

**Final four!** Search for Limerick's greatest is narrowed down **P7**



# The Leader

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WEDNESDAY, FEBRUARY 13, 2019

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**Cats Calling:** Hurlers face a resurgent Kilkenny side **Sport**



## **Look for love? Would you brave 'blind-folded speed dating'?**

Valentine's event looks to make loving matches **PAGE 8**

**CAN YOU HELP?** Gardai appeal for info after teen receives facial injuries in attack **Page 12**



**UNDER REVIEW** Bus Eireann agrees to look over routes and schedules after outcry **Page 6**



**PRIME CUTS** Double bill of plays to highlight mental health **P18**



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# LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK

**CJ Stander**

Back in training, albeit sporting a shiner, the Munster star is showing welcome signs of recovery



▼ BAD WEEK

**Arrest and charge**

Woman captured on video damaging parked garda patrol car in broad daylight is facing a day in court



☀️ QUOTE OF THE WEEK

"Every student has the right to an education free from sexual violence and harassment."

**Tara Brown, project coordinator for the It Stops Now campaign**

INSIDE THIS WEEK



**LIMERICK'S GREATEST**

Who will win the popular vote?  
Page 7



**X FACTOR AUDITIONS**

Limerick talent aim for TV show  
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**SWEET SHOW**

Fishamble's On Blueberry Hill is in the Lime Tree  
PAGE 36



**MY BIGGEST MISTAKES**

Leanne Moore: Fitness 'no-nos'  
Page 46

## Time for Dunnes to move on prime sites



The Dunnes Stores site overlooking the Shannon on Sarsfield Street has been vacant since 2008



**WHAT WE THINK**  
**EUGENE PHELAN**

LEADER EDITOR

DUNNES Stores has been an excellent employer in Limerick for many years and indeed the public have also supported what is an excellent shopping chain with value for customers.

Yet sadly public relations has never been high on the Dunnes list of priorities, as those who will recall the strike of 1984, when staff refused to handle goods from

South Africa when the apartheid scandal was at its height. There is now great unrest over two vacant sites in prime city locations on Sarsfield and O'Connell Streets owned by Dunnes.

Quite rightly the Council want to see action as the sites have been vacant for many years. They tried to buy the Sarsfield Street site for €3m, but this was refused and

matters later ended up in the High Court. Now a new group has been established after a public meeting to put pressure on Dunnes with threats of picketing and boycotting the store.

It is time for Dunnes to sit down with Council officials and sort out the problem before the retail giant has another PR disaster on its hands.

**WEBTOPTEN**

1. WATCH: Woman arrested and charged after patrol car is damaged in Limerick
2. Live TV confirmed for eagerly awaited Limerick v Kilkenny hurling league tie
3. REVEALED: Limerick takeaway was ordered to close over lack of hot water and dirt
4. Sadness in Limerick as 'outstanding campaigner' Nora Bennis dies
5. Limerick pharmacy to give away free condoms to promote safe sex for Valentine's
6. Man who acted as lookout during Limerick burglaries jailed for four years
7. Suspected gang member arrested during major CAB operation in Limerick
8. Dunnes Stores may face boycott as group is formed over vacant Limerick stores
9. Historic statues stolen from Miltown Castle located on the outskirts of Limerick city
10. Limerick gardai issue appeal after teen sustains serious facial injuries in assault



Stolen statues recovered by gardai. See story online now

**WEATHER FOR THE WEEK**



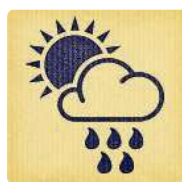
**WEDNESDAY**

Intervals of clouds and sunshine  
- High of 12°C



**THURSDAY**

Clouds and sun, but remain dry for Valentine's Day



**FRIDAY**

Cloudy with a couple of showers in the afternoon  
- High of 12°C



**SATURDAY**

A passing morning shower; otherwise, low clouds



**SUNDAY**

Partly sunny day with long settled periods  
- High of 10°C



**MONDAY**

A little morning rain, then a shower in spots to start the week

# MyLimerick

**Nessa McGann**

Programme director at SPIN South West

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

Breakfast in the Milk Market with my three kids and husband. Green Saffron is a favourite of ours - curry is perfectly acceptable for breakfast! A stroll around town, do some clothes shopping, head out to my parents house near Murroe for lunch and a catch up, and then into the Cornstore for dinner. The Commercial for pints 'til late and then fling myself into the Bedford Town House to sleep until late. My husband is with me but I've probably left the kids at my parents!

## What's your first Limerick memory?

Driving home from my granny's in Mungret on Sunday nights after family get-togethers. Driving on that narrow road and under Sarsfield Bridge - my father told me a witch lived under there and I was always petrified! That and playing with my younger brother in my grandad's house in an eerily quiet Kileely while my parents and my older brother went to see the Pope!

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

Oh definitely my childhood home - Barrington's Bridge on the road to Murroe. Home is where the heart is and we had a great childhood with brilliant neighbours who are still friends and total freedom to roam the fields and swim in the river.

## What about a favourite local walk or view?

Great friends of mine recently dragged me out of bed on the day after the Munster Leinster game at Christmas to walk the three bridges. I complained vociferously but they railroaded me and I ended up grudgingly enjoying it. We went down Clancy Strand, crossed over the Shannon Bridge, down the boardwalk, patted Terry Wogan on the head, walked over Sarsfield Bridge and then through the medieval quarter and back home over Thomond Bridge. It's actually a great walk and shows off the city to



tourists and natives alike. We may have stopped in at The Locke for a cure which also helped.

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

It has to be the people. I think the classless interest in rugby is pretty special and I also think hopping the ball should be made a national pastime.

## Do you have a favourite local restaurant?

I loved Sage and still miss it for lunches and quick stops in town. The Mustard Seed is pretty amazing but to be honest, I think Donkey Ford's is still my number one culinary destination!

## How would you describe the people of Limerick?

Carefully - they can get very touchy!

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

Ah it's massive really. Rugby, GAA, athletics, rowing, swimming - the city can facilitate whatever sport you are into. It's great to see more walking and cycling paths opening up across the county and in SPIN we are really getting behind the 20x20 campaign as we know that it's so important that female sports stars get recognition, that games are well attended and that women and girls are encouraged to take up and enjoy their chosen sport at an amateur and competitive level.

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

I think people across Limerick need to work together to enhance our social, cultural and economic situations - sometimes it feels that there are a lot of factions in the city. We really need to work together without worrying about our own patch to the detriment of the bigger picture. Reputationally the city is in such a better place than it was 20 years ago, we have exciting plans for 2030 and beyond and I really think that the push to get people living back in the city centre would add hugely to the atmosphere of our iconic city.

## FRONT PAGES OF THE PAST

**29 YEARS AGO**  
**SEPTEMBER 15, 1990**

THE future of Cruises Street is part of a current debate and 29 years ago, it was revealed that two different groups of people were getting ready to object to the €30million plan to knock the hotel and pedestrianise the street.

The main story said

speculation was rife in Limerick on the elements which prompted one of the leading clerics in the Diocese, Monsignor Liam Boyle to tender his resignation as Vicar General to Bishop Newman.

And after three abortive attempts to demolish the Ranks silo, the Dock Road was bracing itself for a big blast.



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# Clarity sought over €19.5m 60 beds for UHL

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

A LACK of clarity over the crucial 60-bed block at University Hospital Limerick has “caused great frustration in the Mid-West”, a TD has said in Dail Eireann.

Dr Michael Harty TD, who represents Clare, called on Minister for Health Simon Harris to confirm if the €19.5m modular block will be funded in the next capital plan, and when that

funding will be announced.

Addressing the parliament last Thursday evening, Deputy Harty said “doubt has been cast over whether the promised money will be produced and whether it will continue to be part of the capital plan”.

On November 5, Minister Harris confirmed that funding would be available. He reiterated that commitment at a health committee last Wednesday afternoon.

“If we are to have that by the end

of 2019, construction must start immediately. When will the first patient be admitted to that block?” Deputy Harty asked Minister of State, Finian McGrath, speaking on behalf of Minister Harris.

However, the Dail did not receive a firm line on when the delivery of the bed block will be.

“Then there is the issue of the 96 bed permanent unit. When will the funding be made available through the capital plan for that permanent 96 bed unit? How much will this

cost? There is great controversy over how building projects such as this are tendered, procured, designed and built. Can the Minister of State confirm a costing has been placed on this 96 bed unit? What is the current situation in relation to design and planning and when does the Government expect the work to begin?”

Minister McGrath said there will be funding in 2019 “to allow this important project to progress”.



The 96-bed inpatient block and 60-mod accommodation at University Hospital L

**Deputy Michael Harty raised the issue in Dail Eireann**



Nurses at the picket line outside University Hospital Limerick during day two of strike action PICTURE: ADRIAN BUTLER

## Nurses return to the frontline after talks

**Strike action:** Three days of picketing are suspended

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

THOUSANDS of nurses and midwives in Limerick and the wider region have returned to duty after an agreement was brokered between unions and the Government at the 11th hour to avoid a further 72 hours of intense strike action.

The Labour Court intervened in the dispute between the Irish Nurses and Midwives Organisation (INMO) and Psychiatric Nurses Association (PNA) and the Government, which centred on pay, work conditions and staff recruitment and retention. It came after 30 hours of talks, but a ballot must still take place.

