintained in very good decorative condition. Viewing highly recommended

POA

22 ASHLEY CLOSE, WESTBURY, LIMERICK



Semi-detached house c. 1,300 sq.ft. located in the popular area of Westbury close by to all local services and amenities comp: living room, dining room, kitchen/breakfast area, utility room with toilet & wash hand basin. Upstairs: 4 beds (1 ensuite), bathroom & wc. Teak double-glazed windows. Gas heating. Outside: Side entrance. Garage.

€185,000

THINKING OF SELLING OR BUYING.....



de Courcy Estate Agents, Glentworth Street, your trusted Family Run Business, Presently run by Brothers John & Richard, de Courcy Estate Agents, Selling and Valuing Property since 1932

- House Sales & Auctions / Commercial Sales & Lettings
- Permanent TSB Valuations
- Various Valuations (Probate, Family Law, Fair Deal, Commercial / land, Property Tax)

PSRA No: 003402

T: 061 415188



John de Courcy (087) 2565 444 | Richard de Courcy (087) 2535740

7-8 Glentworth Street, Limerick City. | email: limerick@decourcy.ie

Wheeler

AUCTIONEERS



We'll get you Home

Licence No: 002095

Howardstown South, Bruree, Co. Limerick

By Public Auction

Lands at Howardstown South, Bruree, Co. Limerick
Wednesday 20th March at 3pm
In Two Main Divisions

Lot 1 Residential Farm on Circa 44 Acres

- 3 Bedroom Bungalow in Good Condition
- Traditional Range of Out-Offices
- Land Comprising 44 Acres
- Top Quality Land in 6 Main Divisions
- Land in Excellent Heart

Lot 2 Circa 13 Acres

- Roadside Holding
- Top Quality Land
- In 3 Main Divisions

Sale will take place at Charleville Park Hotel on
Wednesday 20th March at 3pm
Solicitor: Bill O'Donnell of Mahon O'Brien Tynan Solicitors
Further details maps etc from Sole Agent

Caherline, Co. Limerick

Circa 8 Acres (Planted)

By Private Treaty

- 9 Years Premia Remaining
- Roadside Holding, Easily Accessible
- €1,700 p.a. per premium
- Realistic Reserve

Full Details Maps Etc From Agent

Lower Main Street, Kilfinane, Co. Limerick



2 No. Three Storey Houses

- Separately or Together
- 2 No. 3 Storey Houses
- In Good Condition Throughout

House 1: Kitchen/Diningroom, 2 Livingrooms, Bathroom, 4 Bedrooms, SFCH

House 2: Kitchen, Dining Area, Livingroom, Bathroom, 3 Bedrooms OFCH

Caherelly, Co. Limerick

Circa 23 Acres

By Private Treaty

- 7 Acres in Pasture (Top Quality Land)
- 16 Acres Planted (Hardwood)
- 9 years Premis Remaining (€28,000 p.a.)
- Realistic Reserve

Full Details Maps Etc from Agent

Caherline, Co. Limerick

Site for Sale

- 0.5 Acre Site
- Subject to Planning Permission
- Elevated & Dry Site
- Located just off Limerick/Mitchelstown Road
- Easy Commute to City

Further details on Request

'Sonas', Garbally, Bruff, Co. Limerick



Detached 5 Bedroom Bungalow

Acc Comp: Ent Porch, Livingroom, Diningroom, Kitchen, Utility, Bathroom, 5 Bedroom, Walkin Wardrobe, Ensuite Bathroom

Outside: Tarmacadam Driveway, Mature lawns front & rear, Steel Shed (14x9), Two dog Kennels & yard, spacious concrete yard, mature hedge forming boundary

Features:

Oil Fired Central Heating, uPvc Windows, Solid mahogany interior doors, good level of décor throughout, staire to attic area, Alarm. Composite deck no maintenance.

Wheeler Auctioneers, Main St. Hospital, Co Limerick. Telephone: **061 383403/383010** Fax: **061 383616**

Mobile: **086 8584409** Email: **info@wheelerauctioneers.com** Web: **www.wheelerauctioneers.com**

For sale: a pub, a house and a home

Meelick Tavern: Well known pub overlooking Limerick city has asking price of €180,000

AT A GLANCE

Location: The Meelick Tavern, Meelick, Co Clare

Description: Licensed premises with residential accommodation

Price: €180,000

Seller: Rooney Auctioneers, **Contact:** 061 413511



both the lounge and bar in this establishment which operated until recently.

The residential accommodation is located directly behind the licensed premises and connected via a small corridor to the lounge area. This part of the property will require refurbishment/modernisation and comprises: entrance hall/lobby; living room; kitchen-dining; second kitchen; utility room; four bedrooms; bathroom.

Licensed premises of approx. 215.33 sq.m. (2,318 sq.ft.) while the residential property is approx. 119.11 sq.m. (1,282 sq.ft.). The property is situated on a site of around half an acre with 35 car parking spaces.

The liquor licence has lapsed and it will require an application to the Circuit Court to obtain a renewal of the licence.

Potential pub landlords will no doubt sit up and take notice of an opportunity with business and residential possibilities.

Rooney Auctioneers is handling the sale of a licensed premises with residential accommodation in county Clare, a short drive from Limerick city.

The Meelick Tavern's licensed premises comprises a large lounge area; bar; store room; keg room; second store room. There are toilets in



The Meelick Tavern is not only a well known local pub, but you can also live in the property which has four bedrooms



The Munster Property Auction remains the only auction company in Ireland who do not charge any upfront costs to enter a property into auction. The next big auction is on February 28 in the Rochestown Park Hotel, Cork

Property auction on Feb 28

THE Munster Property Auction is three weeks out from its first public auction event of 2019 on February 28 at The Rochestown Park Hotel, Cork.

The company will hold a total of five public auction events and 11 online auction dates during 2019. The auction team is expecting another busy year ahead albeit with more modest increases in capital values expected due to central bank lending restrictions and a maturing marketplace.

Over the past 12 months, construction activity has improved with upwards of 18,000 new homes built, up

from less than 15,000 in 2017. What does this increase in new builds mean for buyers and vendors thinking of entering the property market in 2019?

Patrick Convey, director of The Munster Property Auction, noted, "Ideally this will lead to a more stable market, with more options for people seeking to get on the property ladder or indeed making a residential move. Figures show that capital value increases have slowed, and we are no longer seeing the large spikes in property prices that we had seen in previous years."

While property prices

have appeared to have stabilised, the market is still experiencing strong appetite from both homeowners and investors for realistically priced property and that should continue in to 2019.

Mr. Convey added, "Our first public auction of 2019 will take place on February 28, and we have an extensive database of both local and overseas buyers, seeking to purchase all varieties of property in the Munster area.

"We believe the success of our auctions is due to the large marketing campaigns we have undertaken in Ireland and abroad as well as

strong working partnerships with local auctioneers across the province.

"We remain the only auction company in Ireland who do not charge any upfront costs to enter a property into auction."

Contact The Munster Property Auction on 021 234 9696 to arrange a free property valuation or to view all their available properties visit www.munsterpropertyauction.ie.

Next public auction: February 28.

The venue is the Rochestown Park Hotel, Cork. Registration starts at 6.30pm.

Prime unit for sale in Limerick city centre

AT A GLANCE

Location: Unit 1 Sarsfield Hall, Sarsfield Street, Limerick city

Description: Modern ground floor unit with mezzanine floor

Price: €200,000

Seller: Rooney Auctioneers **Contact:** 061 413511



Large display window to the front and rear fire exit. Please note the unit currently does not have a toilet but we understand services such as water and sewerage disposal are available to the unit. Ground floor: 91 sq.m.(977 sq.ft.). Mezzanine: 52 sq.m. (560 sq.ft.).

Sarsfield Hall is situated in Sarsfield Street in Limerick City Centre. Sarsfield Street connects Henry Street to O'Connell Street. Neighbouring occupiers include Debenhams; Hook & Ladder and Vision 2 Opticians.

Contact: Gordon Kearney 061 413511 for more information.

A modern ground floor unit with mezzanine floor has become available in a prime city centre location.

Vacant possession of the entire property which was previously occupied as a tanning salon and has various booths and work stations.



Unit 1 Sarsfield Hall is in one of the best locations in the city

HOME & INTERIORS

MAKE THE MOST OF YOUR HOME WITH ADVICE FROM ALL THE EXPERTS



Neptune Casper chair looks very inviting and its natural tan shade goes with most decors



The Neptune Amelia armchair

Don't hide from leather

Nothing adds a note of luxury and warmth to a room like a good leather piece

Always in fashion, leather furniture has been a part of homes for thousands of years.

Even the Romans used leather sofas for luxurious lounging.

Today, there are even more reasons why leather is still a part of our interior schemes.

It is loved not just for its look and feel, but also for its practicality and the fact it can last a lifetime.

Like wool or velvet, leather has a natural warmth to it, which makes it great for mixing and matching with other furniture and fabrics.

Leading interior brand Neptune has put some thought into this and come up with tips on how a little

leather can add some extra luxury to your home.

If a whole suite feels like too much, an armchair or generously sized footstool can bring just the right amount of cosiness to a living room.

Remember, leather which is softer and more comforting than a timber or metal finish, will help warm up rooms which can feel a little chilly.

When it comes to colour, Neptune favours shades that stick to the hide's original hue, such as their St James leather, in a classic tan.

Tan shades tend to go with everything from neutrals and pale woods, to deeper colours and even glossier materials, like glass.

You can play tan leather up or down, to make it feel more polished or more relaxed.

Combined with metal or glass, it can take on a city-like feel, while with raw wood and unbleached linens, it will appear more laidback and organic.

Other shades of brown or grey leather have a similar feel and work equally well whether your style is city or country, traditional or modern.

These shades can be easier to live with day-to-day than something like black leather, which has a bit more of a contemporary edge, and sets a very different mood.

If you are not sure whether leather is for you, or perhaps you prefer smaller touches of it, consider adding a few cushions or small accessories to a room.

Neptune's Hanson desk accessories, in rich tan



Relax with the Neptune Arthur footstool - plenty of room for everyone's feet

leather, are a subtle way to use the material.

Leather bound books and vintage pieces can have a similar effect.

You could also think about bringing in leather footstools. Neptune's Alex and Milo stools are particularly handy as they double up as small side tables and bring just a hint of leather's charm to a

living room or bedroom.

In terms of a room's colour palette, tan leather contrasts well with brighter colours.

For a contemporary look, that nods to trends think teal or blakey blue, or for warmth try it with chestnut or paprika shades.

Just one leather armchair is enough to transform the feel of a room. It works as an

extra layer of texture along with other natural materials like wool, stone and wood.

And one of the best things about leather is that it needs hardly any upkeep. All it takes is a restorative layer of petroleum jelly buffed in once-in-awhile - and your leather will look a treat.

Neptune is carried locally by Browsers

Get creative at Søstrene Grene

Creativity is all about seeing possibilities where others see constraints.

This is one of the main ideas behind Søstrene Grene's new home interiors and lifestyle collection, which combines patterns and colours that other people might feel clash.

The collection will be available in stores including Limerick from the end of this month, with the exception of the side table, which is available for sale from Thursday March 21.

The new collection consists of an exciting new range of products perfect for the interior design of a vibrant home, where it is both pleasant and inspiring to be.

For the first time ever, the sisters will be launching three decorative wallpapers.

Also, the collection will present a new versatile side table, a unique coat rack, wicker stools, new handsome lamps, textiles, accessories, kitchen items and much



more.

One product in particular is emphasised by Søstrene Grene as particularly characteristic of what this collection is all about, and that is the table lamp, which you can see in the photo.

This lamp is the epitome of style this season as it combines a soft, patterned and feminine lampshade with a ceramic base. The table lamp will be available in three different colour combinations.

Head of buying and product development, Charlotte Holm, comments:

"At Søstrene Grene, we aspire to select and create products that will ensure that every new visit to the stores feels like a new experience. And then we also make an effort to produce designs that bring joy.

"When you invite guests into your home, we want you to be able to proudly say 'See what I just bought at Søstrene Grene'.

"This new collection is new and the epitome of what we are all about, so we are really looking forward to seeing how it is met by the customers in the stores."



Above left, woven baskets and cushions in soft colours add a nice warm feel to your rooms
Above: the eye-catching side table with ceramic-based lamp add a touch of class
Below: a simple and elegant wall mounted solution for hanging clothes or bags

PVC Gates

Now Covering LIMERICK

Contact: Garry Walsh 086-3858580

Low Call 1890-98-77-92

www.maintenancefree.ie



Gate with Pedestrian Entrance



Garnish White



Gates and Railings



Large White Garnish



You'll be floored by the value at Factory Carpets

Starting from humble beginnings over 20 years ago with the first shop in Killarney, Factory Carpets has become a household name in the Limerick area.

The second generation family-owned flooring and bedding retailer now has shops in Killarney, Tralee, Newcastle West and Limerick.

With a strong focus on customer service Factory Carpets quickly became synonymous with great flooring at affordable prices.

Despite the rapid expanding through the Munster region the core company values of looking after the customer and high quality material still remain the same today.

Flooring can be a difficult and time consuming process and at Factory Carpets, we

like to think we make it as simple, easy and affordable as possible.

Factory Carpets can provide for all of your flooring needs, including carpet, laminate, vinyl as well as beds, mattresses, three piece suites and furniture.

Customers have the option to select our flooring products in the comfort of their own homes. With our free measurement service, our trained consultants will give you the best advice once they have viewed and have a feel for the area the floors are to be installed.

The area also needs to be measured and if it is to be installed, then an installation plan is made.

Factory Carpets guarantee our range, our service, our quality and our price are the reason why we

are the no.1 choice for flooring and bedding in Munster.

Factory Carpets sources all of its own products, cutting out wholesalers and distributors, which means direct savings for every customer.

It's from this network of suppliers that we ensure all our products meet the highest quality standards across all areas. Our buying power is second to none, so you can be assured we always offer the best prices.

Factory Carpets' ongoing training programmes keep our staff completely up to date on the latest products and installation techniques.

In addition, every customer has a dedicated sales person to ensure clear communication and total service from product



Our trained and dedicated staff at Factory Carpets are on hand to cater for any query on your flooring needs. Also, we assure the best value by cutting out the middleman so the price savings are passed on to you - the customer

selection until the product has been delivered.

This is all backed with professional installation teams to complete the service.

After installation, our service is extended to all customers on how to care and maintain your flooring, as well as, onsite checks of any

concerns you may have.

This total approach to service gives Factory Carpets customers the winning edge.

So visit one of our local stores, have a look at our fabulous range of carpets, rugs, laminate floors, beds and mattresses and arrange an obligation-free appointment for us to come

to you, seven days a week.

We offer after hours appointments, to accommodate people's work commitments.

Just call us direct on 061 317690 to make your appointment. So for all your flooring needs, Call Factory Carpets the experts in the trade.

REWRITING THE RULES IN WARDROBE DESIGN



0% Finance Available

VISIT OUR SHOWROOM IN LIMERICK

Unit 3, Riverside Industrial Estate,
Dock Rd, Limerick, Ireland

Call 1800 352 352 or go online now
to book your FREE AT HOME CONSULTATION

www.sliderobes.ie



SLIDEROBES®
SPACE REIMAGINED

Date For Your Diary
Wednesday **27th February 2019**



MUNSTER & CONNACHT AUCTION

Venue - The Limerick Strand Hotel, Ennis Road
Time - 11AM

**UNABLE TO ATTEND ON THE DAY?
TELEPHONE AND PROXY BIDDING AVAILABLE**

Property Locations Limerick,
Clare, Tipperary, Donegal,
Waterford, Cork, Kerry

FULL LIST OF PROPERTIES

Visit www.reaocm.ie

Email auctions@reaocm.ie

Contact **(061) 279300**



PSRA 001988

ENTERTAINMENT

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

Just Gilbert for Lime Tree show

THE Lime Tree Theatre will play host to Gilbert O'Sullivan as part of his Irish concert tour later this year.

The singer brings his Just Gilbert tour to the Lime Tree on September 4, with tickets on sale now.

"We are delighted that world-class performer and music legend Gilbert O'Sullivan tours to the Lime Tree Theatre this September. This is another step forward for the Lime Tree and proves yet again that Limerick is most definitely on the national cultural map," said venue boss Louise Donlon.

Gilbert's latest, self-titled album was released last August and reached Top 20 in the UK and to celebrate he is returning for a series of solo concerts. See www.limetreetheatre.ie.

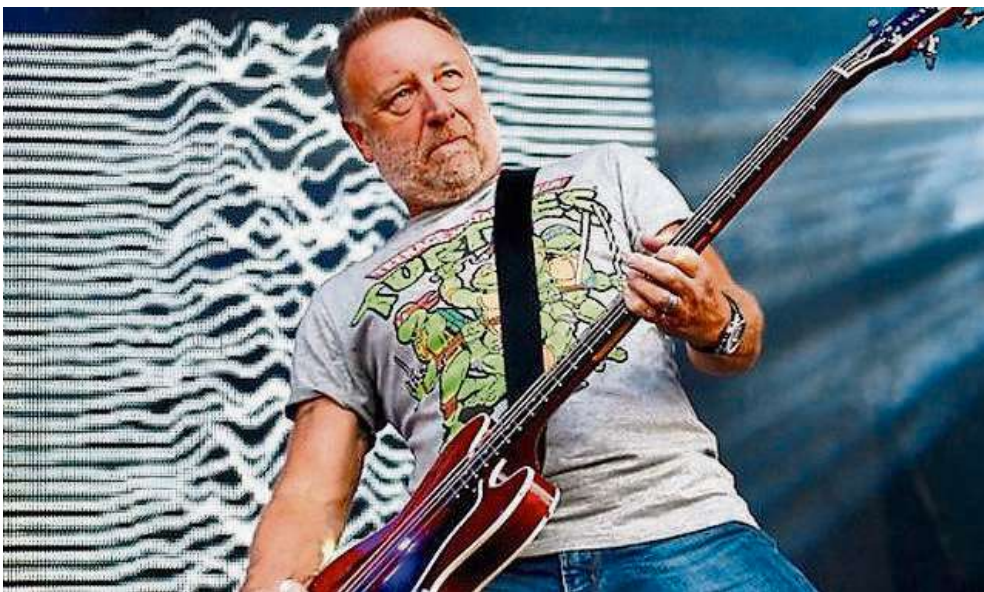


Intimate city gig with Liam

HOTHOUSE Flowers front man Liam Ó Maonlaí will perform an intimate gig in the beautiful surrounds of No 1 Pery Square this Thursday.

The globally celebrated musician and stunning performer is in the city for a celebration of the much acclaimed and award-winning Limerick theatre production The Morning After The Life Before by Ann Blake.

Support on the night comes from the wonderful Kathleen Turner. Tickets from Eventmaster.ie or by contacting olwen.murphy@hotmail.com.



Peter Hook returns to Limerick for a show at Dolan's Warehouse, it has been confirmed

See The Light of Peter Hook with September gig at the Warehouse

PETER Hook is coming back to Limerick to show off his Technique.

The former Joy Division and New Order bassist returns to the city, scene of sell out shows on previous visits, for a gig on September 12 at Dolan's Warehouse, it has been announced.

Hook will be joined by his band The Light at the show, tickets for which are on sale now.

Fans of Hook's entire back

catalogue will be delighted to hear that he will be performing classic New Order albums live as well as an opening set of Joy Division material.

Having successfully toured the albums from his previous bands for over eight years now, Peter Hook and The Light have now reached the late 80s and early 90s albums of New Order Technique and Republic in their consecutive run and

have announced a raft of dates for September, including a Limerick show.

Technique, New Order's fifth studio album, was the group's first album to go to number one in the UK. Recorded in Ibiza and reflective of the impact of acid house on the band, many consider it a high point in a golden period for the group.

See www.dolans.ie for tickets and more details.

QUALIFIED CHEF

WANTED

Minimum 3-5 years experience.

green yard café
▪ bar ▪ restaurant ▪

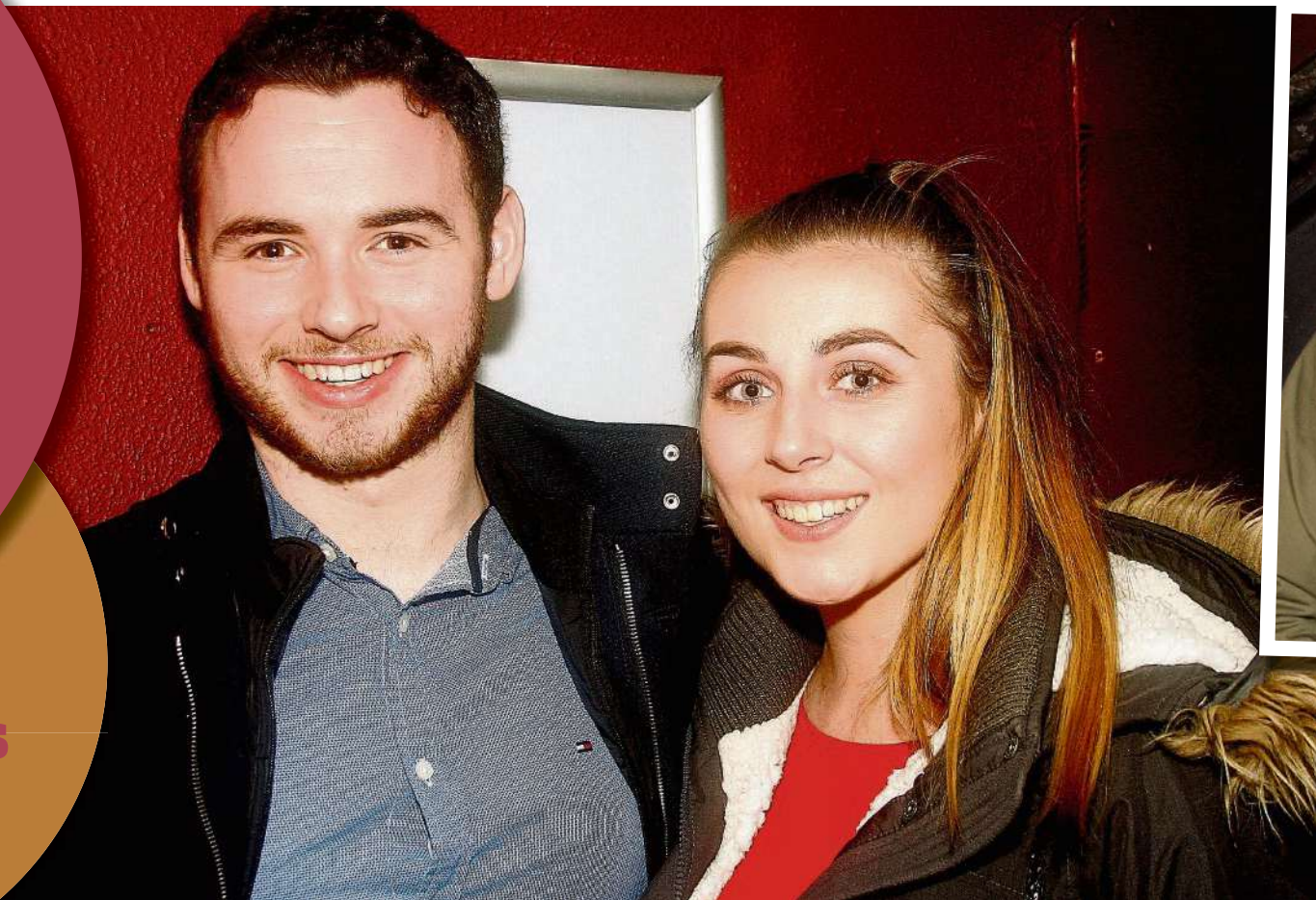
New Street, Punch's Cross, Limerick

T: 061 513011

E: hello@greenyardcafe.ie

BIG NIGHT OUT @

SMYTH'S, DOLAN'S AND THE GLEN TAVERN
PICTURES: DAVE GAYNOR



Kevin Justice and Holly Dunlea at Dolan's PICTURE BY DAVE GAYNOR



Stephen O'Shea, Alex Fleming and Adam Doris at The Glen Tavern



Bill Mullins, Damien O'Grady and Darragh Yelverton at The Glen Tavern

LIME TREE THEATRE

WEIGHING IN

Starring Isobel Mahon and Rose Henderson

Thu 14th Feb | 8pm
Tickets: €20/€18

Booking: limetreetheatre.ie | 061 953400



Niamh and Louise Cantillon at Dolan's



Alec and Rebecca White and Matt White



Pictured at The Glen Tavern were David Wiers and Adam Byrne



Cliona Murphy, Sarah Leyden and Orla Buckley at Smyth's



Brian McNamara, Barry McHegarty and John Hickey enjoying a night out at Smyth's



Joanna Walsh, Becky Moloney and Niamh Cope at Smyth's



Patriz and Aoife Brosnan at Smyth's



Maria Quaid and Malin Kelly at Dolan's

BELLTABLE Prime Cut Productions Double Bill

EAST BELFAST BOY & EVERY DAY I WAKE UP HOPEFUL

2 shows with 1 ticket

Friday, 15th Feb | 8pm

Tickets: €18/€16

Booking: limetreetheatre.ie | 061 953400



The What Next Festival is at Dance Limerick this weekend

THINGS WHAT ARE ON IN LIMERICK



The Goldilocks & The Three Bears show is at the Belltable on Saturday



The Eskies are Upstairs in Dolan's this Saturday

LIMERICK hosts a shocking amount of great music this weekend. John Murry, Liam Ó Maonlai and Sleaford Mods are the highlights but, if classical is what you want, you can also grab a night of imperial Viennese fancy. And there's a marvellous few days of contemporary dance and the return of Saturday afternoon kids' shows at the Belltable.

Thursday (Feb 7)

If you have a yearning to be on the telly but think that robbing a bank for fame is too much work, you're in luck this Thursday, as auditions for ITV's **X Factor** are in **Cobblestone Joe's**. Kicking off at 6pm, it's your chance to show all those people who laughed at your singing that you are a star in the making or, alternatively, that they were right. This round is not being televised so there's no danger that you'll be embarrassed on the TV if it doesn't go your way. Grab an open mic slot by contacting the venue in advance and if you just want to turn up as an audience member, you can do that for free.

Liam Ó Maonlai is playing a solo show in **No 1 Pery Square** this Thursday. As the hotel's upstairs lounge room can't seat more than about 50 people, it's this year's only chance to see the Hothouse Flowers frontman in an intimate setting unless you're married to him. He'll be supported by the stunningly-talented Tyrone songstress **Kathleen Turner**. Intimate gigs come with intimate prices and this show is €40. Doors at 8pm.

Friday (February 8)

A feast of dance awaits you at **Dance Limerick** this weekend. The **What Next festival** runs throughout Friday and Saturday, featuring some of the best Irish and international dancers that could be tempted to visit Limerick in exchange for our local chicken gravy. I particularly recommend the **Transitions** show on Friday

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

evening at 7:30pm. It features, unusually for Irish contemporary dance, four solo male performances with everything from sean-nós dancing to street dance. That will cost you €12/€10 concession. **Isabella Oberlander** is performing a piece with visual artist **Breda Lynch** in the **Dance Limerick** studio at 3pm on Saturday. She's probably the most talented dance artist currently living in Limerick and that show is free. Check out the **Dance Limerick** website for the full line-up.

The Fureys play the **Lime Tree Theatre** on Friday evening. Like the **Beach Boys**, they've had some deaths and some splits but they're still playing the same music that they've been making for 40 years. Apart from that they're not really like the **Beach Boys** though. You're guaranteed not to hear **Kokomo** at a **Fureys** folk music gig and for me that's a sales pitch. 8pm, tickets are €30.

Virginia actress **Heather Massie** is at **Friars' Gate Theatre** in **Kilmallock** this Friday with her solo show, **Hedy!** It's a one-act play about the life of Hollywood silver screen starlet **Hedy Lamaar**, who studied astrophysics and laid the groundwork for secure wi-fi when she wasn't acting. Ms Massie picked up a Best Actress award at the 2017 **Galway Fringe** for this show, which dives into **Hedy Lamaar's** early life of directionless shoplifting as much as her silver screen success and inventions. It's definitely worth a punt. 8pm, tickets are €15/€12 concession.

Tupelo singer-songwriter **John Murry** is performing at **The Commercial** on Friday. With a sound that will remind you of **Nick Cave** on a gravelly day, he'll lead you on a mellifluous trip of angst and despair and, hopefully, redemption. The man couldn't be more Southern Gothic if he stood

with a pitchfork in front of a decaying plantation house, so he'll probably pepper the gig with a few jokes about past heroin use. It's the show you shouldn't miss this weekend. Doors at 9pm, tickets are a tenner.

Saturday (Feb 9)

Saturday afternoon family events kick off again at the **Belltable** this weekend, with a **Goldilocks & The Three Bears Singalong**. As you'll remember from your childhood, **Goldilocks** is

the tale of a young woman who's down on her luck and, facing so much red tape in getting housing for her family, goes full-on **Jean Valjean** and desperately steals some porridge from a family of one-percenters bears. Aimed at children from 3 to 6, the show is packed with well-known songs that children will be chanting for the next few months. It's always good for kids to know the location of their head, shoulders, knees and toes in case of an accident. There are two shows - at 2:30pm and 4:30pm - and



Singer-songwriter John Murry is at The Commercial on Friday

PICTURE: BRIAN HICKEY

tickets are €12.

The **University Concert Hall** hosts a **Viennese Strauss Gala** this Saturday night. It's an evening of arias and waltzes like the Austrian opera season of old, where you should wear fur if you're guiltless about having some. Obviously there will be plenty of **Strauss** and you will have to sit through the **Blue Danube**, but you can also expect some light material from **Emmerich Kálmán** and **Franz Lehár**. It's a perfect night to bring a date if you want to fool them into thinking that you're fancy. 8pm, tickets are €25 / €22.50 concession.

The **Eskies** bring their strange but wonderful combination of folk noir, gypsy jazz and sea shanties to **Dolan's Upstairs** this Saturday night. The **Dublin quintet** do an utterly raucous show and they're always worth seeing, especially if you can ignore their hipster following. That's the price you pay for cutting-edge sound. Doors at 8pm, tickets are €11.

Sunday (February 10)

Electropunk duo **Sleaford Mods** play **Dolan's Warehouse** this Sunday. With the energy of **The Streets** and the talent of **Shaun Ryder**, it's the most fun you can have while listening to punk-hop rants about government austerity and celebrity culture. Their new album **Eton Alive** (see what they did there?) is an absolute banger and it's definitely worth seeing them strut their stuff in person. Doors at 8pm, tickets are €21.

All weekend

The **Louise Bourgeois** exhibition is at **Limerick City Gallery** until February 17. The **Michael O'Connor** poster collection and **Siobhan McDonald** exhibition are at the gallery until March 17. All free to visit. **Visible Reminders of Invisible Light** runs at the **Hunt Museum** until March 24 and is free to see on Sundays.

That's your lot for this weekend and, as always, if you go to things, there will be more things!