Up to 26,000 nurses could see pay increases of €1,500, and the establishment of a new grade. It is understood that the new recommendations could cost up to €20m in 2019, and an additional

€35m in 2020. However, all 40,000 members of the INMO will have to ballot either in favour or against the Labour Court's recommendations.

As a result of the three days of strike action on January 30, and on February 5 and 7, a total of 2,433 outpatient appointments were cancelled across the Mid-West, at University Hospital Limerick, University Maternity Hospital Limerick, St John's Hospital, Ennis Hospital and Nenagh Hospital.

A total of 451 inpatient and day case procedures were cancelled as a result of the three days of strike action. A spokesperson for the UL Hospitals Group said it “welcomes the decision taken by the INMO to suspend industrial action planned for this week. We are

endeavouring to do everything we can to restore normal services across our hospitals.

“We have contacted all patients to reschedule Outpatient appointments, elective procedures and diagnostics. Every effort is being made to accommodate these patients where possible. We are prioritising specific appointments to ensure timely rescheduling for those patients who have urgent clinical care needs.”

As a result of the pay increases, the Government is hopeful that it will save in the region of €114m in expenditure on agency staff. However, if savings are not visible down the line, the Government is likely to revisit proposed pay increases.

**114m**  
Amount hoped to be saved in agency staff costs

## Man swung sword during street fight

**DAVID HURLEY**

david.hurley@limerickleader.ie

A MAN who swung a sword at another man during a street fight will have to complete community service to avoid going to prison, writes David Hurley.

Thomas Houlihan, 49, of Sycamore Avenue, Rathbane has been prosecuted on indictment following an incident at Byrne Avenue, Prospect on May 10, 2015.

Detective Garda Paul Crowley told Limerick Circuit Court, a colleague of his – Detective Garda Niall Fitzgerald – was on patrol in the area when he was alerted to commotion shortly after midday.

He said he then observed the defendant and a number of other people who were involved in a “serious altercation” in the middle of the road.

Mr Houlihan was observed swinging a sword at another man – Mr X – who was armed with weapons including a knife, a hammer and the handbrake of a car.

After Det Garda Fitzgerald intervened, the men separated and Mr Houlihan was arrested.

Detective Garda Crowley said the incident was captured on CCTV and that the defendant made “full and frank” admissions telling gardai Mr X had started the fight and had thrown a knife at him first.

Gardai subsequently

established Mr X and a named woman had called to a house where Mr Houlihan was staying to confront him over his assertion that Mr X had damaged his (Mr Houlihan's) car earlier in the day.

Judge Tom O'Donnell was told there were long-standing tensions between the two men arising from another incident almost a decade ago.

Aaron Desmond BL (pictured) submitted Mr X was “armed to the teeth” and

that his client could have contested the charge by stating he was acting in self defence.

“He was at home, his vehicle was vandalised.

Three people came to his house, and he did not think rationally,” said Mr Desmond who added that Mr Houlihan had to move address following the incident “for fear of reprisals”.

Having heard the evidence, Judge O'Donnell commented what happened was a “classic scenario of two wrongs don't make a right” and that it was fortunate gardai were in the area.

The judge said what happened was akin to a scene from the Wild West but he accepted Mr Houlihan was not the prime motivator.

He adjourned the matter to June to facilitate the preparation of a community service report. The defendant, he said, is facing the prospect of 240 hours in lieu of 18 months' imprisonment.



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**THIS WEEKEND**

# THE HOLIDAY SHOW

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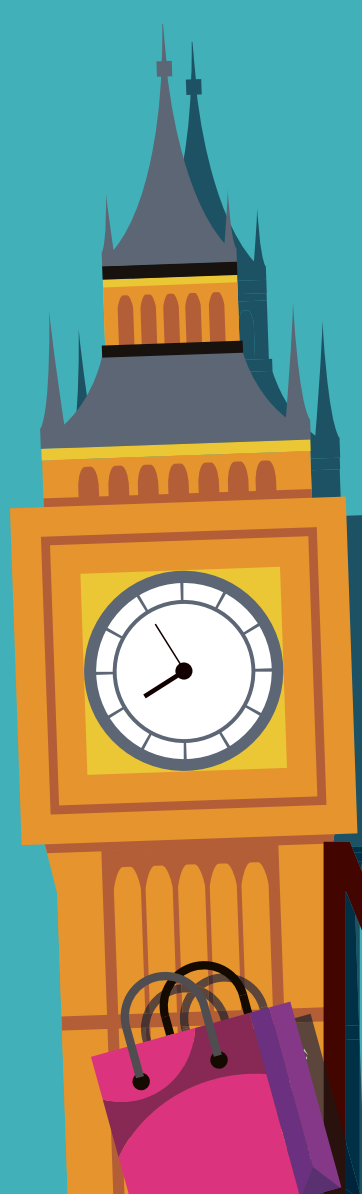
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Dr Walter Stanley, Dr Subramani Pichandi and Rachel Kennedy, of IComp at the UL Bernal Institute

## New tech to tackle single-use plastic

RESEARCHERS at the University of Limerick believe they can tackle the scourge of plastic bottle waste, by recycling single-use bottles into composites to be turned into car and tractor parts, writes Jess Casey.

The Irish Composites Centre (IComp), at the UL Bernal Institute has now received funding from Enterprise Ireland and the Environmental Protection Agency to

further its research in the field.

The technology developed by IComp turns plastic bottles into a high tensile fibre that can be woven into a fabric used in the vehicle production industry, according to Dr Walter Stanley of IComp.

"If successfully commercialised, this project would turn plastic bottles into a valuable raw material and stimulate greater recycling," Dr Stanley said.

# Bus Éireann review service in city area

**Transport:** Bus company currently examining routes

JESS CASEY  
jess.casey@limerickleader.ie

BUS ÉIREANN is currently reviewing its services in the city as a "public debate" on its routes and timing continues.

The company is currently working with the National Transport Agency (NTA) to improve a number of Limerick routes, as well as looking at "frequency, additional stops and revised routing."

This review also has a particular focus on Castletroy, including the University of Limerick.

"This process, which is independent of the Limerick Metropolitan Transport Strategy review will be finalised shortly," a Bus Éireann spokesperson confirmed.

At a meeting of the Travel and Transportation Strategic Policy Committee (SPC) of Limerick City and County Council this week, issues with the city's bus service were raised by Councillor Kieran O'Hanlon.

"There is ongoing public debate on the bus routes, bus time and quality of the service," he said, adding that he was "sure" other councillors have also been approached by people unhappy with current services.

"A lot of councillors are encountering people who have issues with the quality of the service," he added.

Bus Éireann representatives are not

There is ongoing public debate on the bus routes

COUNCILLOR KIERAN O'HANLON



obligated to sit on the SPC, Cllr O'Hanlon was told when he asked if someone from the company could attend the meetings, but the council will look at extending an invite for future SPCs, the meeting heard.

Bus Éireann is also currently reviewing its service in the city, Cllr O'Hanlon was told.

A Bus Éireann spokesperson later told The Leader that this review is currently underway.

"Bus Éireann constantly review all timetables that we operate in Limerick City to reflect changing customer travel patterns, seasonal variances in traffic congestion and the installation or removal of bus stop infrastructure."

Bus services in and around Limerick city, in particular the 304 and the 304a route, have attracted ire from commuters in recent months.

Before Christmas, a Joint Oireachtas committee heard that at even at off-peak times, buses on these two routes were arriving between 15 to 23 minutes late.

At the beginning of December, the former secretary at the Department of Finance also called for the local authority to take over the running of the bus service. John Moran, interim chair of the Land Development Agency and current chair of the Hunt Museum, described the services as "woeful."

Following the SPC, a spokesperson for the Limerick City and County Council said that all transport providers are currently reviewing their services as part of the Limerick Metropolitan Transport Strategy.

"Any improvements, especially with bus times, would be very welcome," the spokesperson added.

## LEADER NEWS BULLETIN

### Court

## Alcoholic was targeted by 'sinister' drug dealers

CRIMINAL elements asked a chronic alcoholic to store significant quantities of cannabis at his home after they bought him drink over the previous number of weeks, writes David Hurley.

Daniel O'Neill, 46, of Castle Close, Old Cratloe Road has pleaded guilty to possession of 472grams of the drug for the purpose of sale or supply.

Sergeant Damien Kennedy said the drugs, which had an estimated street value of almost €9,500, were seized when the defendant's home was searched May 2, 2016.



Mr O'Neill, he said, made admissions telling gardai he had been put under pressure to store the drugs.

Eimear Carey BL said her client, who

had the drugs for about a week, is a vulnerable person who was genuinely in fear.

"He is a chronic alcoholic, he was seen as a soft target by sinister elements in the community," she said, adding her client had cooperated fully with gardai and is attempting to deal with his alcohol addiction.

Noting the contents of a probation report, Judge Tom O'Donnell indicated he will impose sentence in June.

### Lecture at Mary Immaculate College

## AsIAM brings free autism community talks to city

ASIAM, Ireland's national autism advocacy charity is to bring its series of community support talks to Mary Immaculate College on Monday February 18 at 6.30 pm.