Treaty Lights: Some light trails captured on Clancy's Strand on a cold and wet January evening by John Doyle, Clareview



Noel Kelly snapped this old boat at Plassey Bank

Readers**Pictures**

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



Jack Ryan, Pennywell found Munster's newest winger



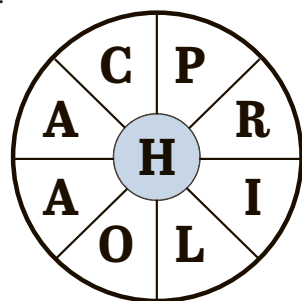
No its not Kilkee: Limerick native Joe Condon sent this picture in from Canada

SUDOKU

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

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:

10 words, average; 15 words, good; 20 words, very good; 25 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- 4. Leave while an orchestra is performing (7)
- 8. Time for a sailor-boy? (6)
- 9. Does he fix the price of a horse? (7)
- 10. Outcome of Ulster riot (6)
- 11. Idler who needs bread to eat? (6)
- 12. Finished about six to return from capital (8)
- 18. Girl to run away with writer (8)
- 20. Resign because of one's self-image? (6)
- 21. Perhaps he used swords to keep people out (6)
- 22. It's clear the old boy has five debts (7)
- 23. Savage versifier, censorious in part (6)
- 24. The lengths associations will go to? (7)

Down

- 1. It's dear with legs apart (7)
- 2. Entry ticket I have acted upon (7)
- 3. Worked, having been lubricated to a T (6)
- 5. Had gone round cargo store, and was indebted (8)
- 6. He could be French like William (6)
- 7. Writer in over-poetic beginning (6)
- 13. Unmasking in dark room? (8)
- 14. Anxiety for the firm (7)
- 15. Steps by which letters are obtained (7)
- 16. Bother going topless - currency needed (6)
- 17. Needlework is displayed in the south-east part of the building (6)
- 19. Look at the cover - the pupil's cover (6)

1	2	3	4	5	6	7		
8								
			9					
10								
				11				
12			13					
						14	15	
	16	17	18		19			
20								
				21				
22								
				23				
24								

Quick Clues:

Across

- 4. Deprived of contents (7)
- 8. Female warrior (6)
- 9. Meantime (7)
- 10. Affluence (6)
- 11. Means (6)
- 12. Client (8)
- 18. Droop (8)
- 20. Ability (6)
- 21. Decayed (6)
- 22. Favoured (7)
- 23. Carry too far (6)
- 24. Exhaust (7)

Down

- 1. Whim (7)
- 2. Irony (7)
- 3. Spanish dance (6)
- 5. Orange (8)
- 6. Stand unsteadily (6)
- 7. Show (6)
- 13. Abuse (8)
- 14. Reservoir (7)
- 15. Apparition (7)
- 16. Regulate (6)
- 17. Writing instrument (6)
- 19. Rut (6)

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.

22	5	22	2		13			10	7	2	21	
	25			19	15	1	20	7		1	16	
26	1	4	21	24		3		21	11	20	6	26
	6			6		6		14		24		15
	12	1	2	21	14	14	21	10		5	12	1
12				17		18				9		2
6	24	6	10	21	10		20	14	2	1	3	21
5		14				21		6				12
15	1	22		8	21	23	5	18	1	14	10	
2		1		2		26		8			8	
10	4	5	24	16		6		7	1	2	21	12
21			24	14	1	24	16	10			5	
10	20	12	10			2			12	21	19	2

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
Cryptic: Across: 1 Showed fight; 9 Peg; 10 Moonshine; 11 Align; 13 Scarlet; 14 Incite; 16 Alcove; 18 Gamboge; 19 Music; 20 Untainted; 21 Sac; 22 Exaggerated.
 Down: 2 Hog; 3 Woman; 4 Dropsy; 5 Install; 6 Heirlooms; 7 Speaking out; 8 Weather-cock; 12 Income tax; 15 Tooting; 17 Settle; 19 Media; 21 She.

Quick: Across: 1 Cold-hearted; 9 Rub; 10 Automaton; 11 Dodge; 13 Terrier; 14 Muffle; 16 Depart; 18 Non-stop; 19 Eject; 20 Nobleness; 21 Wed; 22 Leaseholder.
 Down: 2 Orb; 3 Drape; 4 Estate; 5 Remorse; 6 Extricate; 7 Predominant; 8 Ingratitude; 12 Definable; 15 Letters; 17 Speech; 19 Easel; 21 Woe.

SUDOKU:

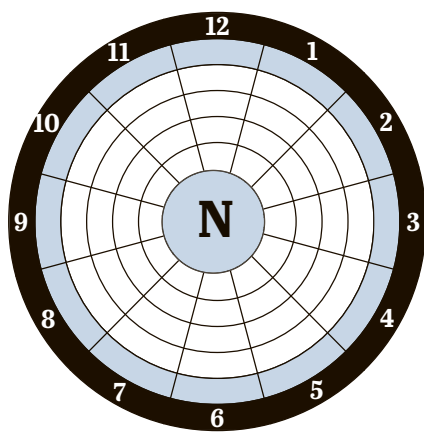
8	6	4	1	9	3	7	5	2
2	5	3	7	4	8	1	6	9
9	1	7	6	5	2	3	8	4
7	8	9	4	2	1	5	3	6
3	2	1	5	8	6	4	9	7
5	4	6	3	7	9	2	1	8
4	3	8	9	1	7	6	2	5
1	7	2	8	6	5	9	4	3
6	9	5	2	3	4	8	7	1

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

WORD WHEEL:
 STILLNESS.

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter N in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a late US rock and roll star.



- 1. Cricket team
- 2. Legendary creature
- 3. Pattern
- 4. Asian
- 5. Flag
- 6. Ravine
- 7. Vital gas
- 8. Relative
- 9. Drug
- 10. Keep
- 11. Deed
- 12. Wrestling hold

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.

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

THE CLUES:

- 8589 gives a flowering plant;
- 78125381 gives a flowering plant;
- 7148162 gives a wreath of flowers.

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.

			4	26		8	18	
	7	10			45	11		17
20						21		
	5		10				10	
				17			16	
	7	20				7		
11				20		18		
	10							9
			15		20			10
		13		8			11	
				6				
			15			4		6
			21					
	8							
						13	7	
9				11				
14						12		

SPLIT DECISION

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

S	F	S	S	K
K	I	O	H	S
H		U		I
N		K		A
A	W	T	N	Y
O	P	I	L	G
C		N		H
R		D		A
T	U	O	B	K
K	N	S	C	T

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:
 1 Second, 2 Thawed, 3 Expand, 4 Veered, 5 Errand, 6 Booked, 7 Abroad, 8 Candid, 9 Killed, 10 Legend, 11 Elated, 12 Yelled.

SUDOKU:

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

CELEBRITY: Steve Backley.

NINER:
 WRESTLING.

KAKURO:

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

SPLIT DECISION:

S	O	U	T	H
A		N		I
F	A	T	A	L
E		I		L
R	E	E	D	S

LEADER LIFE

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

A Day In My Shoes

Orla Gillen and Shaun Moriarty

Co-owners of The Greene Room hair salon, Killaloe

Pair are cutting out the hassle of fabulous hair

What time do you get up?

Orla: 7am mostly I like to have time with my daughter before I drop her to school

Shaun: 7am my husband is an early bird (not my natural state) but we like to have breakfast together...

What is your normal breakfast?

Orla: Latte and a scone.
Shaun: Wetabix, seeds and fruit.

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

Orla: After work.
Shaun: I go in the evening.

You arrive at the office at what time?

Orla: I arrive at the salon at 9:15.
Shaun: 8.45 am ... I'm normally the first one.

What are your first duties?

Orla: Prep my station and the salon for my first client.

Shaun: I open the salon set up computer, check phone messages etc and prep for first clients. Quick chat with Orla. even though we have probably had a phone call and or text each other already.

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

Orla: Just one maybe ... it has to be a ponte vecchio andrew is the best,

Shaun: Two ... I try to keep it to that I love Bless Cafe in Killaloe for my coffee.

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

Orla: Don't have time for lunch but when I do the crew in Derg House Cafe look after me.

Shaun: It can sometimes be a struggle to get lunch and has been something Orla and I have been working on, not only for ourselves but our staff!

It's not in our nature, from years and just working through it. But I love lunch from Derg House Cafe next door to us.

Do you have many meetings during the day?

Orla: Shaun and I have a quick meeting in the morning



before work. We find short and sweet suits us.

Shaun: Orla and I meet in the morning, and at the start of the week you could have reps and staff meetings etc.

What time do you finish up at?

Orla: Short days 6pm, long days 9pm.

Shaun: Short day 6.30, long days 9, in the salon that is.

Do you watch much television?

Orla: Don't have time.
Shaun: Netflix is great and I do love Say Yes to the Dress!

Do you read the newspapers?

Orla: Sometimes. I like to read the local ones but generally prefer books.

Shaun: I read the newspaper headlines at night in bed.

What do you do to relax?

Orla: Sleep.
Shaun: I love spending time with my husband John, seeing friends, going for food, walking and going to the cinema.

Are you able to leave the office behind?

Orla: No, Shaun and I talk all through the evening by text or phone call about the non-hair side of the business. Which we are too busy to do during the day.

Shaun: No, not at all. John helps with administration. Orla and I are on the phone talking emailing, and getting through the work we can't do in the salon. Our poor accountant Tony Burke gets no peace.

What is a perfect work day?

Orla: When I was working at Paris fashion week recently. I

Shaun Moriarty and Orla Gillen with their Most Wanted Award from industry magazine Creative HEAD

have to say that was pretty perfect.

Shaun: I love time to do things (unlike Orla that's what we work well). I love to start with a wedding party and in to the salon for the afternoon with our amazing clients.

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

Orla: Yes - unfortunately I do. If I need to ask people to do things that should be already done. I work much better under pressure and expect the same from my staff and to be fair there an amazing bunch.

Shaun: Yes, working in the service industry is challenging; at times it can also be very frustrating. But I find clean and clear communication and boundaries in all areas limits this happening.

INSIDE THIS WEEK



WEEKEND FAKEAWAY

Leanne's healthy treat cheats
PAGE 42



STYLISH IN THE STREET

Celia stops and spots fashion
PAGE 45



BEAT THE WINTER BLUES

Meghann jets off to sunny Spain
PAGE 47



SHOW YOUR LOVE LIMERICK

Get behind TLC5 this Good Friday
PAGES 48-49

Week four and the journey is at the half way stage



MENTAL HEALTH MATTERS

DR EDDIE MURPHY

Clinical Psychologist

HALF way there on Operation Transformation! Here's all the ins and outs from the Castle. Before we get there all the leaders including myself climbed the Sugar Loaf mountain in Wicklow. I brought my children 11 and 9-year-olds, yes they have got a year older and up that beautiful mountain we went.

We went with resolutions in hand, for me it was health, happiness and family. That's my focus for 2019. It's turning them into actionable goals that's key.

THE MOUNTAIN IN YOUR LIFE

Mountains are a metaphor for the challenges we all experience in our life. We are confronted with a height, and sometimes have to face our biggest fears and find ways of overcoming them. Through this overcoming or avoidance, we learn more about ourselves. When we strive and push ourselves we learn about our potential, we are required to learn new skills and new knowledge in order to move safely and with freedom. We learn to read the "terrain" just as in life we need to understand what's around us. We learn as a shared activity that we need to trust others as this is required for our survival.

On mountains we see new horizon's and new summits new opportunities or new insights into what we have seen before. Find your mountain, climb it, overcome it!

Jean Tierney

Age: 33 Bruff

Jean has a smile that melts the nation. For Jean she wants to take control of her own body, her own future.

This is all very exciting and with her wedding in the near future Jean is trying to lose seven inches of her waist. With the help of Karl's exercise program, Jean is losing a pound a week.

My life coaching session is happening so its going to be out on telly this week, I hope you too can get something from this.

Pamela Swayne

Age: 36 Youghal, Co. Cork

Pamela hit her target and was greatly relieved. For Pam its about getting structure in her week. The more structure and planning the



When we strive and push ourselves we learn about our potential

better the outcomes regarding weight loss and sustaining that over the long term. I think Karl will be having words with Pam about three dogs being part of her exercise routine.

Cathal Gallagher

Age: 48 Ballyshannon, Co. Donegal

Another great week for Cathal, losing 6 lbs and exceeding his target. Cathal did well on the mountain climb considering he struggles on inclines. However for Cathal he has many more mountains to climb as Cather risk of heart attack or stroke as assessed by Dr. Sumi was 25% within a 10 year period. That's high, imagine 100 people similar age, weight, Type II diabetes of that group 25 of that group would get these cardiovascular illness in 10 years. Big Mountains, best avoided

Siobhán O'Brien

Age: 30 Clonsilla, Dublin 15

Siobhan the ex-athlete is looking to take up a new sport that combines, exercise, group, and community so its soccer for Siobhan. Its never too late to try something new. I recommend every 3 years to take up something different, set dancing, bridge, book club, etc see it like a menu and sample you never know what you would like.

Paul Murphy

Age: 41 Tubbercurry, Co. Sligo

I do worry a lot about Paul. In effect he is experiencing being 'burnt-out' whereby a person becomes completely exhausted through overwork. Essentially it's a state of chronic stress. His stress is one experienced by business owners all over Ireland. He can't see the wood from the trees and his default mode is to go back to work. Asking Paul to come off the treadmill, that is take a day off, he



Just a few selfies from behind the scenes of Operation Transformation

says causes him more stress. When we work, work, work we don't have awareness of our body, this can lead to accident or injury as we are not aware. I genuinely feel for Paul his transformation cannot be complete if he just loses weight and

maintains the same punishing schedule. After all what is life all about? More mountains to cross!

I invite you to join us on the Operation Journey each Wednesday RTE 1 at 9.30pm

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



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Facing the painful truth behind UTIs

A bladder infection can be painful and annoying, and it can become a serious health problem if the infection spreads to your kidneys. Cystitis is the medical term for inflammation of the bladder.

Most of the time, the inflammation is caused by a bacterial infection, and it's called a urinary tract infection (UTI).

UTIs typically occur when bacteria outside the body

enter the urinary tract through the urethra and begin to multiply. Most cases of cystitis are caused by a type of Escherichia coli (E. coli) and Enterococcus Faecalis (E. Faecalis) bacteria. Women are more prone to get urinary tract infections because the female urethra is shorter and the genital area often harbours bacteria that can cause cystitis - if the digestive tract is overgrown with non-beneficial bacteria and



Women are more prone to get urinary tract infections because the female urethra is shorter and the genital area often harbours bacteria

yeasts.

Less commonly, cystitis may occur as a reaction to certain drugs, radiation therapy or potential irritants, such as feminine hygiene spray, spermicidal

jellies or long-term use of a catheter. Cystitis may also occur as a complication of another illness, such as gynecological cancers, pelvic inflammatory disorders, endometriosis, Crohn's

disease, diverticulitis, lupus or tuberculosis. Further investigation is essential.

Urinary tract infections are often treated with antibiotics and plenty of fluid intake to flush the bladder. Antibiotics however disturb the normal flora of all our mucous membranes and can lead to recurrent UTIs and yeast infections - not to mention the development of antibiotic resistant strains.

Pure, unsweetened Cranberry and blueberry juice is a great home remedy - with their active ingredient, its antioxidant called Proanthocyanidine. This antioxidant makes it hard for the bacteria to latch onto the bladder wall and cause infection. The strength of cranberry juices varies greatly, however. It is best taking it in a high strength capsule form - make sure to look for 36 mg of the PACs indicated on the product, as

studies show that 36mg is necessary to be effective.

It is best if the cranberry extract is coupled up with two probiotic strains: L. acidophilus and L. plantarum - they have been proven to inhibit the Escherichia species that cause the problems. Added Vitamin A (Retinol form) can help to increase the local immunity on our mucous membranes and helps to soothe and heal the bladder lining. Large dose of this combination taken for a week can address an acute cystitis, and then one capsule after that taken long term can prevent re-occurrence. You can find supplements that have all these in combination. Make sure to drink an awful lot of water - and I mean four litres on the first day, three the next, and keep it up for a few more days! Flush the bladder for quick relief!

Bowe Dental
Rediscovering Your Smile

**New state of the art
clinic now open in Foynes
call 069 32001 for introductory offers**

Thinking about Dental Implants?

9 out of 10 patients who visit Bowe Dental For a Free Implant Consultation decide to have Dental Implants with us



Recently we asked a number of our patients why they chose Bowe Dental...

"The options were explained well and in simple, understandable language"

"They do Implant packages and I found that in comparison to other clinics they were very accessible on price"

"There are no added extras and I get aftercare included in the cost"

"The clinic has so much experience and they have placed thousands of Dental Implants"

"All of the staff are very efficient, helpful and friendly"

For your appointment call 061 608186



www.bowedentalclinic.ie



info@bowedentalclinic.ie

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For communication with your teen

Be Open and Honest

Having an open and honest relationship with your teen encourages them to be influenced by your values. This in return, allows them to come to you to speak openly about their issues and problems

Timing is everything

As parents, we need to choose our moments of communication carefully. For example, if your teenager comes in home past curfew, try to send them to bed and discuss the situation in the morning when they are not tired and both of you have a chance to calm down, this decreases the chances of arguments and negative responses.