Focusing on the theme of autism and play, the talk will be given by guest speakers Dr Emer Ring and Dr Lisha O'Sullivan, who are specialists in the area of education and autism. AsIAM chief executive Adam Harris said: "Our 24 community support events will provide much needed information and guidance to autistic people and our families on issues as diverse as employment, sensory processing and making friends."

Those interested in attending are asked to register for free tickets on eventbrite.ie or see asiam.ie for more info.

### Third-level

## Call for submissions to 2019 postgraduate conference

POSTGRADUATE researchers are invited to now send their submissions to the Limerick Postgraduate Research Conference, to take place at the University of Limerick on May 20.

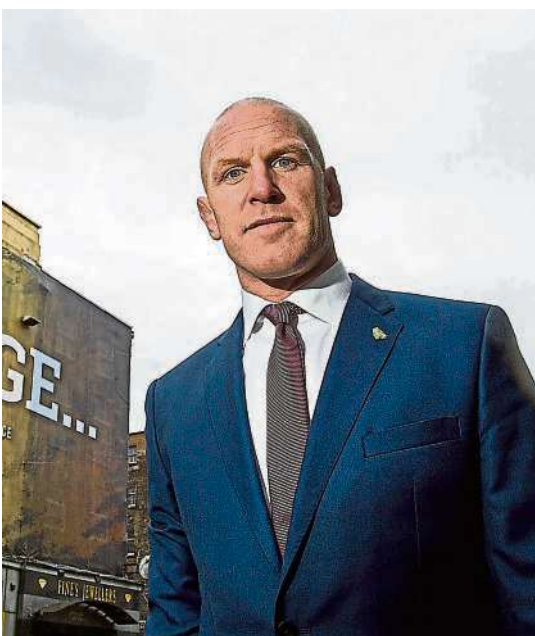
This year's theme, Research and Society: Innovation, Information, and Impact, aims to bring together all fields of research to explore their influence in our rapidly-changing society.

This multidisciplinary conference, where students from all academic backgrounds are welcome to submit an abstract to one of the following panels: language and cultural studies, health and wellbeing, society and

progress, and science and innovation.

Abstracts for both poster and oral presentations should be 200 to 250 words and include the title, introduction, methods, results or expected outcomes. Abstracts should also include a cover letter, listing each authors' name, three keywords, format and language of presentation, English or Irish. All abstracts should be submitted to lprc2019@gmail.com no later than 5pm on March 19. Acceptance letters will be issued in April.

Direct queries to lprc2019@gmail.com or see Limerick Postgraduate Research Conference on Facebook.



**Limerick's All Time Great: The finalists are clockwise from top, John Kiely, Dolores O'Riordan, Paul O'Connell and Richard Harris. See [www.limerickleader.ie](http://www.limerickleader.ie) for more details on how to vote**

## Revealed: Final four in the search to find Limerick's greatest

THE competition has been fierce and votes have come in from all over but we now have a final four in the search to find Limerick's All Time Great.

After a flurry of online voting in round two of our polls to determine who is Limerick's All Time Great, we have the final group of four nominees, from which the winner will shortly be selected.

From eight polls featuring 16 contestants who were selected from hundreds of nominations and a first and second round of voting that threw up some interesting results, we can reveal that the final four are: Dolores O'Riordan, John Kiely, Paul O'Connell and Richard Harris. The four finalists faced stiff competition from Mick Mackey, Vicky Phelan, Andy Lee and Blindboy Boatclub.

A poll will be launched online shortly to ask you, the reader, to vote for one winner from the remaining nominees and confirm who is Limerick's All Time Great, as voted by Leader readers.

"We are delighted with the reaction to the competition to find Limerick's All Time Great. It has thrown up some surprises but any of the final four would make for a worthy winner and all are or have been terrific ambassadors for Limerick," said



Eugene Phelan, editor of The Leader.

"The Leader is proud to highlight just some of the many people who represent the city and county and do us proud. Don't forget to vote!"

A huge thank you to our sponsors, Specsavers, Lyons of Limerick, McMahons Builders Providers, Thomond Asset Management, Limerick Tutorial College and the Crescent Shopping Centre.

For more, see [www.limerickleader.ie](http://www.limerickleader.ie).

## Donating to Pieta House this Valentine's Day

**RYAN O'ROURKE**

[Ryan.orourke@limerickleader.ie](mailto:Ryan.orourke@limerickleader.ie)

PIETA House have announced a new fundraising initiative aimed at corporate, small to medium enterprises and businesses to refocus their love and save A Life A Day by donating €1,000 this Valentine's Day.

The charity, which has a base in Mungret, says that last year in Ireland more than a life a day was lost to suicide. Pieta House are now calling on

companies to donate €1,000 to reduce this number one day at a time. By sponsoring a life for €1,000, companies will fund a full counseling programme for one vulnerable individual suffering from feelings of hopelessness or despair.

The charity have named their new fundraising initiative for A Life A Day. Over the course of a year, Pieta House are aiming to raise €1,000 from 365 companies to reach their target of €365,000 in order to save a life a day.

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### TALK MORTGAGES TAKE AWAY FOOD

As part of Home Series Week, get a Just Eat takeaway voucher when you book and attend a new mortgage appointment in a KBC hub between Feb 11th and Feb 16th.

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**HOME SERIES WEEK**

Terms and Conditions apply. Available at [KBC.ie/appointment](http://KBC.ie/appointment). To be eligible to receive a Just Eat Voucher, you must book and attend an initial mortgage consultation with a member of KBC staff in any one of our Hubs between 11th February and 16th February 2019. The promotion is one Just Eat voucher to the value of €10 per person or €20 per couple who book and attend an initial mortgage consultation during the promotional period. The promotion is valid while stocks last. KBC Bank Ireland plc is regulated by the Central Bank of Ireland.

# Workshop on 'chemsex' part of Aware Week 2019

**Third level:** Week promoting sexual health and drug awareness

**JESS CASEY**

jess.casey@limerickleader.ie

AN INFORMATION evening on chemsex, the practice of using illegal drugs like gamma hydroxybutyrate or gamma butyrolactone (which are often both referred to as G) during sex, was included as part of Aware Week for Limerick students.

Run by the Gay Men's Health Service in partnership with three of Limerick's third level institutes, the information evening included a screening of a documentary as well as an Irish perspective on the practice.

According to the HSE, G is a

physically addictive drug and a dependance can develop very quickly.

As the drug can take longer to kick in, and because only a small amount is required to produce the "desired effect", it can also lead to accidental overdose.

The drug can also act as a sedative, which can put users at risk of assault.

The chemsex information evening was held as part of Aware Week, a week-long event run by University of Limerick Student Life, to promote sexual health, road safety and drug and alcohol awareness amongst students.

The workshop which was held at the Limerick School of Art and Design, was



**According to the HSE, 'G' is a physically addictive drug**

open to students from Limerick Institute of Technology, Mary Immaculate College and UL.

Monday of Aware Week saw a focus on sexual health, with UL Student Life running a consent workshop and unveiling a mural calling for the end of sexual harassment and assault on campus.

Tuesday of Aware Week focused on drug awareness, which included input from the Mid-West Regional Drugs Task Force. Today, Wednesday, will see a focus on road safety in partnership with UL Smarter Travel and the Road Safety Authority. This Thursday will see a focus on alcohol awareness.



**Modern day Cilla Black, Meghann Scully**

## Meghann hosts spin on blind dating

**DONAL O'REGAN**

donal.oregan@limerickleader.ie

BEAUTY will be in the blindfolded eye of the beholder on Friday night in Amber nightclub.

A unique romantic event is being run to help those, who were alone on Valentine's Day, find love.

"You've heard of speed dating, you've heard of blind dating, but what happens when they come together?" ask organisers. Attendees won't be able to see each other. It is all about how the conversation pans out. It is called Wud Ya and is being hosted by SPIN South West presenter, author and Leader columnist Meghann Scully.

"The team in Amber came up with the idea and I think it's very clever. It's blind dating with a twist as the singletons will wear blindfolds and there will be a speed dating element to it. Meaning, everyone will get to know everyone by personality as opposed to looks," said Meghann.

"I really cannot wait as it will be a fun event and exciting to see how it all unfolds through blindfolds. I always enjoy hosting events," she continued.

In this superficial world, Meghann believes this is a fresh way of people meeting one another in a romantic setting.

"I think it is a great concept because it takes away that shallowness that can lie within online dating apps," she says. And online is how most couples meet these days. "Online dating is hugely popular. I've the odd friend that met a guy on a night out but more and more is from Tinder and Bumble."

Meghann hopes to change that on Friday night. To find out more about the blindfolded speed dating event log onto Amber's Facebook page.



**Pictured at the launch of the 'It Stops Now' mural are Lorcan O'Donnell, Dr Maeve Connolly, and Ciara Jo Hanlon** PICTURE MICHAEL COWHEY

## Over 1,000 UL students attend consent workshops

MORE THAN 1,000 University of Limerick students have been received training through sexual consent workshops since last September, writes Jess Casey.

UL Student Life recently finished a further rollout of the workshops bringing the total number of students educated

through the classes to more than 1,000.