Be observant of on-line Influences

As a parent, we are very aware of the dangers of technology and social media. By openly communicating with your child about such topics as privacy settings, what apps they can use and your boundaries on screen time, you can positively influence their social media presence. Teens are often one step ahead of parents on this one so take the time to educate yourself. Resources such as www.webwise.ie can help explain the technology and the issues it may present.

Sex Education

It is important to speak honestly with your child about sex, sexuality and gender. While sex education is offered in many schools, it is important that parents do not rely on this being the only education young people receive. It is important that we educate ourselves about all aspects of sex education such as gender identity and expression so that we can begin the conversation at home. Using inclusive and supportive language at home can influence our young people to make informed choices and communicate openly with us about their life. See www.sexualwellbeingforinformationandlinks



Putting time aside to be with our teens without other family members can be a valuable way to tune in and listen to what's going on for them [shironosov](http://www.shironosov.com)

The challenging joys of parenting teens

Parenting pre-teens and teens is challenging, there's no doubt about it. There is so much going on for them, school including the major transition from primary to secondary school, homework, sports training, clubs and activities along with balancing friendships and school all while trying to figure out who they are. We expect our young people to be able to juggle all this alongside physical changes. This puts a huge amount of pressure on them, and it can be difficult for parents to get the balance right between supporting them and maintaining appropriate boundaries them while respecting their increasing need for freedom.

The key to that balance lies in communication.

We can find it relatively easy when parenting younger children to be both a positive and disciplined parent, but maintaining these skills as they enter their teenage years can be a

challenge. We need to be able to find a balance between encouraging and supporting our teens and setting boundaries and rules. Our once chatty and open child can become an argumentative and challenging teen. As parents we need to adjust our approach to be able to get to know how to communicate positively and effectively with our teen and diffuse arguments and intense atmospheres as opposed to feeding into them.

Parents always have concerns about their teen's safety, both physically and emotionally. Worries about bullying, alcohol, drug use and more are never far from our minds, but we can alleviate the extent of those worries if we keep ourselves informed of the dangers that are prevalent. When we keep the lines of communication open and actively build the relationship we have with our children, we

encourage them to talk to us about any concerns they have, giving us a peace of mind.

Putting time aside to be with our teens without other family members can be a valuable way to tune in and actively listen to what's going on for them. Building an open relationship lets our teens know that they can come to us and trust that we will respond to their worries in a calm and respectful way, that will encourage them to seek advice and support regardless of the magnitude of what's going on in their lives. We can support our young people to make informed decisions when we understand and educate ourselves about the topics that affect them and with some encouragement, we can help our teen remain focused in the activities they pursue. Car journeys and walks to the local shop can be a great time to ask your teen questions and have conversations about what's going on in their lives

because it is a casual setting and they won't feel as pressured or nervous when speaking about any problems they may be having.

All topics and issues that arise for our young people can be discussed in teen friendly terms, just like when we explain difficult topics to younger children. We can break things down into simple, easy to understand language. It is also important for us as parents to remember that we don't have to have all the answers all of the time. It's 'ok' to say we don't know but we can reassure our young person that we will support them by finding out what we can about the topic.

Northside FRC will be running a Parents Plus Parents of Adolescents Programme starting on this Wednesday February. Please ring Mary Hughes - Family Support Worker for more information on 061 326623



Darren Flaherty as Michael Lyster, RTE and Alanna O'Halloran as Sharon Ni Bheolain, RTE

FRESH FILM FESTIVAL: LAUNCH OF THE HON THE TREATY FILM

Pictures: ADRIAN BUTLER



The launch of Hon The Treaty, a film by Corpus Christi school, which premiered at the Millennium Theatre last week. It will be one of the entries in the Fresh Film Festival. From left, Jayden Mullane as JP McManus and Blake Reddan as Des Cahill



The Croke Park Dancers, Jadine Stanners, Chanelle McCarthy, Emily Ward and Ashlee Whelan



Rihanna Fitzgerald and Ashley Ryan



Alex Neill, Deren Aksoy and George Molly



Holly McDonnell, Sasha Aherne and Grace O'Connor



Brooklyn Ahern, Nathan Fitzpatrick as the Pope, Alex Fitzgerald as Marty Morrissey and Jake Hanley



Aaron James Leahy, Antone Reddan and Jonathan Stokes



Orla Leonard, Natasha Byrnes and Juilann Wallace



FIT4LIFE

LEANNE MOORE

CONTACT LEANNE

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

Healthier weekend treat recipes

1: Protein Pizza

This is one of our favourites – The Protein Pizza!

What You Need

For the base –
 1 Scoop 100% Whey Protein
 (Flavour is optional!)
 15g Oats
 1 Full Egg
 1 Egg White

(Toppings)

The list of toppings is literally endless! Just choose your favourites, cook them up and scoop them on! Some suggestions....

Tomato Purée
 Buffalo Mozeralla Cheese
 Cooked Chicken Breast
 Onion
 Mushroom
 Tuna

What To Do

For the base blend all ingredients and fry on medium heat in coconut oil until it's stable – flipping over like a pancake to cook on both sides.

Remove and place on a tin foil covered baking tray.

Spread tomato purée on it and add the mozeralla along with whatever toppings you like.

Then pop under the grill until cheese is melted!

Fakeaway Burger & Chips

What You Need

(Walnut and Kale Pesto)
 1/2 Cup Walnuts
 3-4 tbsps Olive Oil



Try these Takeaway tastes without filling guilty this weekend

1 Bunch Kale (with stalk removed)
 Juice of 1/2 Lemon
 2 Cloves Garlic
 Himalayan Pink Salt and Pepper

(Salsa)
 1 Red Chilli
 10 Cherry Tomatoes
 1 Red Onion
 Juice of 1 Lime
 3 Tablespoons Tomato Puree

(Other)

Turkey Mince (or lean minced beef)
 1 Green Chilli
 1 Egg whisked
 1 Sweet Potato

What To Do

Preheat oven to 180C
 Start with the Walnut and Kale Pesto. Blend walnuts and garlic in a blender and mix in olive oil, lemon juice and kale. Blend till thoroughly combined. Add some Himalayan Pink salt and black pepper to



season. (Add extra oil if mixture is not moist enough.)

Pop mince meat into a large mixing bowl and add one finely chopped green chilli.

Mix in pesto with your hands till mince is well covered (it should be quite moist). Roll mince into small flattened balls and dip in whisked egg to coat entirely making sure they are nice and moist.

Place on a lined tray and pop in the oven for 15-20 mins.

To make the salsa simply chop

chilli, tomatoes and onion roughly and pop in food processor.

Add juice of 1 lime and tomato puree. (Add as much tomato puree as you desire to get the level of flavour you wish).

Chill salsa whilst burgers cook.

Serve burgers with some spicy sweet potato chips (we pre-boiled the sweet potato and fried in coconut oil, garlic and cayenne pepper).

A perfect weekend treat without a trip to the chipper.

Healthy Recipe

A healthy cereal replacement

What You Need

Chia Seed
 1/2 Mango
 Small Handful Almonds
 Unsweetened Coconut or Almond Milk

Chia seed are probably one of the healthiest foods on the planet, packed with nutrients and antioxidants. As well as giving you a great source of Fibre they also pack Calcium, Manganese, Magnesium and Healthy Fats. Some studies have even proved they have aided sports performance (so for all you sporty types – this is definitely a



breakfast/snack you should try!)

The mango was my fruit of choice this morning but you can of course substitute it for any fruit you wish (berries work great!). Mango however is full of Vitamin C and has plenty of Vitamin A (the anti-aging vitamin!)

And lastly the Almonds... Raw nuts are a great healthy fats source but almonds are also full of an important vitamin (Biotin) that helps stabilise blood sugar and is great for the skin.

All that from one bowl of "cereal"? Give it a go!

Moore2Life

What I'm loving this week

GO Talks Event At Go Gym

This Thursday February 7 we welcome qualified Nutritional Therapist Claire Grady to Go Gym Limerick for our next GO Talks event. The one hour talk at 7.30pm is open for anyone to attend and admission is just €5.

Claire will be talking through the best nutritional choices for you and your family and also giving you tips for navigating the masses of nutritional information out there. She will also be taking your questions in a Q&A style portion of the night. To book a spot please call 061 328503 or email gogym.limerick@gmail.com



New Dimensions Activewear

New Dimensions Activewear is a new Irish company for quality gym wear. They kindly sent me some of their new gear to trial and I was blown away. The leggings in particular are a great fit. Extremely high waisted for comfort and support and completely "squat proof" material. Check out their full range at www.newdimension.ie





MANABOUTTOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iammcloughney

How to get rid of that pesky beer gut

If you made it all the way through Christmas, New Year and (dry) January while sticking to a clean diet and a strict exercise plan well then I tip my hat to you because I, like many others, didn't. I indulged in plenty of pints and takeaways and didn't stick to my intention of making the first month of the year an alcohol-free one. Unfortunately now, all those beers and the Just Eat app have started to add up around my midriff.

Not just an inevitable sign of ageing, a rim of fat around the middle is most likely the result of my recent overindulgence. Not only is beer highly calorific (an average of 180 calories per pint) but after a few too many you're highly likely to pay a visit to the chipper and pick up something greasy (and delicious) on the way home. Not to mention the hangover food that follows the next day. If this sounds all too familiar then there's a good chance that you too are battling the bloat.

I for one, refuse to accept my fate as a long-term beer belly owner so I've done research and put together some simple tips to help tackle that guy, and trim up for the shirtless season.

SLEEP

Lack of sleep can be a massive driver of weight gain. Sleep deprivation leads to consequential behaviours that make us put on weight, such as eating energy boosting junk food to compensate for the fact that we're tired and not



I for one, refuse to accept my fate as a long-term beer belly owner

being motivated to exercise due to fatigue. If this sounds familiar then make a point of going to bed and getting up at regular routine times and leaving tea, coffee, soft drinks and scrolling Instagram on your

phone until the morning.

TWEAK YOUR DIET

You're going to have to reduce your calorie intake to see a difference in your weight, but it's

important that you don't try to take it to the extreme. If you stop eating, your body will kick into survival mode, meaning your metabolism slows down and your body will fight to keep hold of every last calorie. So instead of starving yourself, try fueling your body with decent, natural foods like whole grains, lean meat and green vegetables, so that your metabolism isn't desperately searching for that next calorie hit. We also have a tendency to gorge after a prolonged period of hunger, so the more you starve, the more likely you are to crack and end up in a heap of sweet wrappers, crumbs and regrets.

STAND UP FOR YOURSELF

That little bit of extra timber you're carrying might look worse than it actually is. If you have a tilted pelvis, where your abdominal muscles are weak and your lower back is tight and sore, then it will make your belly stick out even more. This is usually brought on by having to sit at a desk all day and not doing any strengthening exercises around it. So firstly, try to make sure you get up from your desk and walk around every twenty minutes or so. When you're in the gym, devote some time to mobility, making sure to stretch out your hamstrings in particular (tight hammys effect your posture). Hanging from a pull up will also help your posture. If you can't lash out even three pull-ups then don't worry. Simply hanging for 30 seconds and rotating the pelvis will help loosen you up, helping you to stand up straight and appear leaner.

HIT THE WEIGHTS

Speaking of the gym, it's very important that you don't completely ignore the weight rack in favour of endless hours of cardio (although there will be a bit of that too, don't worry). If you're looking to burn fat and eradicate that beer belly once and for all then you're going to need a quick and efficient metabolism. The easiest way of achieving this is to lift weights and add muscle, as your body will need to burn more calories in order to feed those muscles. Research has shown that your body's metabolism can be increased for up to 48 hours after a weight-training workout.

SWITCH UP YOUR TIPPLE

Not just an inevitable sign of ageing, a rim of fat around the middle is most likely the result of my recent overindulgence

As mentioned, the average pint of beer contains about 180 calories, whereas a vodka and soda contain a mere 64 calories, which is a pretty significant difference. You can still enjoy that wonderful blend of hops, water, malt and yeast from time to time but if you want to get rid of that belly fat without having to do dry (insert current month) then you're going to need to find a new signature drink on a night out.

CHEAT - ONCE A WEEK

This goes against all logic when it comes to losing belly fat, but falling off the wagon can actually be a good thing for your battle against the bulge. The theory behind 'cheat meals' is that by occasionally increasing your calorific intake for a day or two, you're making sure that your body doesn't get used to a standard routine, which can cause your metabolism to plateau. Another benefit of cheat meals is that it takes away some of the mental strain that comes with sticking to a diet and reduces the likelihood that you'll crack and binge on the bad stuff.

HIT THE HIIT CLASS

The one aspect of fitness that many struggle to understand is that the amount of time-spent training doesn't automatically correlate with best results.

As mentioned, you don't have to spend endless hours on a treadmill or an exercise bike to lose that gut - train smart and try HIIT. High-Intensity Interval Training (HIIT) is a method that sees you work as hard as you can for short periods of time, resulting in increased lung capacity, higher levels of endurance and increased metabolism.

Fragrance of the week Maison Margiela Replica Jazz Club

This week's fragrance of the week is Replica Jazz Club from Maison Margiela. For Replica Jazz Club, the label is taking us on a trip back in time to a pre-smoking ban Brooklyn circa 2003 to a bar filled with "heady cocktails and cigars" and presumably a trumpet or two. Sweet and woody, the after-hours scent is led by notes of neroli, rum, orange and peppercorns with warm vetiver and tobacco bringing up the base (or should that be bass?). The design of the bottle is rather quirky, the design does not include a lid, which gives it a unique,



classic feel. The simple design with the white rope tied around the neck of the bottle alone creates something special which makes the fragrance stand out and catch the eye. The lack of lid and simple design really adds a vintage, high end feel which perfectly sums up the classy scents in the range. I've been really impressed by this fragrance, without doubt, I'll be using this on a regular basis. If

you're looking for a scent that's well suited for autumn, be sure to give this a try! The Replica range by Maison Margiela are available to buy at Brown Thomas Limerick.

Watch This Space Tag Heuer Aquaracer

My watch of the week is the Tag Heuer AquaRacer 300M from Keanes Jewellers. Designed to withstand the rigours of watersports, this stylish men's watch features a Swiss quartz movement and water-resistance to 300 meters. The blue dial includes a magnified date window and is surrounded by a blue aluminium unidirectional



turning bezel in a 43mm stainless steel case. A flat sapphire crystal with anti-reflective treatment tops the dial. The blue rubber strap secures with a push-button fold-over clasp with diving extension. I'm a huge fan of big rubber strapped watches so this caught my eye immediately when I entered the store. You'll find it at Keanes for €1,450.



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

Facebook: celiadolmanlee **Web:** www.holmanlee.ie **Email:** celia@holmanlee.ie

You don't have to go far to look like a star

DO you need inspiration for that perfect mother of the bride/groom outfit or a sensational black-tie wedding - look no further than some of our own boutiques in the Mid-West.

Recently I appeared on Virgin Media One where local looks from Sinead's boutiques, Marion Murphy Cooney and Ciara's Closet were all featured.

It seems to be all shades of salmon pink for mother of the bride or groom and one of the key features are big picture hats with floral mesh and feathers.

Black-tie weddings are also making a significant comeback so I recently took a trip to Ciara's Closet which has such a selection of evening and bridal wear.

I always find if you do purchase a long evening dress, I would suggest

you get a fabulous wrap to match as it always adds glamour to a look.

The creations from Marion Murphy Cooney say so much about the impact that this young designer has had on the fashion scene.

Her fuschia pink dress with the wonderful detail on the neckline was especially picked out for me on the show. Again from a wearability point of view is a great purchase.

As well Sinead's Boutique always seem to pull it together wonderfully when it comes to mother of the bride or groom, especially those super picture hats which went down a treat with the viewers on television.

So again as I keep saying we don't have to travel far when shopping for an occasion, there is no need to look any further than our fabulous boutiques in the city and county.



ABOVE: Model Orla in a lovely ball-ready dress from Ciara's Closet

LEFT: Robyn sporting a lovely purple wrap from Marion Murphy Cooney

RIGHT: Model Yolanda in an outfit from Sinead's Boutique



CELIA SPOTTED

Looking good out and about in Limerick

Name: Orla Shiel
Occupation: Student
From: Cratloe

MY style icon is Louise Cooney. She's growing massively in the fashion industry and she is extremely loyal to her home city of Limerick and we are all very proud of her. My favourite stores are River Island, Penneys and Zara.

CELIA SAYS

Coat: Louise's coat is one of the most wearable faux fur because of the colour. It can be thrown over everything from black jeans to animal print sweaters, or going out in the evening over a pretty colourful dress. It's from Penneys last year's collection.

Necklace: The necklace is from Carrig Donn. It was a present for Louise's 21st birthday from her Nanna which she loves to wear with most of her outfits.

Sweater: This animal print sweater is from Zara in the Crescent Shopping Centre. Louise told me she always buys a bit of animal print as it's always a fashionable piece to have. She is so right.

Belt: The belt is from River Island and has a lovely emblem style buckle. It's a great fashion feature.

Jeans: My jeans are a staple in my wardrobe. Most mornings they are my go to. They are the Molly fit jeans from River Island and are very comfortable.

Bag: The bag is also from River Island in the Crescent Shopping Centre. It's a great size for college and also for going out and about.

Boots: The block heeled boots which are pull on are from Penneys this season. You can't go wrong with a block heel as they are ideal for walking around in and can also be worn with tights and a nice skirt to create a whole new outfit.



SUNDAY 24TH OF FEBRUARY 2019 RADISSON BLU HOTEL & SPA, LIMERICK

Masterclasses in Hair, Makeup, Fashion & Wellness.
 Pop-Up Shops with Local Brands.
 Fashion Show with Local Boutiques.
 Q&A Panel

Goody Bags - Prizes - Fine Food & Refreshments

Book on www.eventbrite.com

"#EvolveWithViv - Life begins at 40: Event Series with Vivienne Connolly"

Sponsored By



In Association with



Drinks Sponsor



Special Offers

2 months €109 / Couple 2 months €210
 3 months €160 / Couple 3 months €295

20M DECK LEVEL POOL

FULL EQUIPPED FITNESS SUITE

ICE BATHS AVAILABLE ON REQUEST

OPEN 7 DAYS A WEEK

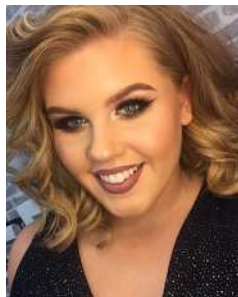
STEAM ROOM, SAUNA & JACUZZI

EXCELLENT CHANGING FACILITIES

SIMPLY DROP IN, EMAIL US OR CALL 061 33 13 11 FOR MORE INFORMATION



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



BEAUTY & MAKE-UP

JESSICA HOCKEDY

CONTACT JESSICA

Facebook: jessicahockedymakeupartist **Email:** jessicahockedy95@hotmail.com **Instagram:** jessicahockedy

Go ahead and be bold this February!

EMBRACING a bold lip colour can be a bit of a tricky prospect if you aren't used to wearing it until now... Wink... Wink.

You can obviously wear any lip colour you please — everything from mint green to fuchsia is a fair game these days. But if you're looking for a tone that will be the most flattering for your complexion, that's where I come in to help.

Follow these easy and helpful tips to stay on top of the bold lip trend!

PICK A COLOR THAT YOU LOVE

This might sound a bit too obvious but the most essential advice for pulling off bright lips is getting the right colour, and the best guide for finding the right colour is going by what you like. If there's a colour that

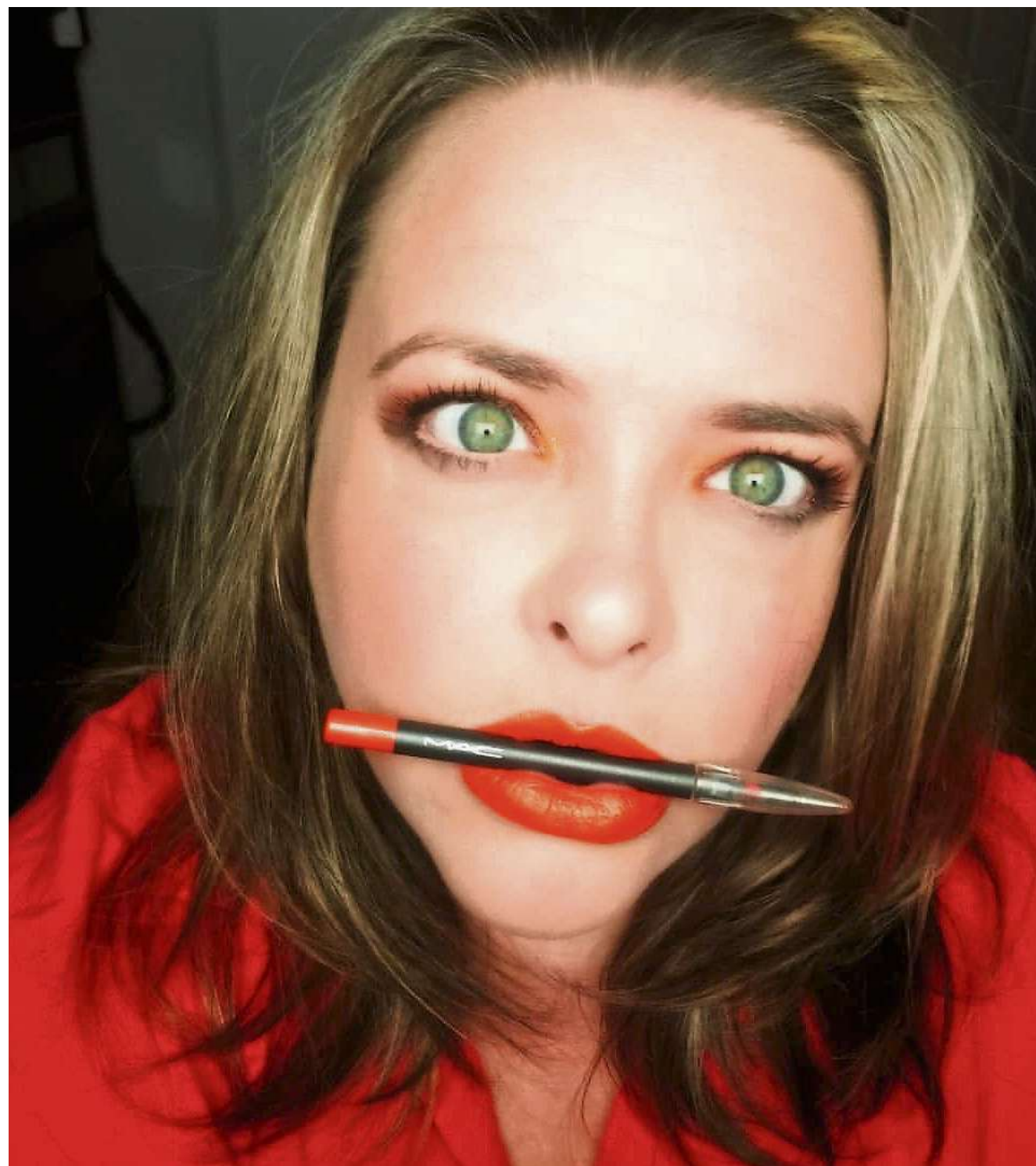
you've always wanted to rock on your kisser, but you've avoided it for whatever reason, now is the time to put that aside.

Anyone can wear any colour lipstick, as long as they find the right shade for them! This brings me to the next step.

FIND THAT PERFECT SHADE.

So you've decided to embrace the power of, say, red lips—now you just have to find the right shade of red. Can't be too hard, right? Oh wait, there are literally thousands of shades out there from fire truck red to blood red to crimson... So how do you know which is going to look best on you?

First, consider the tone of the lipstick. Cool-toned lip colours have more blue in them and tend to look better on people with cool-toned complexions. Warm-toned



MAC cosmetics 'Morange' lippie is a beautiful transition into the bold lippie world!



Is your skin's undertone warm or cool?

lip colours have more yellow or orange in them, and tend to work well on those with warm-toned skin.

Confused about whether your skin's undertone is warm or cool? Check the veins on the inside of your wrist: if they look blue, you have cool-toned skin; if they look green, you have warm-toned skin.

If you can't tell one way or another, congratulations, you have a neutral skin tone and can do whatever you like! Boom!

Next, consider the depth of your skin compared to the depth of the lip colour. People with fair complexions

may look washed out with too-light lip colours, whereas very deep colours may not register on darker skin.

Finally, try everything. The best way to find your dream lipstick is by testing a range of different shades. Don't be disheartened if you don't find your perfect red, orange or pink on the first try, take your time, pick another shade and try again!

MAKE SURE YOUR LIPS ARE READY TO BE THE CENTRE OF ATTENTION

What's worse than dry, cracked, crusty lips? Dry, cracked, crusty lips with a bright colour slapped on

them! Bold lip colours tend to be a little unforgiving when it comes to dry, chapped lips, so make sure your kisser is in perfect condition. Keep it well exfoliated by using a gentle scrub every other day so you are always prepared to rock your new signature look!

EMBRACE LIP LINER

Sloppy lipstick application isn't an option when you're rocking a bright, spring and summery shade—so it's officially time to jump aboard the lip liner bandwagon. Liner not only ensures that your colour goes on evenly and stays put for

hours, it's also the best way to ensure a perfectly even outline and even a fuller lip if you practice a few times!

KEEP THE REST OF YOUR FACE SIMPLE

Please people, leave the 80s make-up trend in the 1980s if it's a Monday morning and you're getting ready for a big meeting with your boss. They probably won't take you seriously if you have blue eye shadow and pink lips so pick one or the other. Let your lips do the talking and keep your skin glowing, your brows soft and your lashes defined. It's definitely a winner!



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

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



Pick'n'Mix

Happenings about town



All Tvbins new single out now

Dublin duo, All Tvbins are back with new music. They just released a new single Build A Bridge and they are releasing a brand new album, Just To Exist in April.



Yummy: Chicken and waffles

The Curragower are now serving a chicken and waffle dish and it is the most comforting and filling meal and certainly worth tucking into. Try it.



Next binge watch on Netflix

I've started watching The Assassination of Gianni Versace which explores the death of the fashion designer. It takes a look at killer Andrew Cunanan's actions leading up to the murder. It's shocking and almost hard to believe that it's a true story.

Leave the winter blues and follow the sun to Spain!

HOLA from a sunny Spain. I jetted to the South of Spain on Tuesday to get some vitamin C and after that cold spell, it is needed. I'm only away for a few days because sometimes that's all that is needed.

If you are feeling the cold snap and your bones need warming up then I can recommend getting away to Spain for a long weekend.

FLIGHTS

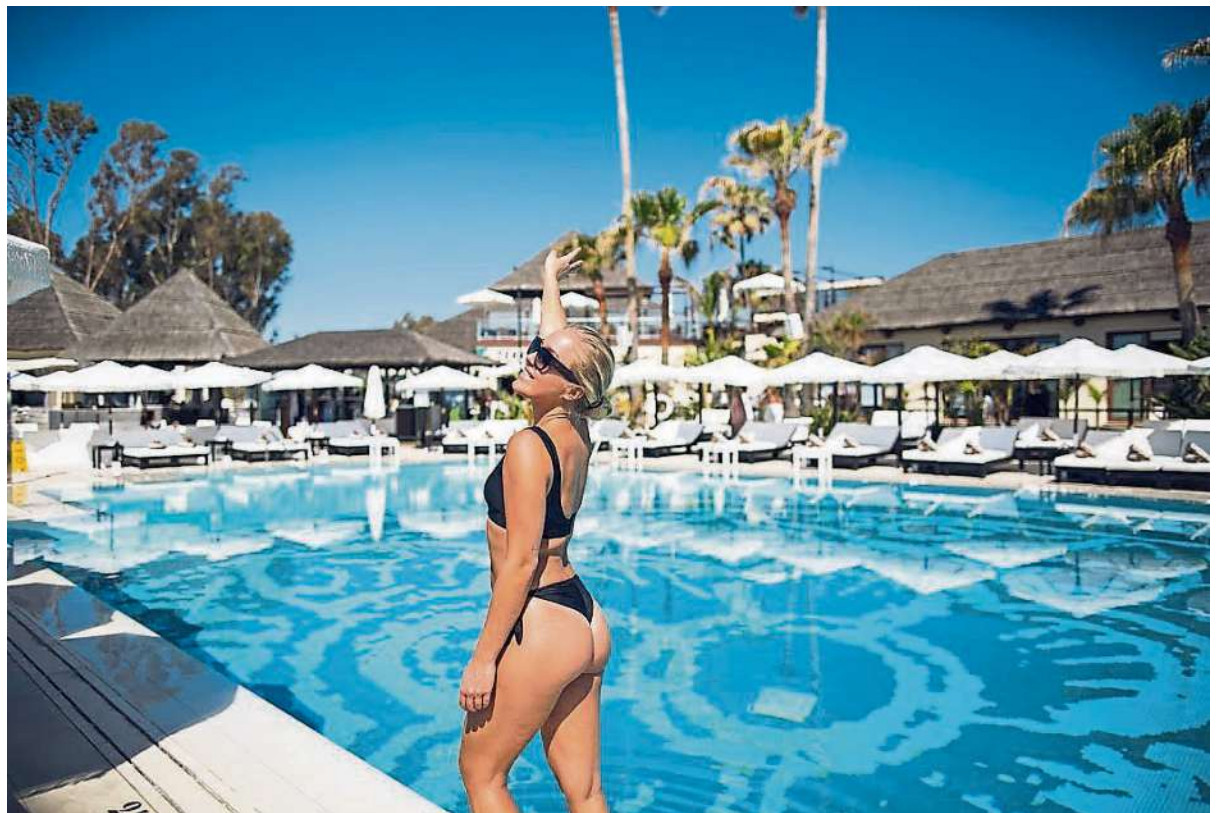
I flew from Shannon to Malaga and the flights were only €58 return with Ryanair. With Shannon being so close to Limerick it's ideal and saves the stress of Dublin. When I landed in Malaga I got a bus to Marbella which takes under one hour.

Keep an eye on the Skyscanner website for deals on mid-week flights and you can also set up alerts for locations and dates. Meaning you will get an email when prices change and see bargains when they land.

HOTEL

I'm staying in the 5-star resort H10 Andalucia Plaza. As it is off season rooms are great value. So I'm getting the luxury treatment for a fraction of the price and it's an adult only hotel which currently suits my friends and I.

When booking accommodation be sure to always read the reviews. Sometimes if the price is too good to be true it usually is. Saying that, off season is the perfect time to scoop a bargain.



Sun, sea, sand, great food and wine what's not to love about Marbella

RESEARCH

Before you travel to any destination make sure to read Trip Advisor for tips on places and things to do. Other tourists share options and ratings so you know what to expect.

FITNESS

I like to keep active when I'm abroad and Marbella has loads of

gym classes, indoor and outdoor. There's plenty hikes available too which is perfect for the weather right now. It's warm but not too hot to take to the hills.

FOOD

Again, do your research online for restaurants. Word of mouth is also great so ask around and see what people have to say.

LOCAL

It always nice to explore the real local village or town you visiting. Take a step away from the hustle and bustle of tourists and over priced shops to the quaint, quieter and cheaper areas. You get to meet locals and experience the place as a local. So if you are looking for a few days away to some winter sun I can certainly recommend Marbella. Sun, sea, sand, great food and wine.

Up next the Scots...

IRELAND got off to a bad start of the Six Nations campaign. England arrived dominant, strong and seeking revenge after last year's performance in Twickenham.

The English were quick out of the blocks and the men in green seemed startled and took time to settle in albeit too late.