"These workshops have been a great success and would not have happened without the support from the university faculties and departments," UL Student Life welfare officer Lorcan O'Donnell said. Mr O'Donnell was speaking

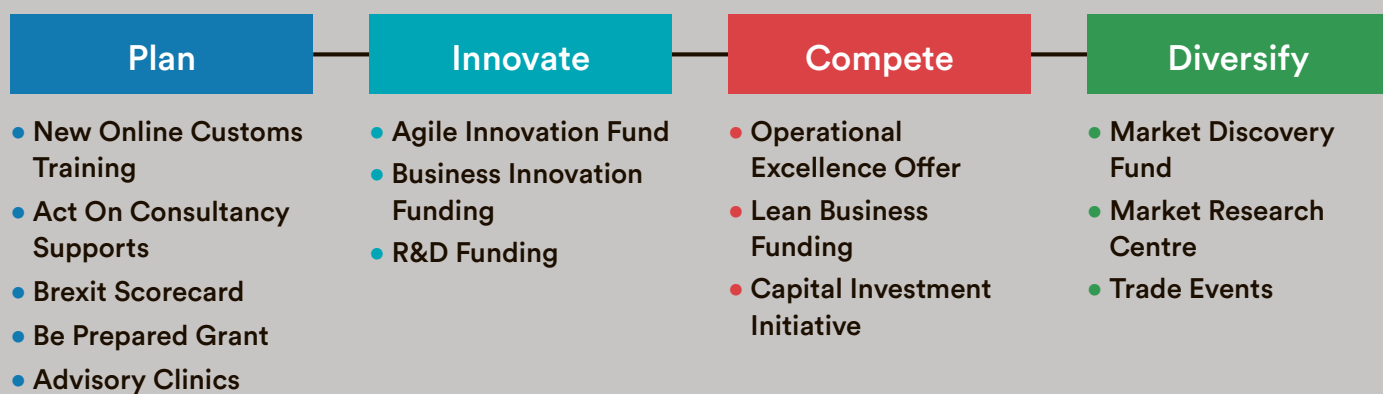
as a large mural calling for an end to sexual violence and harassment in third-level institutes was unveiled at the university. Depicting a number of messages aiming to dispel popular myths, the mural was installed as part of the It Stops Now campaign.

"Our hope is that the mural will challenge harmful language and preconceptions around sexual harassment and assaults, sending a strong message to all who use our campus that we are addressing the universal, societal problem of sexual misconduct," Lorcan added.



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## Comments from online readers

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



### LIMERICK MOURNS THE PASSING OF 'TRULY UNIQUE CHARACTER' IAN HAYES

#### Alison Bunworth

Such a lovely man - used to regularly have the chats with him and he was a knowledgeable, interesting, respectful decent guy



#### Claire Dillon

A beautiful soul. Rip. A reminder to all never judge the book by the cover and by giving everyone a chance you might actually give yourself a chance to encounter a lovely human being

#### Aoife Doyle

RIP, lovely man always had the chats with him and bought his magazine. Saddened to hear he has passed

### A TROY ODYSSEY AS NIGHTFLYERS TAKES FLIGHT FROM LIMERICK

#### Tanya Sla

I just finished watching the season finale of this and it was brilliant! Loved it even more knowing it was made in Limerick



#### Dee Vaughan

Fantastic series

#### Glenn Coco Nealon

I hope more more tv shows and films get filmed here as it creates countless jobs and it will put Limerick on the map

### RETAIL GURU COMMISSIONED TO TACKLE PROBLEMS FACING TROUBLED CITY STREET

#### Jean Considine

Price of parking is a major issue. I rather go to retail parks - free parking



#### Colm O'Sullivan

People will pay for parking if the shops are there. Just like they do in Cork and Galway. The cost of parking definitely isn't the issue for me - it's the complete lack of any decent shops in town

#### Laura Ní Chatháin

It's not rocket science and you don't need to hire someone to tell you what's wrong. Listen to the people. More guards on the street, reduced parking fees and lower rents

### LUCKY LIMERICK LOTTO PLAYER WINS €1 MILLION JACKPOT

#### Shirley Leen

Congrats to the winner enjoy



#### David O'Sullivan

Limerick strikes again

#### Nora-Mary Ryan-Doyle

Congratulations, best wishes. Happy spending wisely

#### Emma France

Best of luck to them

#### Mariaetta Hession

Congratulations to the lucky winners. I truly hope it went to someone who needs it. Enjoy it

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34 to 41 Catherine Street which has remained vacant for a number of years

# Vacant site in line for financial levies

**City centre:** Catherine Street site added to register

#### JESS CASEY

[jess.casey@limerickleader.ie](mailto:jess.casey@limerickleader.ie)

A SIZEABLE site in the city centre has been officially added to the local authorities vacant site register, putting it in line for a financial penalty for every year it remains vacant.

As of February 7, 34 to 41 Catherine Street has been officially added to Limerick City and County Council's vacant site register.

This places the owner of this site, Thanos Securities Limited care of E.K.O, in line to receive a financial penalty for each year it remains on the register.

"The vacant site levy is really shaking the tree, in the context of sites that have remained

undeveloped for years," Labour councillor Joe Leddin said.

"These sites will now attract a penalty of 3% of the market value, rising to 7% of the market value next year.

"This week alone we have seen the owners of Greenpark Racecourse put the site on the market, so I do think the vacant site legislation is starting to have an impact," he added.

Last week, the former Limerick racecourse site at Greenpark was placed on the market at a guide price of €12m. The 116.5-acre site has not been operational since 1999.

Councillor Leddin, whose family home was once 37 Catherine Street, said it "saddens" him to see the city centre site empty.

"It saddens me to see it in a

decaying and derelict condition when we could have high quality apartments in that building and contributing to the liveability in the city, which is what we are all trying to aspire to.

"I would appeal to the owners to engage with the Council first and foremost. Sometimes, I think, owners don't realise that there are supports there from the council to help in terms of redeveloping buildings.

"There are a number of different schemes underway at the moment, particularly in terms of energy and retrofitting that can help owners to upgrade or redevelop them for single letting or multi-letting."

A levy on the site will be collected in 2020.

## Waste management company lobbied TDs

TWO Limerick TDs were lobbied by a waste management company which is seeking to connect its premises in Limerick to the public sewer network, writes David Hurley.

According to the Register of Lobbying, a representative

of PandaGreen Limited wrote to Deputy Willie O'Dea and Deputy Jan O'Sullivan last year.

According to the return, the letters were sent to inform the Limerick city TDs of the company's "urgent need to secure a connection" to the sewer network

for its business premises which is located on the Dock Road.

"We have been seeking a connection to a sewer 90m away for over two years," states the recently-filed return which relates to the period between September 1, 2018 and December 31, 2018.

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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Appeal after teen sustains serious facial injuries

GARDAI are appealing for information after a youth sustained serious facial injuries when he was assaulted at the weekend.

The victim, who is aged in his late teens, was treated at University Hospital Limerick following the incident which happened at Corbally Road at around 9pm on Saturday.

Superintendent Derek Smart is appealing for anyone with information about what happened to come forward.

"What I am appealing for is anyone who was in or around the area – from the likes of Grove Island right



**Investigation:**  
**Superintendent**  
**Derek Smart**

out as far as Shannon Banks – from about 5.30 or 6 o'clock onwards up to around 10 o'clock to contact us," he said.

"If you saw any groups around the place that you recognise – anything unusual at all that you may have seen – I would appeal for you to come forwards and let us know what information you have," he added.

## Warning as gardai receive new reports of bogus calls

GARDAI are appealing to people not to divulge sensitive information such as passwords, pin codes or banking details over the phone.

Sergeant Ber Leetch says gardai in Limerick have received a number of reports recently of people receiving phone calls from persons claiming to be from various companies or service providers.

"Their objective is to get bank details and passwords from the member of the public. Unfortunately some people still give over information which can lead to money being taken from their bank accounts," she said.

## Thieves cycled off with bag of tools stolen from van

INFORMATION is being sought after a bag of tools was stolen from a van which was broken into at Bishop Street in the early hours of last Thursday.

"The owner heard a loud noise and when he looked out he saw two youths had smashed the rear window of his van and were cycling off with his bag of tools," said Sergeant Ber Leetch.

"I would always encourage people to remove their tools or anything of value from their vans or cars at night. Another car was broken into in the city centre when the lady left her



**Advice:**  
**Sergeant Ber**  
**Leetch**

handbag in the car, now her purse was not in her handbag but any thief looking in wouldn't have known that. A lot of expense was incurred by that lady as she had to replace the window," added the crime prevention officer.

Gardai say nothing of value should be left in vehicles which are left unattended.

## Handbag stolen from boot

A HANDBAG was stolen from the boot of a car as the owner was about the reverse out of parking space.

The lady had completed her shopping at a supermarket and had put the bag into the boot with the shopping. "It would appear that in the time it took her to walk from the boot of her car to sitting into her car a thief had opened the boot and lifted out her handbag," said a garda spokesperson.

# Jailed for glassing during house party

**Scars:** Victim was struck in the face during dispute

DAVID HURLEY

david.hurley@limerickleader.ie

A MAN who 'glassed' a young student after a row broke out at a house party on the northside of Limerick city has been jailed for 18 months.