It ended Ireland 20 and England 32. Ireland

picked up some serious injuries during the game including CJ Stander who will miss up to four weeks with a facial injury. Keith Earls also picked up a knock.

This weekend it's time to face Scotland in Murrayfield which will be no easy battle. The Scottish are on a high from a nice win over Italy and are out to prove themselves this year.



Aerial attack: Keith Earls receives a knee to the chest from England's Maro Itoje during the Guinness Six Nations Rugby Championship match

PICTURE: SPORTSFILE



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch
Twitter: @richanthon

Web: www.richardknows.com
Email: Richard@ILoveLimerick.com



Senior hurling stars launch milestone TLC5 in Castleconnell

REGISTRATION is now open for the fifth edition of Team Limerick Clean-Up (TLC), set to take place this Good Friday, April 19, across Limerick city and county. Sponsored by the JP McManus Benevolent Fund, the event has seen over 360 tonnes of litter gathered from the streets by volunteers and event partner Mr Binman since inception in 2015 – equating to over 14,500 household wheelie bins.

Overall participation figures have passed the 60,000-mark and included over 550 volunteer groups from every town in Limerick last year.

The youngest and oldest Team Limerick Clean-Up participants helped launch TLC5 in the village of Castleconnell – Evelyn Sloane, aged 2 and pensioner Robert Coll. They were joined by Limerick Senior Hurling vice-captain Paul Browne and full forward Kevin Downes, who brought the Liam MacCarthy Cup to highlight the great work the initiative has achieved over the previous four years.

The sustainability message is also key for 2019, with prevention the best cure when it comes to littering and looking after the community. Team Limerick Clean-Up is currently running the 'Design A TLC Bottle' competition for primary schools across the county. Prizes include vouchers for school equipment and the winning designs will be printed on reusable bottles for every class member. All entries will be on display at the Hunt Museum and teachers wishing to enter their class are asked to visit the TLC website before the close of business this Tuesday.

Commenting on TLC5, Paul O'Connell said; "It's also important to reflect on what we have achieved to date, help us make TLC5 the biggest and best yet, and Limerick city and county the cleanest it has ever been!"

Celebrating what will be a milestone year for the much loved community event, volunteers are urged to sign up early at www.teamlimerickcleanup.ie and help make this the biggest and best TLC to date!



Pictured at the TLC5 launch – Paul Browne, Limerick Hurler, Chief Supt. Get Roche, Mayor of Limerick City and County Cllr. James Collins, Kevin Downes, Limerick Hurler and Evelyn Sloane pictured in Castleconnell PICTURE ALAN PLACE

Walk It, Run It, Love It - to highlight Limerick routes

A NEW campaign named "Limerick - Walk It Run It Love It", has been launched by Limerick City and County Council's Marketing and Communications Department to highlight a selection of the numerous walking and running routes across Limerick.

Laura Ryan, Head of Marketing & Communications in Limerick City and County Council said: "Last year we produced a walking/running guide and couldn't keep it in stock it was so popular. This year

we've expanded the campaign to include an updated guide map, new video content and a comprehensive Limerick on Foot section on www.Limerick.ie. We feel it's timely as people want to get fit for the New Year and possibly train for the Regeneron Great Limerick Run and other events taking place across Limerick. We're also very supportive of our Limerick leader Jean Tierney on Operation Transformation on TV so enjoy our beautiful city and county- walk it run it

love it!"

Six of Limerick's most popular routes are highlighted in the guide. For those who are looking for something a little longer and more challenging, the guide has details of 16 trails across County Limerick, from the Knights Walk in Glin to the Knockfierna walking trail, the Great Southern Greenway Limerick to the Ballyhoura Way.

Guides are available at locations across Limerick city and county or can be downloaded from Limerick.ie.



A new campaign named "Limerick - Walk It Run It Love It", has been launched by Limerick City and County Council PICTURE SEAN CURTIN/TRUE MEDIA

THINGS I ♥ THIS WEEK

WHAT NEXT DANCE FESTIVAL 2019

Dancing in the streets

NOW in its second year, the 'What Next' Dance Festival 2019 will return to Limerick, promoting dance discovery through a mixture of live performances, workshops and other events.

The festival takes place over Dance Limerick's performance space at St. John's church, John's Square, between the February 7-9 and once again showcases an original line up of choreographers, dance artist and musicians from across Ireland and abroad.

Inspired by the impressive talent of rising dance artists from Limerick and abroad, the festival encourages you to sample something different through its fresh and engaging programme.

Highlights of the What Next Dance Festival 2019 include performances and choreography by Isabella Oberländer

(Limerick/Austria), Kévin Coquelard (Dublin/France), Liam Scanlon (Mayo), Mónica Muñoz Marín (Dublin/Spain), Oran Leong (Dublin), Pietro Marullo (Italy), Rachel Sheil (Limerick), and Tobi Omoteso (Limerick).

Acting as both curator and facilitator for the festival is prolific Irish dance artist and choreographer Catherine Young (State of Exception, Welcoming the Stranger, Ultima Thule & Woman Stood Regardless), along with Dance Limerick director Jenny Traynor as co-curator.

The new and intriguing contemporary dance in What Next will feature in 3 Programmes spread across the weekend, with a Closing Dance Party hosted by festival artist, DJ and hip-hop dancer Tobi Omoteso. See www.dancelimerick.ie for full details.



What Next Dance Festival 2019 will feature 'Princesses can be Pirates' by Mónica Muñoz Marín, an energetic duet that seeks to playfully questions what is considered normal behaviour for girls and for boys PICTURE: DARAGH MULDOWNEY

WEDDING PLANNER OF THE YEAR

McMeel is top planner

LIMERICK'S Sharon Mc Meel has been named "Wedding Planner of the Year" at the Irish Wedding Awards 2019 at the Crowne Plaza Hotel in Blanchardstown, Dublin. The country's finest wedding businesses and services gathered at the prestigious event to celebrate the winners of Ireland's most coveted annual wedding awards.

Sharon tells me: "I am thrilled to have won the Wedding Planner of the Year award and to hear my name called out was an incredibly proud moment for me. I am privileged to be able to work in an exciting and vibrant industry in Ireland and it is fantastic to be recognised for all the hard work you do at a national level. I am especially proud to bring the gold home to Limerick!"



Sharon pictured with her award

Beginning her wedding career in 2003, Sharon Mc Meel has since been involved in hundreds of weddings and winning this new award is a testament to her professionalism and attention to detail. Congrats Sharon, I am beyond proud of you. What a lady! See www.sharonmcmeel.ie.



Cranberries band members Noel Hogan, Eileen O'Riordan, mother of lead singer Dolores O'Riordan and Mike Hogan at University of Limerick receiving their Honorary Doctorates PICTURE: SEAN CURTIN/TRUE MEDIA

The Cranberries 'In The End'

RECENTLY, the University of Limerick conferred Honorary Doctorates of Letters on the band members of Limerick rock band, The Cranberries. The ceremony marks the end of UL's Winter Conferings, which saw 1,715 UL students graduate from the University of Limerick.

Eileen O'Riordan, the mother of lead singer Dolores O'Riordan, who tragically passed away this time last year, was presented with a posthumous Honorary Doctorate for Dolores.

Prior to Dolores death, both she and the band had finished demoing a collection of new songs together and now, one year on from her passing, those songs will be released as part of The Cranberries eight and final album, aptly titled, In The End.

Eileen, Dolores' mother said: "I can't think of a more fitting way to commemorate the first anniversary of Dolores' passing and to celebrate her life than to announce to the world the release of her final album with the band."

As part of the build-up, The Cranberries released the lead single and opening track, "All Over Now" on January 15, the anniversary of Dolores death, and it is currently streaming on various platforms.

In The End will be released on April 26, acting as both an emotional farewell to their fans and a loving tribute to their bandmate. Well done to the band! They did us proud and put us on the world stage. Limerick heroes forever!

HERO OF THE WEEK

Jean Tierney

MY beautiful friend Jean Tierney, from Bruff, continues to inspire on the hit RTE show Operation Transformation. Asked what made her apply for the show, Jean says it was due to the tragic death of her little girl Sloane, or Warrior, at just five days old last January – and a miscarriage later the same year. It is a tough time for Jean, as it's around the anniversary of the death of her and partner Paddy's baby daughter.

Since joining the show, Jean has revealed she has received lots of support from people across the county – indeed 1,500 people turned up to her own Operation Transformation walk at Lough Gur on the first weekend of the show. Jean says she now, "feels in the

best headspace, and the best health space." I have known Jean years from her work with the charity Cliona's Foundation and I also worked with her at House Limerick. I have always been in awe of her. A true inspiration. Love you, Jean! Bravo!



Love
to all,
Richard x



Classifieds

Limerick Leader, 54 O'Connell Street, Limerick

Deadlines:
Classified Display & Lineage
 Monday 2:00pm
Family Announcements & Bereavements
 Monday 2:00pm
Motoring/Property/Jobs
 Monday 2:00pm

Email Us:

Private Advertising: advertising@limerickleader.ie **Jobs:** advertising@limerickleader.ie **Family Announcements:** advertising@limerickleader.ie

Pay by credit /debit card or cash.
 All major credit/debit cards accepted.

A complete version of our Terms & Conditions can be found online at www.limerickleader.ie

PUBLIC SECTOR

East Limerick GP Practice seeks

- NURSE/MIDWIFE**
- SECRETARY**

Good computer and communication skills essential. Previous experience in GP advantageous but not essential.

Please email letter of application & CV to doonmedicalclinic@gmail.com

ACTON TECHNOLOGIES LTD is currently seeking a general factory operative to work in a fast paced environment. Previous experience is not essential as training will be provided. We require a candidate who will work as part of a team and ensure that products are produced safely, efficiently and to the highest level of quality for the customer. Manual handling and forklift training is an advantage but not essential. We are located in the Adare area, the position will have an immediate start.

Please contact us on 061 395222 or forward your CV to ireland@actontech.com

LAND FOR SALE

9 ACRES OF LAND
 West Clare, near the sea. Four road sites in it, will take house/flat in Limerick in part exchange.
 Call 087-2368233

30 ACRES of top class land for sale Meanus/Fedamore Area. Long road frontage
 Call 087-2963336

QUALIFIED ELECTRICIANS,
 Steel fixers, Basic and Advanced Scaffolders, Skilled and Unskilled Operatives, Ground-workers, Carpenters, Roofers, Plumbers, Painters, Plasterers, Cleaners, TM & SLG Operatives & all Tradesmen/Plant & MEWP Operators required for Limerick and Munster Region. Pracownicy Budowlani z safe passem potrzebni . Send CV to limerick@clsrecruitment.ie or call 061-502327.

MEN SEEKING WOMEN

CLARE GENTLEMAN(50) , looking for girl (30) for relationship, own car, any nationality, for nights out and a good time.
 Call Anthony (083)4142166

EDUCATION & TUITION

GRANAGH TUITION
 Small classes in second level Mathematics, Applied Mathematics, Physics, Chemistry. Third level private tuition in the above and Statistics etc
www.granaghtuition.ie Tel: 061-399212

EDUCATION & TUITION

SPEECH AND LANGUAGE Therapist available for assessment and intervention for all types of communication difficulties.
 Contact Karen on 0851539767 or by email on karenlynchslt@gmail.com

ACCOUNTING & FINANCIAL SERV

ACCOUNTANT AVAILABLE FOR:
 Financial advice - start-ups, business & loan plans, C2s RCT and tax clearance, Rental Income returns, Bookkeeping services Vat& tax arrears, redundancy & tax refunds**, R&D Grants, Farm tax planning, Susi grants ,Debt Restructuring ,Management Accounts inc. Audits, Paye Modemisation & help with Accounts packages & Ros. Competitive & affordable rates.
 Telephone Laura 087-6410562

TURF AND TIMBER

LORRY LOADS of Firewood, Blocks (Hardwood). Also Lorry Loads of Turf (Screened) Free Delivery.
 Call 086-2664605

TAYLOR'S RUBBISH REMOVAL

For all types of Rubbish Removal
Don't Lift It, We'll Shift It!!!
 No job too big or small
Free Quotes



- EARTH • RUBBLE • GARAGE • HOUSE
- GARDEN & SHED • BULKY FURNITURE
- OFFICE/ATTICS CLEARED ETC

Call anytime 085 212 2058 | 061 467703
 Permit No: NWCPO-09-05617-02
Fully Insured and Licensed
Receipts Available

BOB'S RUBBISH REMOVAL



For All Types of Removals
 House, Attic, Garage, Yard Clearance,
 White Goods, Earth, Rubble, Timber Etc.
 We Will Even Call For ONE Single Item
 Fully Licensed and Insured
 Receipts Available

One Call Does It All
 (061) 457979 / 086 3754717
 Call anytime 24/7
 Permit Number WC8-LK-129-07D

FARM & GARDEN
LORRY LOADS of sawdust, wood chip, butt chip and shavings
 Call (086) 2664605

BREAKING NEWS
 Contact **061 214500**
LIMERICK LEADER

Richmond R.F.C
EMERGENCY GENERAL MEETING
THURSDAY 21ST FEBRUARY 2019 @ 7.30PM
RICHMOND CLUBHOUSE CANAL BANK LIMERICK

PIKE ROVERS A.F.C
WEEKLY LOTTO 30/01/2019
 Jackpot €1,400
 Numbers Drawn: 16-20-3-8
 No Winner
 €25.00 Lucky Dips: J Culhane c/o Power, Eddie O'Donovan Jnr c/o club, Bernie Waters c/o MFT, Josh Mc Loughlin c/o club
 Next Weeks Jackpot: 1,450

LOOKING TO HIRE?

REACH OVER 129,509 POTENTIAL APPLICANTS WITH A PRINT ADVERT ON OUR JOBS PAGE.

For more details contact **061 214500**

LIMERICK LEADER
 The Leader
www.limerickleader.ie

GERALDINES A.F.C.
 WEEKLY LOTTO DRAW HELD ON 4/2/19
 This Week's Jackpot: €5700 No's: 6-10-21-25 no winner
 Lucky Dips: Noel Naughton c/o Square Bar, Declan O'Sullivan c/o Square bar, Conor keane c/o Club
 Promoters Prize Rose Nugent and Dean McNamara
 NEXT Draw held 11th February 2019
 Next Week's Jackpot: €5800

ST. MARY'S R.F.C.
 Lotto Draw held Monday 4th february 2019
 Winning Numbers: 12-22-23-26, No Jackpot Winner
 4 Winners €40 each: Mike Butler c/o Kinsellas, Geraldine Costelloe c/o J Hurley, Gary Cropper c/o C Mullins, Marion Duggan c/o D Frawley
 Next Weeks Jackpot €6100 Draw will take place in Rashers Bar

IN MEMORIAM



† COADY

(9th Anniversary)

In loving memory of our dear dad and great grandad Edward (Ned) Coady, whose ninth anniversary occurs on 12th February. Masses offered. Look around your garden, Lord For a Man with a lovely smile That will be my father He must stand out a mile. Find the softest pillow, Lord To lay his head upon Kiss him twice upon the cheek And tell her who it's from. **Deeply missed and never forgotten by your daughter Margaret, daughter Geraldine, son-in-law Anthony, grandson James and partner Stacey, granddaughter Stacey and partner Ronan, and great granddaughters Brooke and Zoe and great grand son James xxx**

A loving father tender and kind
What beautiful memories you left behind

Nothing fills the emptiness
Now you are no longer there
You may be out of sight
We may be worlds apart
But you are forever in our hearts

Always in our thoughts and prayers

From your loving daughter Eileen Husband billy and grandson Shane xxx

Dad
Treasured memories you left behind
You were so gentle and kind
Loving you always
Your Son Johnny

THANKSGIVINGS

NOVENA TO ST. JUDE

Most Holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honours and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use I implore, you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need, that I may receive the consolation and help of Heaven in all my necessities, tribulations and sufferings, particularly, (here make your request) and that I may praise God with you and all the elect forever, I promise O Blessed St. Jude, to be ever mindful of this great you as my special and powerful patron, and to gratefully encourage devotion to you. A0'D

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.S.