John Lysaght, aged 28, who has an address in Prospect, had pleaded guilty to two charges relating to an incident at Thomond Student Village, Old Cratloe Road in the early hours of January 8, 2014.

Garda Shaun O'Hagan told Limerick Circuit Court the defendant was one of a number of young men who arrived at the house party despite not having been invited. He said a considerable amount of alcohol was consumed and that sometime during the night a dispute erupted over some money which went missing.

He said Mr Lysaght and his associates "took umbrage" at the suggestion that one of them had taken a sum of money resulting in a standoff taking place.

A fight then broke out at the apartment resulting in two other young men sustaining injuries.

One of the victims, whose now aged 25, sustained facial injuries after he was struck twice by Mr Lysaght with a beer bottle he had smashed off a wall.

John O'Sullivan BL, prosecuting, said the victim, who is now working in Australia, sustained multiple lacerations to his face and scalp but that he has made a good recovery.

Shane O'Callaghan BL, said his client, who has a number of previous convictions, has not been in trouble since the incident as he has avoided associating with certain people.

The barrister the father of two young children is in a stable relationship, had secured part-time employment and had paid €5,000 in compensation to the victim.

Imposing sentence, Judge Tom O'Donnell said the defendant's



**John Lysaght was sentenced to 18 months' imprisonment**

previous convictions were a concern as they show a propensity for violence. A further aggravating factor, he said, was that the offence occurred during the currency of a suspended sentence.

He accepted Mr Lysaght has turned his life around and is a "more mature person now" but added that

he had to impose a custodial sentence.

He sentenced him to three years' imprisonment, suspending the final 18 months.

Two other young men have already been prosecuted and sentenced in relation to the same incident.

## No prison for transporting cannabis

A MAN who was caught transporting almost €60,000 worth of cannabis has avoided a prison sentence, writes David Hurley.

Patrick Foley, 29, from Brookville Avenue, Tipperary Town, had pleaded guilty to possession of around 3kgs of the drugs for the purpose of sale or supply at Ballysimon Road on January 6, 2016.

The drugs were recovered when a vehicle was stopped and searched around two miles outside the city.

Detective Garda Martin McCarthy told Limerick Circuit Court there was a "notable smell" emanating from the boot of the van which was travelling

outbound when stopped. The cannabis was concealed inside a spare tyre which had been slit.

While Foley was not the registered owner of the vehicle, he admitted travelling by bus to Limerick earlier in the day to collect the van knowing there were drugs hidden inside.

Tom McGowan BL said his client cooperated with gardai and made "full and frank admissions" following his arrest.

He said the father-of-two, who has no great wealth, had developed a severe drug addiction following the death of his father and that his life was spiraling out of control.

He submitted Mr Foley was a "pawn in this operation" and that he would have been under pressure to drive the van from others higher up the chain.

Imposing sentence, Judge Tom O'Donnell noted Mr Foley has been doing very well since he completed a residential treatment programme 18 months ago.

He accepted there was an element of duress and noting the defendant's difficult personal circumstances, he said he was willing to give him credit.

He imposed a three year prison sentence which he suspended for three years.

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Cllr Cathal Crowe

## Westbury traffic problems highlighted

**NICK RABBITTS**  
nick@limerickleader.ie

CLARE councillor Cathal Crowe has called on his local authority to change the main entrance to the Westbury housing estate.

With more than 1,000 homes, Westbury is the largest housing estate in the Banner County, part of which of course lies in Limerick city's western suburbs.

Cllr Crowe described it as a "small town" in terms of size and density.

"Yet there is only one roadway into the estate," he added, "There are two traffic lanes for cars exiting the Westbury estate. One of these lanes caters for traffic turning left for Limerick City and driving straight across the road to the nearby Westbury Shopping Centre. The other traffic lane caters for traffic turning right for Parteen, Ardnacrusa and Broadford. These traffic lanes are extremely narrow and only allow for a couple of cars to queue at the traffic light junction at a time. During peak commuting times residents have only a few seconds to exit the estate and join traffic on the main road before the traffic lights turn red."

Cllr Crowe feels a filter-lane in favour of right-turning traffic would solve a lot of its traffic issues.

"This, however, could only be achieved by knocking and rebuilding one the estate's large entrance piers. Repositioning the pier would allow for widened traffic lanes and also give larger vehicles such as the Bus Éireann service more room to manoeuvre at the junction," he argued.

Cllr Crowe has made a detailed submission to the local authority's engineering staff calling for these works to be carried out, and it will be debated at the next meeting.

# City TD says 16.7% rent increase is 'scandalous'

**Property:** Average monthly rental rate in city climbs to €1,171

**NICK RABBITTS**  
nick@limerickleader.ie

SINN Fein TD Maurice Quinlivan has repeated his call on Housing Minister Eoghan Murphy to introduce rent controls in Limerick.

It comes after figures out this week revealed prices for tenants have skyrocketed once again year-on-year, a move claimed as "scandalous" by the City TD.

According to the Daft.ie quarterly rental report, the average rental price in Limerick is now 16.7% higher than in the last quarter of 2017, ending the year at €1,171 – and €827 in the county.

Mr Quinlivan said: "Renters in Limerick are continuing to see their rates spiral out of control, as Fine Gael refuse to take radical action to address

the problem. Limerick has been particularly hard hit with huge rent increases. Rents are continuing to rise to unsustainable levels. This is not a sustainable situation. How on earth are working people looking to rent in Limerick supposed to afford such an increase in rent in one year?"

Mr Quinlivan acknowledged rent certainty will not resolve the issue of high rents.

"It will however put a break on the unaffordable rent increases that thousands of people are facing. The huge increase in rents coupled with a severe shortage of homes to rent and buy is exacerbating the housing crisis," he said.

Despite the average rent standing at €1,171, Mr Quinlivan believes you'd struggle to find a property at that price,



**Maurice Quinlivan wants rent controls in Limerick**

due to a lack of supply.

"A three-bedroom house in Raheen is for rent at €1,400, however 2 bed apartments are advertised for €1,200 per month which is beyond the reach of many. These rent increases are not sustainable and many working families cannot afford these high rents or find suitable properties to live in. Many working families earn too much to get any social support and too little to get a mortgage, now many can't even afford to rent," he added.

Rents in other Irish cities continued to climb – in Dublin, the average rate for tenants was €1,982, up 8.8% year-on-year.

In Cork, the average stood at €1,314, up 11.4%, in Galway, its €1,239, up 13.1%, while in Waterford, the average rate is €968, up 16% annually.

## Limerick's best music mix



Live 95 presenters Catriona Tierney and Mark Whelan delivered cupcakes to local businesses to mark the radio station's new look

## New look for Limerick's most listened to station

Limerick's local radio station Live 95 launched a new look and to coincide with the latest radio listenership figures which shows it remains the most-listened to radio station in Limerick.

According to the latest JNLR/Ipsos MRBI survey, Live 95 had a 32.3% market share in Limerick at the end of December 2018.

In addition, 39% of those aged over 15 listen to the radio station at least once every weekday while more than 100,000 people across Limerick tune in every week.

"We are pleased and proud to have maintained our position as the most listened to radio station in Limerick. The power of 0 in general is obvious from this survey,

showing 82% of Limerick people are tuning-in to a radio station every day. We are honoured to play our part and serve the people of Limerick - they are at the forefront of everything we do on a daily basis," said Joe Nash, Live 95's station director.

Julie White, Live 95's sales and marketing manager, said

everyone at the radio station, which is part of the Wireless group, is excited by the new look and sound.

"We are really excited about the station's new look. It reflects our place at the heart of the Limerick community and our ongoing commitment to provide the best service to a modern, confident Limerick," she said.

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Cllr Frankie Daly has called for a pedestrian crossing to be installed at the site of a crash in which a pedestrian was struck by a car on Friday

## Councillor calls for pedestrian crossing

**THE CHAIRPERSON** of Limerick City and County Council's roads committee has called on the local authority to explore the idea of installing a pedestrian crossing on Patrick Street.

Independent councillor Frankie Daly made the call this week after a male pedestrian was struck by a car on Friday morning outside Arthur's

Quay shopping centre on Patrick Street.

Cllr Daly said he was "shocked" when he heard of the incident. "I've made inquiries with the engineers to assess the need for a pedestrian crossing there. The roads committee have done a lot of good work recently in addressing risks especially at schools entrances and

other areas around the city where a lot of elderly, or children and young people cross, especially as traffic in the city has increased at peak times," he said.

He added that he has contacted the council to specifically look at this street "as a priority".

The pedestrian's injuries were not thought to be life-threatening.

# Stolen car worth €37k fitted with false plates

**Theft:** Young man had concealed car key in his underwear

DAVID HURLEY  
david.hurley@limerickleader.ie

A JUDGE has been urged not to jail a young man who fitted false registration plates to a high-powered car within hours of stealing it.

Peter Moloney, 22, of Monaleen Road, Castletroy has pleaded guilty to burglary and theft charges relating to offences which happened in the early hours of April 5, 2017.

During a sentencing hearing, Garda Paul Bentley said he first encountered the defendant at around 5.30pm on April 5, 2017 when he stopped a car on the Dublin Road.

Mr Moloney, he said, did not have a driver's licence and gave a false name when arrested for road traffic offences.

Garda Bentley said when the defendant was being processed at Mayorstone garda station, the keys of an Audi Q5 "fell from his underwear".

The keys were linked to a car which had been stolen following a break-in at a

private home in Castletroy and gardai investigating that incident were alerted.

The stolen Audi, which was worth around €37,000, was located at Salmon Weir, Annacotty a number of hours later.

Judge Tom O'Donnell was told the vehicle was not damaged and that it had been fitted with false registration plates.

During interview, Mr Moloney initially told gardai he had been drinking heavily and that he could not remember how he got the key.

He later admitted breaking into the house and taking the keys which had been left in a bowl on a counter in the kitchen.

He told gardai he fitted the plates himself using double-sided tape but did not give any indication as to his intentions.

"It's unclear what he intended to do," he told John O'Sullivan BL, prosecuting.



The Audi Q5 was fitted with false plates after it was stolen

Pat Barriscale BL said his client had "no reasonable explanation" for his actions and that he has "little memory of the night."

He said he was associating with the wrong kind of people around the time and that he has now "completely distanced himself from that group".

The barrister said Mr Moloney is working full time, is involved in sport and turned his life around since the incident.

"His behaviour was wholly inappropriate, he realises the seriousness of what he did," he said noting the contents of a probation report which stated his client is at low risk of re-offending.

"I am confident he will not disappoint you if you give him a chance," said Mr Barriscale.

Adjourning the matter, Judge O'Donnell commented the use of false registration plates was puzzling and "smacks of pre-meditation".

He will impose sentence in June.

## Historical resource set for library

A MAJOR new historical resource is to be made available at the City Library.

Mayor James Collins will next Wednesday, February 20, launch new film which will see the entire back catalogue of the North Munster Antiquarian Journal made available on www.limerick.ie.

It will see a new, free online source of over 10,000 pages of history writing mainly focused on Limerick, but also Clare and North Tipperary.

Earlier in the week, the Thomond archeological and historical society will hold a talk focused on the Barrington family and its links to Limerick.



Mayor of Limerick James Collins

It will be given by Fr Brian Murphy, a member of the Benedictine Community of Glenstal Abbey, and the author of a recent book in the Barrington's and the death of the only daughter of Sir Charles Barrington.

The venue for the lecture is Room at Mary Immaculate College in the South Circular Road, Limerick at 8.00pm on Monday, February 18. All are welcome to the talk, which will be free.

For more information on this, please telephone Dr Tadgh Moloney at 087-2076373. For more on the event at the library, call 061-407510.

## Solidarity fundraiser

THE Solidarity party is to hold a fundraising gig ahead of the May local election.

On Friday, March 1, the Loft venue at the Locke Bar will host prominent acts in the local music scene including dREA and MZKA.

Codenamed 'Songs for Solidarity', it all kicks off at 8pm with ten acts spread over two stages.

Solidarity is fielding candidates in the three metropolitan district wards this summer.

More information call 083-1000106.



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# Judge to preside over students' 'mock-trial'

**JESS CASEY**

jess.casey@limerickleader.ie

A WELL-known Limerick judge will preside over a 'mock-trial' to be held by young students at Limerick Courthouse, as part of a project introducing them to the legal system.

TY Law Ireland is introducing Limerick transition year students to Ireland's legal system with a day-long workshop held in participating schools.

Schools taking part in the initiative could be in with a chance to compete for the Mock Trial Treaty Cup Prize in April, which will see Judge Tom O'Donnell preside over the student's trial in Limerick Courthouse.

"Our law module days comprise of an introduction to the legal system, the role of barrister and solicitor, the judicial system in Ireland and the court's structure," coordinator Catherine McLoone BL explained.

"A 'mock trial' is conducted with the students in the afternoon, with each student having an active part in the trial."

The court services and the judiciary are in support of the initiative, Ms McLoone added.

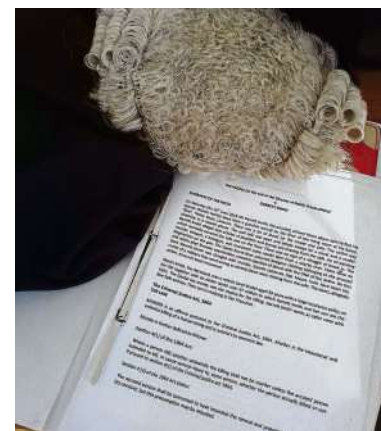
"The court services are making the courts available for a Mock Trial competition to be held over a three day period."

This will include a quarter-final, a semi-final and a final, with Judge O'Donnell presiding over the third

and final day.

"All transition year schools can enter a team into the competition following our law module day and the Mock Trial Treaty Cup Prize will be rotated annually to the overall winning school," Ms McLoone said.

Schools who are interested in holding a workshop ahead of April can find more information at [transitionyearlaw.com](http://transitionyearlaw.com) or contact [tyrelandlawmodules@gmail.com](mailto:tyrelandlawmodules@gmail.com)



More info can be found on [transitionyearlaw.com](http://transitionyearlaw.com)



Simon O'Gorman in *Everyday I Wake Up Hopeful*, part of a double bill of plays coming to the Belltable this Friday

## Spotlight on mental health in double bill

**Prime Cut:** Two shows will take place at the Belltable

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

MALE mental health will take the spotlight as part of a critically-acclaimed double bill of theatre in the city this week.

Northern Irish company Prime Cut Productions are bringing two shows detailing the "universality" of male mental struggle to the Belltable this Friday evening.

In *East Belfast Boy*, young protagonist Davy, played by Ryan McParland, widens the lens on urban living through spoken word poetry, with the backdrop of pulsating techno by DJ Phil Kieran.

John Higgins' *Every Day I Wake Up Hopeful* is delivered by Simon O'Gorman, who plays alcoholic, bucket of chicken-loving Malachy who has made a decision and he wants to talk about it. Despite the obvious dark undertones of the topic

of mental health, the double bill has been critically acclaimed for a firm emphasis on humour.

"They do have one common theme, and they explore male mental health, which is not a subject that we talk about an awful lot," Prime Cut's executive producer, Una NicEoin told The Leader.

"We had been very keen to explore the notion of male mental health, especially in the context of the quite shocking suicide statistics for Northern Ireland which were, proportionately, far higher than the rest of the UK. And shockingly, more people have died through suicide than they did through the Troubles, since the Good Friday Agreement. So that was a truly terrifying statistic.

"We wanted to look at that and see the common themes, and what conversations to talk about. There does seem to be two types of demographics; one appears to be the

late teens to early 20s, and also the middle-aged range. And then we started to look at that, as well, in terms of the rest of the island of Ireland.

"So what we do have are two different men, one young and one older, experiencing very major emotional crises but from very different backgrounds. And what we wanted to do was stress the universality of the situation."

Prime Cut artistic director Emma Jordan added she was "delighted to be able to bring these two plays back to share with more audiences.

"The subject of mental health and fractured masculinity have never been more topical and yet we still lack the skills to tackle the issues appropriately. I hope these productions will help create more dialogue and a better understanding."

See [www.limetreetheatre.ie](http://www.limetreetheatre.ie).

## Local teenager makes LEGO league finals

**RORY O'CONNOR**

rory.oconnor@limerickleader.ie

LIMERICK teen Niamh Kenihan of Blackthorn Guides, was a member of one of two Irish Girl Guides teams that competed in the first LEGO league finals which took place recently in Dublin City University.

The teams, made up of six teenage girls from all over the country, were tasked with identifying a human, physical or social problem faced during long-duration space exploration.

How astronauts deal with homesickness was the issue chosen by fourteen-year-old Niamh's team, named CLWKD, which uses the initials of the counties the girls come from - Cork, Clare, Limerick, Waterford, Kildare and Dublin.

As well as this, they also faced another task; to design, build and programme a robot to undertake various challenges on a themed playing field during the final.

All this was made more complicated by the fact that the girls lived all over the country.

This meant DCU's LEGO Innovation Studio became the girls meeting point for

five, full-day workshops where they worked on their innovative project.

The LEGO league is an international competition involving children aged between 11 to 16 from 80 counties.

The teams operate under a signature core set of values which include teamwork, sharing of experience, discovery and the spirit of friendly competition and co-operation.

With the development of STEM (science, technology, engineering and maths) subjects, these skills are a key goal of programme.

Irish Girl Guides Chief Commissioner Helen Concannon said the girls did a great job developing the skills. She also commended the girls on getting to the finals of such a great competition.

"The girls have harnessed their individual skills as to create amazing group projects. Working together, they have valued each person's contribution and impressed us with their ingenuity," adding that they are now "excellent role models", pointing to their experiences as girl guides.



Niamh Kenihan, back row, third from right, pictured with her team at the LEGO league finals



Limerick woman Leona O'Callaghan who waived her right to anonymity so that her rapist, Patrick 'Whacker' O'Dea, could be named in the reporting of the case PICTURE: LIAM BURKE PRESS 22

# Abuse survivor urges action and walkouts

**Women's Day:** Leona O'Callaghan joins call for protest

JESS CASEY

jess.casey@limerickleader.ie

A LIMERICK survivor of sexual violence has joined trade and student unions in calling for an end to gender-based violence on International Women's Day, March 8.

Leona O'Callaghan, who waived her right to anonymity last November so that her rapist would be identified, joined the Union of Students in Ireland (USI), Unite the Union and ROSA in Dublin on Monday.

The group, which was chaired by Ruth Coppinger TD, are urging a series of protests and walkouts this International Women's Day, Friday

March 8, to call for an end to the gender pay gap and for an end to gender-based violence.

"The statistics about the epidemic of violence against women speak for themselves," Ms O'Callaghan said.

"We do not have sufficient legislation to adequately deal with the issue of consent.

"We remain participants in a victim-blaming Ireland where the perpetrator has the right to legal representation, but victims and survivors do not.

"We remain in a country where there is inadequate education in our church-led schools that fail us, by not providing the knowledge and guidance needed to put an end to

victim blaming, to highlight what consent is and to teach men not to rape, rather than teach women how to not be raped."

"Gender equality is not a women's issue," Ms O'Callaghan added.

"When we associate masculinity with power, money, muscles and aggression we disclude the good men who are not representative of these traits."

This Monday, the USI called for walkouts and protests on March 8, to demand action on violence against women.

Unite the Union also called on workers to protest the gender pay gap at 3.25pm on March 8, to represent the gender-pay gap between male and female workers.

# LIT to open new campus in Clare

THE LIMERICK Institute of Technology has confirmed its plans to open a new campus in Ennis on foot of a proposed capital investment, writes Jess Casey.

On Tuesday, LIT confirmed it intends to open a new facility on Bindon Street in Ennis following a proposed capital investment of €750,000 by Clare County Council.

The new development will join current LIT campuses at Clonmel and Thurles in Tipperary, Moylish and Clare Street in Limerick City and a new engineering-focussed campus currently under development at Coonagh in Limerick.

"We are delighted to be able to progress our plans in Ennis," LIT president Professor Vincent Cunnane said.

"We intend to provide an expanded level of daytime undergraduate education through the CAO, as well as opening up the possibility of new

evening courses and professional education."

A total of six degree programmes, including social care, early childhood care and education and marketing and management, are now available through the CAO at LIT in Ennis for next September.

"Crucially, by allowing us to broaden our offering, this new facility adds to the educational options available to people locally, while at the same time enabling us to respond to the needs of business and industry in Clare," Prof Cunnane said.

"Our model is based on partnership, and we have successfully worked in partnership with Clare County Council to source the new campus building on Bindon Street."

"That approach will anchor our expansion in Ennis, as well as further collaboration with LCETB and other stakeholders," Prof Cunnane added.



## ON THE RIGHT TRACK

Adrian Murphy, from Clarina, celebrating winning €18,000 on the National Lottery Winning Streak TV game show last Saturday evening. The Limerick train driver says a Transformer toy for his son Billy is the first thing on his shopping list.

# Limerick cardio screening

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

The BPro device is a completely mobile test kit, comprising a wrist sensor and a laptop. It can be brought to any location, including your workplace or organisation which makes it ideal for sports clubs, health centres etc.

Screenings are carried out by a Healthstats certified technician and a full printout of the results are given on the day. The procedure is non-invasive and completely pain-free.

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

Heartfelt Cardio Screening will bring the BPro to the following venues during the next few months. Appointments are essential and are available from 11am until late for the following dates: Thursday, February 21 in the Radisson Blu Hotel and Thursday, March 24 in the Radisson Blu Hotel.

For further information or to make an appointment, please contact: Anna on 086 4135555 or Jimmy on 086 2566422 or email: heartfeltcardioscreening@gmail.com.



Did you know that 27 people die of a HEART ATTACK in Ireland every day? There is now an alternative to an Angiogram!

## Its called Bpro Cardio Screening

- 99.17% accurate as an Angiogram
- A fraction of the cost
- Non-invasive, pain free procedure
- Tests your heart condition, arteries & blood pressure
- Session lasts approx 30 mins

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

Thursday 14th March - Radisson Blu Hotel, Ennis Road, Limerick

BOOKING BY APPOINTMENT ONLY Screening Cost: €50 per person or €90 per couple.

### Heartfelt Cardio Screening by BPro

To book an appointment or for further information call Anna on 086 413 5555 or Jimmy on 086 2566 422 email: heartfeltcardioscreening@gmail.com Web: www.bproheartfeltcardioscreening.com

Find us on Facebook: <https://www.facebook.com/pages/HEARTFELT-CARDIO-SCREENING/473318246132004>

Can Save your Life

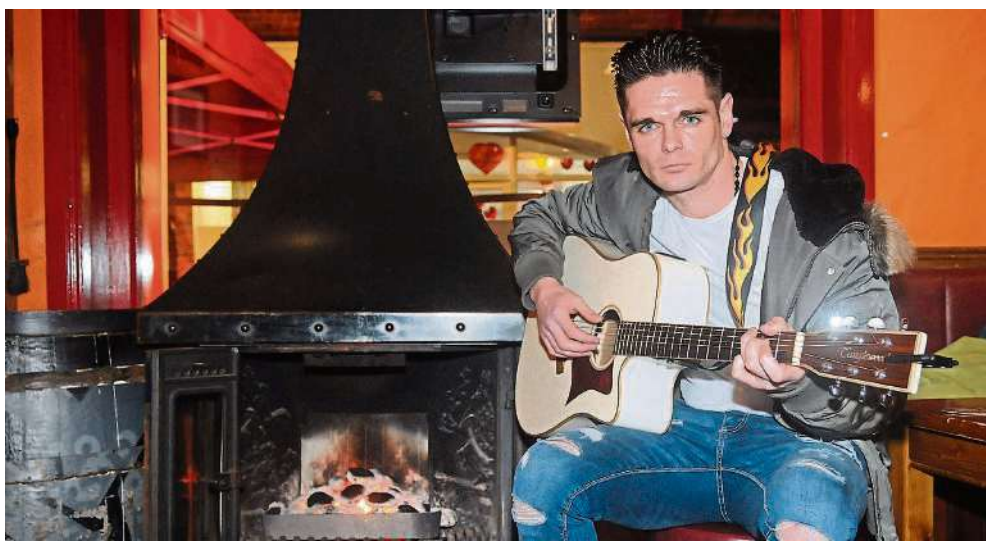


**Hoping for a 'pizza' the action:** Cathal, Claire, Martin and Eoin Tierney travelled to the city centre from Newport, Co Tipperary. Claire is a big fan, smiling that head judge, the music mogul Simon Cowell is her favourite part of it!

# Limerick has the X Factor!

Dozens of budding performers seeking a shot at stardom were at Cobblestone Joe's on Thursday as the talent show held local auditions

**Pictures:** Gareth Williams **Words:** Nick Rabbitts



**'Music has changed my life'**

**'I have a dream to be a singer':** Singing and playing the guitar is something Hyde Road man Shane Byrnes has been doing for only the last 18 months. He picked up the guitar in prison, and he admits it changed his life. "Music helps me. What it does for me, it has changed my life and my ambitions. My ambition now is to be a musician and singer," he told The Leader.

**'The talent in Limerick is very underestimated'**

**David Ryan, bar owner:** "There are a lot more people out there who need to be given the chance to go forward. I think in Limerick, we are not snobbish about our music. You have the likes of the Cranberries. I believe that can be replicated going forward." Dave is pictured left with X-Factor Talent Scouts Hannah Shutler, Daniel McPherson and Rashida Josiah.



**A shot across the Bowers**

**Stand by Me:** Twenty-nine-year-old Wesley Bowers, Killaloe, put his own stamp on the Ben E King classic. He said: "I've entered a few times and I've not been successful. I'm very nervous and just trying to build up my confidence now."



### The stage is set...

**Star search:** X Factor talent scouts Hannah Shutler and Rashida Josiah carry out sound tests ahead of the first audition in Cobblestone Joe's

# Candid Comment

By SPARTACUS

● The travails of bus users across the city have been gaining traction thanks to an outcry on social media and in no small part to stories in this newspaper and online. Leader reporter Jess Casey has the story elsewhere on these pages that Bus Eireann's, shall we say, less than exemplary timekeeping on certain city routes was again brought up at a meeting of the Travel and Transportation Strategic Policy Committee of the council this week.

Users of the 304 and the 304a in particular often see services arriving between 15 to 23 minutes late - with delays even at off peak times. Quite incredible for a modern city, really.

● With Valentine's Day around the corner, we can expect a lot of loved up couples to pick up the mandatory boxes of chocolates, bubbly and go for a romantic dinner-for-two (if you haven't booked it by now, you'll have to rely on Just Eat).

But Valentine's also marks Sexual Health Awareness Week (February 12 to 19), an opportune time to address the issues of contraception and infectious diseases, as there is a large cohort who don't protect themselves. It's fact, Spartacus wrote last week, that there are more people with chlamydia than with the winter flu.

And the awareness week got off to a good start as, because of the suspended strike action, patients looking to get an STI check-up were able to get their much-needed appointment at the GUI clinic at University Hospital Limerick. However, these patients—and everyone—should still heed the warnings and stay protected as the results from Tuesday's tests won't be revealed until after Valentine's Day. Food for thought.

● It really is remarkable how miserable some

people can be.

Just call into a newsagent any day of the week and the odds are you will not be able to get your hands on that book, magazine or paper you want to buy. Why, because of the "free readers".

Yes these are people who each day go into shops pick up a paper or magazine, read the guts of it, and walk out the door.

"After shoplifters they are the bane of my life, so miserable and we have the same offenders each day," was how one distraught news agent put it to Spartacus. Thankfully this paper is free of charge!

● THERE is nothing like going to the cinema if you want to get the real feel and atmosphere of the latest movies on offer. Which is why it is such a shame that we still don't have a cinema in the city centre, aside from weekly screenings at the Belltable, which are very welcome. Many still remember having a date at the Savoy, Carlton, Lyric and Central cinemas, which were the heartbeat of the city's social scene.

A friend went recently went to the cinema on a Thursday night and got a number of surprises.

"It cost a whopping €12.60 and I got what I would call a small enough packet of sweets that cost €4.30. So we are close to €17," this keen movie lover complained to Spartacus.

Not surprisingly at that price there was only a handful of people enjoying the film.

"Cut your prices in half or quarter and you will get more traffic and get more people to buy popcorn and drinks," he observed.

Of the three main cinemas in Limerick, one already does ticket prices all the time at €4.99, while a second has just introduced €5 prices for every film, every day. So it looks like some value is on the way at last and just in time for awards season!



Second shot at stardom

**'One day like this':** Club singer John Morrissey from Raheen was hoping to make it second time lucky in his bid for stardom, having not heard back from Britain's Got Talent last year. He sang the Elbow track.



'The Greatest Love of all'

**A big song choice:** Erin Norris, 16, of Ballinacurra Gardens, with her father Mark. She admitted being nervous ahead of her audition at Cobblestone Joe's. She decided to sing the Whitney classic, 'The Greatest Love of All', to show her voice to the best of her ability.



Haunting rendition

**Zombie:** Kasia Dimowska, left, brought the venue to silence when she sang a haunting rendition of the Cranberries classic Zombie. It was the 18-year-old from Castletroy's first time entering a competition like this, and she brought her friend Sally Hayes, Rhebogogue along

# 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



**Ben** - A very sweet and affectionate long haired chihuahua mix loves his toys and wants to be spoiled. He doesn't like other dogs so he would have to be the only pet in the home. For more information on Ben, please phone the sanctuary on 087 6371044.

Next we have **Woody** - a 2 year old Jack Russell. He is a lovable character, he gets on well with most other dogs and does enjoy the company of another dog but can also be your only pet. For more information on Woody, phone us on 087 6371044 or visit the sanctuary any day between 12-3.



Next up is **Tibi** - Tibi came to LAW after his beloved owner became ill, he loved to venture out during the day and slept at the foot of the bed at night. He is the most gentle and sweet cat any cat lover could ask for. For more information on Tibi, please phone the cat unit on 087 2295669.

## Can you home Cottontail

Our last stray this week is **Cottontail** an gorgeous fluffy rabbit. A little bit shy but good natured and would make a perfect pet. For more information on our rabbits, phone us on 087 6371044 or visit the sanctuary any day between 12 - 3pm.



## 'Food for thought' for TY students

**LEADING obesity expert Professor Donal O'Shea recently met with Limerick students to speak about nutrition and healthy lifestyles, writes Jess Casey.**

Well known from RTÉ's hit show *Operation Transformation*, Prof O'Shea visited Ardscoil Mhuire students at their school in Corbally following an invite from transition year students. TY students are currently working to tackle childhood obesity, as part of their entry to the 2019 Young Social Innovators competition.

"We got great advice from Professor O'Shea and we have come up with how we can make a change, starting with our school," TY student Heather Bradshaw said.

Students are currently working towards producing a health, fitness and nutrition app, aimed specifically at children.



Prof Donal O'Shea poses for a selfie with ASM TY students, who are currently examining the issue of childhood obesity

# Sadness as Nora Bennis passes away

**Activist:** Former general election candidate dies

### EUGENE PHELAN

eugene.phelan@limerickleader.ie

FORMER general election candidate and well known political activist, Nora Bennis has passed away following a short illness.

Nora was married to the late Gerry Bennis, one of the best known figures in Limerick GAA and brother of Richie and Phil who won an All-Ireland hurling medal with Limerick in 1973.

As a political activist, she regularly hit the national headlines including when she asked the public to boycott a sex shop in Limerick which she described as "filth" when it opened at Ellen Street many years ago.

After the X Case reopened Ireland's abortion debate in the early 1990s, she started the Irish Mothers Working at Home Association, as a support network for housewives who felt isolated or ignored.

In 1994 she became leader of the Solidarity Movement, an alliance of independent political candidates linked to the Family Solidarity pressure-group.

Nora secured more than 18,000 first preference votes when she contested the 1994 European elections in the then Munster constituency.

Most recently, she was a candidate



Nora Bennis died following a short illness on Monday

in the 2016 General Election in the Limerick city constituency but was eliminated following the first count having secured just 673 votes.

Limerick TD Niall Collins said he was saddened to learn of Nora Bennis' death.

"My deepest condolences go to the Bennis family on the passing of Nora, She was an outstanding campaigner who was so well respected. She will be hugely missed by all," he said.

Nora Bennis, who is survived by her daughters Gráinne, Muirne and Aedin and her son Rory will be reposing at Griffin's Funeral Home, John's Gate this Wednesday evening from 5pm with removal, at 7pm, to Our Lady of the Rosary Church, Ennis Road.

Her Requiem Mass will take place on Thursday at 11am with burial afterwards at St. Mary's (New) Cemetery, Patrickswell.

# Limerick has 'growing potential' to become centre for high-tech

THE Limerick secondary schools who featured in the recent BT Young Scientist and Technology Exhibition were hosted by Analog Devices at an acknowledgement evening at the multi-national's plant in Raheen.

Over 80 students, representing 12 Limerick secondary schools along with their parents, teachers and school principals attended the event which took place at Analog Devices European Research and Development Centre at Raheen Business Park last week.

Mari Cahalane, Head of the BT Young Scientist and Technology Exhibition and John Loftus of the BT Business Bootcamp opened proceedings and noted that what struck them most was how engaged the students were and how great it was to have so many Limerick students involved at a national level in the high-profile competition.

The audience was also addressed by two of Analog Device's vice-presidents, Leo McHugh and Denis Doyle.

Mr McHugh, who attended the Young Scientist event in Dublin himself, said he was "hugely impressed" by the students' confidence and ability to communicate.

Mr Doyle pointed out that the students' achievements were another indicator of the growing potential for the Limerick region to become a centre for high-technology development.

He invited the students and parents to see this for themselves at the upcoming Limerick for Engineering showcase event, which will take place at Shannon Airport on March 7 and which is targeted specifically at second level students.

"We are delighted to host this evening here at ADI", said Mr Doyle.

"It's very encouraging to see so many bright minds enthusiastically involved in science and technology and it's important for us to connect



**Analog Devices vice-presidents Leo McHugh and Denis Doyle pictured with Coláiste Chiaráin teacher Edel Farrell and students Hannah Lucey, Oisín Brady Halmshlag and Kevin Lawlor at Analog Devices' European Research and Development Centre at Raheen Business Park for the acknowledgement evening for schools that took part in the recent BT Young Scientist and Technology Exhibition**

the science to real world careers that are on offer here in the Mid-West," he said.

The students were also treated to interactive presentations from research and development staff leading cutting edge developments currently underway at the Raheen facility including technology aids for the blind, radar systems for autonomous cars and energy harvesting research.

The technology discussions were then followed by a panel

discussion with students who are currently in third level education and an Analog Devices employee who had previously entered the Young Scientist competition.

At the end of the evening the students had a chance to discuss a wide range of topics from subject choices to third level college options and general careers in technology on a one to one basis with the large number of Analog Devices engineering staff who were present on the evening.



**The discussion panel who advised students at the Analog Devices event. From left Vincent Heffernan, Nóra Farrell, Ciarán O'Mara and Dearbhla Egan**



**Leo McHugh and Denis Doyle with Coláiste Nano Nagle School principal Sinead Maloney and teacher Kelly Walsh along with students Buki Adejomehin, Georgina Pantskhava, Sofija Hanzena, Amanda Makulena, Isabel Hayes, Hafza Abdiwaliat and Lauren Kelly**



**Leo McHugh and Denis Doyle with Salesian Secondary College Pallaskenry School principal Paddy O'Neill and teachers John O'Flynn and Lisa Downey. Also pictured are students Katie Smith, Ellen Kingston, Roisin Gavin, Lisa Judge, Cathal Moane, Joe Sweeney, James Dunworth, Niamh Cusack, Caoimhe Carey, Jack Lloyd, Ethan Browne, Sean Hartigan, Tara Fitzgerald, Laura Madden, Aisling McGuinness, Amy Cusack and Zoe Blondell**



Bairbre Smith of Sky at the launch of Sky Fibre Ultra Broadband at the Parkway Shopping Centre at the weekend



# Out & About

## SKY FIBRE ULTRA BROADBAND LAUNCH AT PARKWAY SHOPPING CENTRE

Pictures: LIAM BURKE/PRESS 22



Lee Dillon, Live 95, Leanne Moore, Declan