IN MEMORIAM



† O'MAHONY

(Sixth Anniversary)

In loving memory of a dear wife, mother, grandmother, sister and aunt Yvonne O'Mahony, late of 6 Pineview Gardens, Moyross, Limerick who passed away on 6th February 2013. Mass offered.

Six years gone today Yvonne
I lost my wife with a heart of gold

The words I write will never translate

How much I miss you.
The grief still standing over our family

We miss you more every day
Nothing will take the pain of losing you.

Sadly missed by your loving husband Martin, sons, daughters, son-in-law, daughters-in-law, grandchildren and family. Thinking of Margo Reilly who recently passed away R.I.P.

Wedding Anniversary 27th
January

This would have been our 40th Anniversary Yvonne, wishing you were here on our Anniversary. My sixth year without you. God took you so needlessly. You are always in my heart and soul. Love you forever, your husband Martin

No matter how life changes,
No matter what we do,
A special place within our hearts,
Is always kept for you.
Sadly missed and always remembered by the Reilly Family



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.

IN MEMORIAM



† O'SULLIVAN

(Third Anniversary)

In loving memory of a dear mother and grandmother Carmel O'Sullivan, late of Castletroy View and Keyes Park who died on 7th February 2016. R.I.P. Mass will be offered on Saturday 9th February at 7pm in the Holy Family Parish Church, Southhill.

A special smile, a special face
And in our hearts, a special place

Our memories we keep one by one

Things you've said, things you've done.

They bring a smile, sometimes a tear

But always a wish, that you were here.

You're not just a memory
Or part of the past

You're ours to remember
As long as life lasts

Sadly missed by your son Tom, daughter-in-law Pam and granddaughter Lily

Our lives go on without you
Though nothing is the same
We have to hide our heartache
When someone speaks your name

You did so many things for us
Your heart was kind and true
As long as we were happy
You were happy too.

Sadly missed by your daughter Irene, son-in-law Cormac, grandchildren Shane, Brendan and Kaydee

It doesn't take a special day,
To bring you to my mind,
For a day without a thought of you,
Is very hard to find.
From Harry Paula Robert and Hazel

The moment that you died,
My heart was torn in two,
One side filled with heartache,
The other died with you,
I often lie awake at night,
When the world is fast asleep,
And take a walk down memory lane,

With tears upon my cheek.
Remembering you is easy,
I do it everyday,

But missing you is heartache,
That never goes away.

I hold you tightly within my heart

And there you will remain
Until the joyous day arrives
That we will meet again.

Sadly missed by your loving daughters Carmel, Ann-Marie, Chris and granddaughters Emily, Caoimhe and Saoirse xx

No matter how life changes,
No matter what we do,
A special place within our hearts,
Is always kept for you.

From your son Ger, Christine, grandsons Kaleb and Anthony xxx

Always smiling, happy and content,
Loved was my mother, wherever she went,

To a beautiful life, a sudden end,
She died too soon, everyone's friend.

From your son Seanie, Toni, grandchildren Donna, Jordan and Millar xx

Limerick's Newspaper since 1889

LIMERICK LEADER

BECAUSE LIFE IS LOCAL

Memorial Card Service

Memoriam Cards -
traditional & modern
Bookmarks, Memento cards
& Acknowledgement cards

for friendly, helpful
and convenient service,
pop in to our office at
54 O'Connell Street
or ring **061 214500**
for our latest brochure.

LIMERICK LEADER

The Leader

WHY ADVERTISE IN
YOUR **LOCAL NEWSPAPER?**

73%

OF OUR READERS
SHOP FOR **FURNITURE
AND HOMEWARE** IN
THEIR LOCAL TOWN

Limerick Leader and
The Leader have
129,509* readers each week.

For all your advertising needs
call **061 214500** or e-mail
advertising@limerickleader.ie



www.limerickleader.ie has over 1 million monthly online users each month

MOTORS

Leader

The best deals
on wheels from
local garages
every week

TO ADVERTISE IN THIS SECTION: Telephone 061-214526 Fax 061-401222 Email advertising@limerickleader.ie

Stylish stand out

Renault Kadjar:

New facelift for one of the most popular models on Irish roads



TRISH WHELAN
www.CarAndTravel.ie

SINCE it first launched in late 2015, the Renault Kadjar compact SUV has sold over 5,700 models in Ireland.

Now, the new facelift model has arrived on Irish roads priced from €26,995.

The exterior has been given a more sleek look with the body coloured area of the front and rear bumpers now larger lending a more premium feel. The grille is wider and the C-Shaped LED lights now incorporate the front indicator. Customers can choose from 17- and 19-inch wheels and

from three new colours: Oural Green, Iron Blue, and Highland Grey.

The interior has also been redesigned with the dashboard getting a more elegant, unbroken line. Seats come with dual density foam providing improved support for driver and passengers and also now feature a cushion extender. A new 7-inch multimedia touch screen gives a brighter display and greater sensitivity.

There's a new control panel for the automatic air conditioning; other additions include bigger cup holders, bigger front door bins and two rear USB sockets.

Efficient new petrol and diesel

engines are fitted across the range. They include a new 1.3TCe 140 GPF petrol engine available with 6-speed manual or 7-speed EDC automatic gearbox options. The manual-only TC3 160 offers the highest power output ever for a Kadjar and should appeal to customers looking to change from diesel back to petrol. Engines also feature an upgraded 1.5 Blue dCi 115, more powerful than before but still the most economical engine in the line-up. The new 1.7 Blue dCi engine is now available with 150hp and comes in 4x2 and 4x4.

Trims are Play, Iconic, S-Edition and GT-Line.

The entry level trim features

17-inch alloy wheels, dual climate control, parking sensors, automatic lights and wipers, 7-inch touchscreen and Android and Apple Car Play (€26,995-€31,295).

The Iconic gets cruise control and speed limiter, parking camera, keyless entry/start, navigation and privacy glass while the new sporty S-Edition adds a half leather interior, panoramic roof, LED/Xenon lights. From €31,395 for the petrol version (€29,695-33,995).

The top GT-Line adds a touch of luxury with leather seats, full LED lights, hands-free parking and 360 sensors; blind spot warning. (€33,995-€39,995).



The new Renault Kadjar is priced from €26,995



**LYONS
OF LIMERICK**

Fantastic Cars & Exceptional Service

www.lyonsoflimerick.com



Fantastic Savings on Selected Models*
* Terms and Conditions Apply



V90 .9% PCP Available
* Terms and Conditions Apply



4.9% APR PCP offer available
* Terms and Conditions Apply



4.9% APR PCP offer available
* Terms and Conditions Apply



BRIAN GEARY TOYOTA

BRIAN GEARY TOYOTA

New Corolla Hybrid HB now in Raheen

THE New Generation Toyota Corolla Hybrid Hatchback has arrived at Brian Geary Toyota, Raheen. The Corolla joins other game-changing Toyota Hybrids, C-HR Hybrid and RAV4 Hybrid in a range full of new product and excitement.

Thousands of Irish drivers are making the switch to self-charging hybrid cars and Toyota are leading the way with their exciting new range.

For 2019, 8 out of 10 Toyota buyers will be driving Hybrid. As diesel sales fall in Ireland and across Europe, drivers are looking to Hybrid as the ideal replacement.

The New 2019 Toyota Corolla Hybrid Hatchback is the latest to arrive in an eye-catching range which is genuinely "game-changing".

The quality and specification inside and out are so

premium that you will not want to miss this opportunity to test drive. With low Road Tax from €170 and combined fuel consumption as low as 3.4l/100km (83mpg) the decision to choose Hybrid makes sense.

The team at Brian Geary Toyota are getting lots of interest from new and existing customers for the exciting range of stylish Toyota Hybrids, so arrange your Hybrid test drive before you buy your next new car.

The Toyota range has a Hybrid available to suit everyone's needs - from the vibrant Yaris,



The new Toyota Corolla Hybrid hatchback

to sleek C-HR - book your test drive now and choose the model that fits your life!

Brian Geary Toyota, your Hybrid specialists - serving Limerick for almost 40 years.

SEAN TAKES HOME HYBRID ROADSHOW PRIZE

Congratulations to Sean Casey on receiving his prize from the recent Hybrid Now Roadshow - a framed picture of the 2018 All Ireland Hurling champions, Limerick. Also in the photo - Denis O Sullivan, Brian T Geary, Cian Lynch (Brian Geary Toyota brand ambassador) and prize winner Sean

LIMERICK LEADER

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

www.limerickleader.ie



SPORT

Leader



Fight Night:
Limerick
boxers lead
the charge for
Irish Elite titles
See Page 56



Undeclared: Limerick's four senior sides made it a weekend to remember for fans as they claimed four league wins in 24 hours. **Top left, action from the Limerick senior hurler's win over Tipperary. Top right, Limerick camogie's side defeat Clare at the Gaelic Grounds in their second round tie. Bottom left: Limerick's Senior footballers made it two from two with a win over Waterford, while bottom right: Limerick's Ladies football side defeated Louth on Sunday**

Hurlers and Footballers remain unbeaten in national leagues

Fab Four: Limerick senior sides claim four wins in weekend league action

DONN O'SULLIVAN
sport@limerickleader.ie

IT was a weekend to remember for Limerick hurling and football fans as all four sides recorded league wins.

Over 8,000 fans flocked to the Gaelic Grounds on Saturday for the Limerick senior hurling and camogie double header.

Declan Nash's camogie side got the weekend off to a winning start by defeating Clare 1-14 to 0-10 in their second round tie. Limerick's next tie is away to Dublin on

February 17.

The camogie win was followed one hour later by John Kiely's Senior hurlers who defeated rivals Tipperary, 1-21 to 1-14.

The win sees Limerick on top of the Allianz hurling league table as the only side to record two wins from two.

The All-Ireland champions are also back in action on Sunday February 17 when they travel to Nowlan Park Kilkenny to face the 'Cats' in round three.

The two wins for Limerick on Saturday set things up nicely for the Sunday afternoon menu of football.

The Limerick Ladies footballers opened their league campaign with a win over Louth.

John Ryan's reigning All-Ireland Junior champions defeated the Leinster side 1-9 to 0-11, in what was a repeat of last season's All-Ireland final.

The champions are back in action this weekend as they host Carlow on Sunday February 10, at 2pm in Askeaton.

The final win of the weekend went the way of Billy Lee's senior football side who defeated Waterford in Round two of the Allianz Football

league.

The win sees Limerick move to four points, following their opening round win over London in Ruislip.

Limerick are also back in action this Sunday afternoon (2pm) as they travel to Aghrim to face Wicklow.

The 'Garden County' have won one and lost one from their opening two rounds, so Limerick will be hoping to make it three wins from three in what is set to be a tight race for promotion to Division three.

Also on the GAA front, it was announced this week that Electric Ireland have will

livestream the quarter final of the Fitzgibbon Cup featuring Mary Immaculate College and Cork Institute of Technology

The hurling live stream will begin on Thursday February 7 at 2.15pm on Electricireland.ie/HEC

Limerick star Aaron Gillane is the dangerman for Mary I, who will also have Na Piarasigh's Thomas Grimes in their starting line-up.

The Limerick side will face a Cork team, who will have Limerick's 2017 All-Ireland U-21 winning full back, Daragh Fanning (Pallasgreen) at the edge of their square.

Soccer

Limerick's Hickey joins Cork's backroom team

COLM KINSELLA

SPORT@LIMERICKLEADER.IE

FORMER Limerick FC goalkeeping coach has been confirmed as the new goalkeeping coach at SSE Airtricity League Premier Division high flyers Cork City.

Former League of Ireland goalkeeper Hickey departed the Limerick FC backroom team 12 months ago.

Cork City manager, John Caulfield welcomed Hickey on board as the Leesiders new goalkeeping coach this Monday.

Caulfield's management team comprises of assistant manager John Cotter and first team coaches, Liam Kearney and Lisa Fallon.

Hickey joins Cork's coaching staff after Phil Harrington stepped down following five successful years at the club.

Hickey started his schoolboy soccer career with Corbally Utd, before moving on to Granville Rangers after U-15s.

From there the highly rated goalkeeper went to Pike Rovers Premier at 18 and later moved to Limerick where he spent five years playing in the SSE Airtricity League. He was then sold to Galway United where he spent three further years playing at League of Ireland level.

Among the goalkeepers Hickey will be working with at Cork is Cappamore netminder Tadhg Ryan.



Eddie Hickey, formerly of Limerick FC, has this week taken up a role with Cork City

Game, set, match for tennis pro Sam



Game, set and match: Limerick's Sam Barry has announced his retirement from this week

COLM KINSELLA
ckinsella@limerickleader.ie

LIMERICK tennis professional Sam Barry has announced his retirement at the age of 27.

Former Ireland number one Barry, from the Ennis Road, won six professional singles titles and 22 professional doubles titles during his distinguished career in which he also played Davis Cup for Ireland.

Barry was the Irish player to compete in all four junior Grand Slam events, Wimbledon, the US Open, Australian Open and French Open and held a career high world ranking of 255.

Explaining his reason for retiring from the professional circuit, Barry said: "There are a number of reasons behind my decision.

"I think financially it is definitely really tough. I had lost my sponsors. I had got injured. I had made a really big sacrifice to go down and train in New Zealand for two months at the end of the 2017 season and start of 2018

season.

"That was the first time in my whole career that I was able to do a proper pre-season. Then, in my first tournament of the 2018 season, I tore a tendon in my elbow which was a bit of a bummer so I had just gone down and worked my ass off for two months and now I am out for pretty much the first four months of the season.

"That was difficult. I guess having been seven or eight years on the road, living out of a suitcase, you are a little bit tired at that stage and you come home.

"From there it became very obvious I wasn't going to be able to keep on my sponsors for the next year.

"That was probably the first time in my career that I really started to find the tour difficult in terms of a mental point of view. Obviously there are challenges when you are winning and losing, spending a lot of time on your own, but to pick myself up and dust myself down from that one was particularly tough and I don't know if I was ever able to

do it.

"I started chasing it and maybe went back a couple of times too early when I should have taken a break earlier in the year and maybe I would still be playing tennis if that was the case, but because I pushed it, ultimately I was knackered.

"When I got home and got a bit of space I kinda realised that tennis doesn't have to be my whole life and eventually came to the conclusion that it might be smart for me to move on instead of coming back at the start of this year, turning 27, from a ranking all the way back at zero in the world with no sponsor. I was just like, 'well, maybe the more mature call and the right thing for me to do is to step away from the game and get the rest of my life sorted.'

"It wasn't like, 'I am over this, I am sick of tennis, I don't want to be a tennis player any more', it was more a decision based on the more measured thing to do for my life as a whole.

That is what ended up doing it for me."

Ireland legend Aldridge impressed with Aisling Annacotty's future plans



John Aldridge is pictured with Leanne Downes, Ken O'Connor and Derek Downes at the Aisling Annacotty Fundraising Night at Castletroy Park Hotel

Ireland and Liverpool soccer legend John Aldridge was in Limerick last week to help launch Aisling Annacotty's patronage scheme.

"It's a great example of what you can do to nurture young lads. The passion in this country is quite amazing. You have to be

patient and hopefully these lads will benefit from all the work these gentlemen at Aisling Annacotty are putting into it." added the star.

It was also confirmed on the night that a Liverpool legends game will take place in Annacotty on September 7

Ryan leads Ireland U15s to victory

Soccer

LIMERICK teenager John Ryan captained the Rep of Ireland U15s to an impressive 3-0 victory over Hungary in the last of a three-game international friendly tournament in Spain on Sunday last.

Fourteen-year-old Ryan was handed the captain's armband for the international fixture at the Pinatar Arena, having already featured in his side's previous fixtures in the tournament against hosts Spain and the Netherlands.

All three goals against Hungary came after the break as Shamrock Rovers' Ben Curtis and Bohemians duo Cian Kelly and Evan Ferguson scored for Jason Donohue's Rep of Ireland U15 side.

Talented teenager Ryan has already featured for Ireland in two friendly internationals against Poland in Police last November.

Ryan, a third year student at Castletroy College, is a past pupil of Milford NS and Gaelscoil Castletroy.

The talented teenager initially played his schoolboy soccer locally with Aisling Annacotty.

In 2017, Ryan joined St Kevin's Boys, of Dublin. At the start of last year he signed for Shamrock Rovers.

Afterwards Republic of Ireland head coach Jason Donohue said: "It's a fantastic victory for the players who deserve tremendous credit for their efforts throughout the week.

"We set a goal before the game to treat this like a

qualification scenario and that we needed a 3-0 victory to qualify for the next tournament. The players were really pushing in the end to get that third goal so it's great for their education as it's important they learn about qualifying for tournaments for when they get older.

"The players have been well organised throughout the week and performed excellently in every match. Spain are the best U15 side I've ever seen and we matched them in normal time so it shows that there is some talent in the group.

"I want to thank all of the staff for their hard work throughout the week and that work continues. We've got on-going assessments ahead of the next game against Cyprus in March."

Limerick's elite to fight in Dublin

Boxing

THE draw for the 2019 Irish Elite championships take place this Friday morning and there are set to be several limit names on the list.

The 'Elite' finals attract the best of the best to the capital with several titles down for decision.

The Limerick fighters to top the bill over the weekend will be mainly in the

Welterweight and heavyweight division.

Paddy Donovan (OLOL) will be fancied to leave his mark this weekend as he goes into (at the time of going to print) an eight man draw for the 69kg title.

Donovan will be joined in the eight by Michael Kinsella (St Anthony's/St Pats), Dean Walsh St Ibars/St Josephs, Kieran Molloy (Oughterard), Aaron Daly (Castlebar), Fergal

Redmond (Arklow), Luke Maguire (Esler) and Conor Ivors (St Francis).

The potential for an all Limerick fight between Ivors and Donovan would be worth the entry fee alone.

"The elites have been my goal all year" admitted Donovan this week.

"I have been training hard for this one and my body is in good health. The pressure will come on me alright, but I am

looking forward to that challenge" the multi Ireland champion concluded.

Another name to look out for is Kevin Sheehy. The St Francis boxing club fighter, like Donovan, has Olympic games ambition and could enter the Elites this weekend with a real chance of winning.

Other fighters making trip are Tommy and Myles Casey. The brothers could even fight one another, in the Bantamweight draw.



Limerick boxer Kevin Sheehy is expected to fight this weekend in the Irish National Elite Championships

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

Drive and hunger still remain for role models

It still hasn't sunk in. Limerick really are the All-Ireland hurling champions, but it is still hard to get your head around it. It's not easy to believe.

Limerick's All-Ireland win did happen. It was not a dream. However, the scars of the past still remain, mentally that is.

Last Saturday night at the Gaelic Grounds Limerick took on their near neighbours Tipperary in the Allianz Hurling league.

Before the game there was trepidation that Limerick 'hadn't enough done' and that they are 'way behind Tipperary' in terms of training schedules. There was still the 'fear' of failure.

That may still be the case, but what we witnessed was a side who hurled like All-Ireland champions. Weird and all as that is to see.

Limerick opened their league campaign with a win on the road in Wexford. A hard fought battle with a tough side.

We didn't really know what was to come last week. Could they back it up? How good were Wexford?

Those questions and more were answered on Saturday night in a freezing cold Gaelic Grounds in front of a large crowd.

Limerick are playing with a confidence that can almost be seen

oozing out of their new look green jerseys. I am cautious not to use the word 'swagger' but there is definitely an air of dominance about this side.

See the picture to the right. Three Limerick men, hunting down their opposition.

Limerick fans would have forgiven this side if they started 2019 slowly. John Kiely's men have accumulated massive credit from their exploits last season. This team are different. That is one of the reasons they won the ultimate prize.

The team of 2019 seem to have as much hunger and desire as the 2018 version. The stomach for a battle is there too. Tipperary and Wexford have both had a shot at the 'King' and both have missed.

Yes, it is only February, but this panel appear to have the hunger and drive to go again.

What better form of role model is there than one who is willing to win and win again.

Following the final whistle on Saturday night, large numbers of fans, young and old, invaded the frozen tundra that was the Gaelic Grounds pitch, to meet their heroes.

To a man, the players waited and signed autographs for their



Ambushed: Willie Connors of Tipperary in action against Tom Morrissey, Gearoid Hegarty and Aaron Gillane of Limerick during the Allianz Hurling League Division 1A Round 2 match between Limerick and Tipperary at the Gaelic Grounds

fans. Having played over 80 minutes of hurling, on a frozen night, the last thing the players 'needed' was to hang around any longer, but they did just that.

Personally speaking, it was the highlight of the entire evening and that is saying something on a night that a Limerick side defeated Tipperary.

The players gave of their time. They gave back to the people who had come to see them play. What a positive sight it

was.

Winning the All-Ireland might have been the peak for all Limerick hurling fans, but the way in which this team have continued their drive for more, coupled with their love the game, that could yet be this side's lasting legacy.

However 2019 goes for this panel, their humility and sense of community are to be applauded. They have won the hearts and minds of a county both on and off the field, not an easy thing to do.

JEROME O'CONNELL

Hurling heroes warm the hearts

It wasn't the victory or the impressive performance that warmed the heart but the hundreds of kids that raced onto the Gaelic Grounds pitch at half time last Saturday.

Yes, Limerick made it back-to-back wins in the Allianz Hurling League.

Yes, John Kiely's All-Ireland champions continue to look very impressive.

But last Saturday for me was about building for the future.

What good would August 19 last be, if there was no boost to Limerick hurling.

The half time puck-around by the kids proved that the Liam MacCarthy Cup has won over the hearts of the next generation.

Kids need heroes and the half time scenes were repeated at the final whistle with hundreds racing to greet their heroes and secure autographs or photos.

For almost 30-minutes the players mingled with the fans - all oblivious to the freezing temperatures.

Credit this Limerick group of players they provide value for money on and off the field of play and the crowd respond to their endeavour with almost 9000 making for a fine atmosphere in the Gaelic Grounds.

It's big crowds and fine games like last Saturday that Limerick missed when outside of the top flight of the league for the last eight years.

As for the performance of the team - they were top class once again.

There was a real sense of pride among supporters leaving the Gaelic Grounds.

Of course Limerick won't win all games but for now, it's best to sit back and enjoy the show because this crop of hurlers are worthy ambassadors, worthy of support and more important they are eager to improve in every outing.

COLM KINSELLA

Those Ireland player ratings, Rog and a furore on Twitter

PLAYER ratings. Love them or hate them, they are an integral part of newspaper coverage of big sporting fixtures.

Ireland's Six Nations opener with England was no exception. No surprise that the Ireland players scored poorly for the most part given the disappointing level of the display.

Player ratings are a good talking point for fans to focus on. People agree and disagree, sometimes very strongly! The wording of the player rating in relation to one Ireland player in a Sunday

newspaper irked me. It wasn't the actual rating Keith Earls received which was a 5, but the wording underneath it.

Stephen Jones, of the Sunday Times, wrote of Earls, "Dragged off at half-time, at fault for the first England try and a stop gap at this level"

The use of the

Keith Earls is 'challenged' by Maro Itoje



word 'stopgap' in relation to the 73-time capped 31-year-old is totally unfair to put it mildly.

I know local newspaper journalists get accused of being too parochial at times - and we can be - but this was

different. Earls is certainly no 'stopgap' international player. I voiced my disapproval on Twitter and received an almost instant reply from former Munster and Ireland out-half and current Virgin Media TV pundit Ronan O'Gara who was curious to know who had penned the ratings.

The Twitter interaction continued almost non-stop for 48 hours. The vast majority of respondents shared my view. If Stephen Jones was looking for a reaction, he got one. Job done from his point of view, I suppose!

COLM KINSELLA

Scott fancied to mount strong challenge at Pebble Beach

ONE of the traditional early season highlights on the PGA Tour, the AT&T Pebble Beach Pro-Am, tees off this Thursday.

In the big-money event, staged over three famed courses, Pebble Beach Golf Links, Spyglass Hill Golf Course, and Monterey Peninsula Country Club Shore, top

professionals and celebrity amateurs enter the field for the first three days, teaming up and playing best ball.

The pros also have a traditional stroke-play tournament over the four days on California's Monterey Peninsula.

Those 156 professionals will battle it out over 72 holes for a total

prizefund of \$7,600,000.

NFL star Matt Ryan, as well as movie and TV stars like Andy Garcia and Chris O'Donnell will be teeing it up at Pebble Beach this week.

The betting for the tournament is headed by Dustin Johnston, who is a short price at 5/1. Next best in the betting is Australian Jason day

at 8/1, while there is a big gap out to 20/1 for the next priced golfers.

However, preference this week is for 25/1 shot Adam Scott, who is a sporting bet to land the title.

Aussie Scott has three top-20 finishes in his past four starts, including a second-place showing at the Farmers Insurance Open.

For more see #LLSport



Worth a shot? - Our tip this weekend is Adam Scott



Sunday

Title race: Can Pep's men continue their march to the Premier League title



Wednesday

CRICKET

SOUTH AFRICA V PAKISTAN
SKY SPORTS 4PM

TENNIS

FEDERATION CUP
BT SPORT 4.15PM

SOCCER

ABERDEEN V RANGERS
SKY SPORTS 7.45PM

SOCCER

RENNES V LILLE
BT SPORT 8PM

SOCCER

WEST BROM V BRIGHTON
BBC1 8PM

Thursday

TENNIS

OPEN SUD DE FRANCE
AMAZON PRIME 10AM

TENNIS

FEDERATION CUP
BT SPORT 4.15PM

SOCCER

LAZIO V EMPOLI
PREMIER SPORT 7.30PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 8PM

SOCCER

BETIS V VALENCIA
ELEVEN SPORT 8PM

Friday

GOLF

VIC OPEN
SKY SPORTS 4AM

CRICKET

NEW ZEALAND V INDIA
SKY SPORTS 6AM

CYCLING

MELBOURNE SIX DAYS
EUROSPORT 9.30AM

CRICKET

BRISBANE V MELBOURNE
BT SPORT 9.30AM

TENNIS

OPEN SUD DE FRANCE
AMAZON PRIME 10AM

CYCLING

VUELTA A LA COMMUNITAT
EUROSPORT 11AM

SOCCER

MAINZ V LEVERKUSEN
BT SPORT 6.30PM

SOCCER

CHIEVO V ROMA
PREMIER SPORT 7.30PM

WOMEN'S RUGBY UNION

SCOTLAND V IRELAND
BBC1/RTE 7.35PM

SOCCER

ASTON VILLA V SHEFF UTD
SKY SPORTS 7.45PM

RUGBY LEAGUE

WIGAN V LEEDS
SKY SPORTS 7.45PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 8PM

Saturday

TENNIS

OPEN SUD DE FRANCE
AMAZON PRIME 10AM

U20 RUGBY UNION

ENGLAND V FRANCE
SKY SPORTS 12 NOON

SOCCER

FULHAM V MAN UTD
SKY SPORTS 12.30PM

RUGBY UNION

SCOTLAND V IRELAND
VIRGIN ONE/BBC 1 2.15PM

HURLING

ST THOMAS V RUAIRI OG
TG4 3PM

RUGBY UNION

ITALY V WALES
VIRGIN ONE/ITV 4.45PM

HURLING

BALLYHALE V B'GUNNER
TG4 5PM

RUGBY LEAGUE

DRAGONS V GIANTS
SKY SPORTS 5PM

SOCCER

STOKE V WEST BROM
SKY SPORTS 5.30PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 6PM

WOMEN'S RUGBY UNION

ITALY V WALES
BBC1/S4C 7PM

GAELIC FOOTBALL

KERRY V DUBLIN
EIR SPORT/RTE 7PM

GAELIC FOOTBALL

MAYO V CAVAN
EIR SPORTS 7PM

BASKETBALL

JAZZ @ SPURS
SKY SPORTS 10PM

TENNIS

OPEN SUD DE FRANCE
AMAZON PRIME 10AM

SNOOKER

WORLD GRAND PRIX
ITV4 12.45PM

SOCCER

CELTIC V ST JOHNSTONE
PREMIER SPORT 1.30PM

SOCCER

SPURS V LEICESTER
SKY SPORTS 1.30PM

GAELIC FOOTBALL

MONAGHAN V GALWAY
TG4 2PM LIVE

GAELIC FOOTBALL

ROSCOMMON V TYRONE
TG4 2PM (DEFERRED)

GAELIC FOOTBALL

CLARE V CORK
TG4 2PM (DEFERRED)

CRICKET

WEST INDIES V ENGLAND
SKY SPORTS 2PM

RUGBY UNION

ENGLAND V FRANCE
ITV1/VIRGIN ONE 3PM

SOCCER

MAN CITY V CHELSEA
SKY SPORTS 4PM

SOCCER

SASSUOLO V JUVENTUS
PREMIER SPORTS 5PM

GOLF

AT & T PEBBLE BEACH
SKY SPORTS 6PM

BASKETBALL

76ERS @ LAKERS
SKY SPORTS 7.35PM

Magic of the Cup: West Brom and Brighton meet in a replay this Wednesday



Munster's Peter O'Mahony and Conor Murray will hope that they can get their first win of the Six Nations



Apex Fire

TRUSTED SAFETY SOLUTIONS

Moyne ASSURED

24 hour emergency coverage
(incl. weekends & holiday periods)

LoCall: 1850 929829

www.apexfire.ie

Email: info@apexfire.ie



APEX FIRE LIMITED - MAIN SPONSOR OF RUGBY KIT FOR CRESCENT COLLEGE LIMERICK RUGBY TEAM.

Apex Fire Limited are pleased to be associated in partnership with Crescent College Comprehensive School in Limerick by sponsoring the senior Rugby team kit that includes T shirts, jerseys, tracksuits and training tops for their 2019 campaign.

Apex Fire are a nationwide Fire protection, detection and training provider with depots in Limerick, Antrim, Cavan, Cork, Dublin and Galway and have consistently invested in various communities throughout the Island. The Managing Director Declan Kelly spoke about the companies privilege to be involved with such a famous Rugby college in Limerick.



National Sales and Compliance Manager Wayne Conroy presenting the Jersey to captain Maccon Casserly. Also pictured are local technicians Kieran Enright and Douglas Ashton.

"As a company we are honoured to get involved in a sport that is widely played not alone in Limerick but in many cities and counties in this country," said Declan Kelly.

"I think the most important aspect of our sponsorship is ensuring that the youth of today whom are involved in sport should be commended and we are delighted to be part of one of Munster's oldest championship."

Crescent College Comprehensive play Cork based Christian Brothers College on February 13 at Thomond Park

and Mr Kelly conveyed his best wishes to all concerned with the college. His nephew Gary Kelly is part of the squad and this connection ties our relationship with the team even closer.

"It will be a typical Limerick and Cork sporting rivalry and hopefully a spectacle for all the fans that will be in attendance at the home of Munster Rugby of Thomond Park," added Declan Kelly.

Apex Fire Limited have been in Limerick since the 1980's and have been based on the Dock Road in Limerick since 2009 under the management of Mr Tom Butler from Ballincollig in County Cork.

Apex Fire offer a range of quality assured products in fire safety and equipment services with the expertise of qualified competent technicians available to install, commission and service all your fire safety needs coupled with a training and compliance adviser division, for further details see our Apex one plan www.apexfire.ie.

"Known for a superior approach to fire safety, with our shared knowledge and competency our promise to you the customer/responsible person is to always deliver a quality approved certified product, service or training consistently delivered in a timely manner to the relevant standard or regulation required in an affordable way," concluded Declan Kelly.



If you feel that your commercial business or property could take advantage of a free audit and could benefit from any of our disciplines, see all our products and services on offer (www.apexfire.ie), you can contact any member of our local staff at the following numbers.

Limerick Depot: 1850 929829. • Kieran Sheehan: 086 7945263. • Brendan Halpin: 086 7945232. • Michael O'Sullivan: 086 7945216.
Douglas Ashton: 086 7822277. • Kieran Enright: 086 3870623. • Shane Ryan: 086 1453304.

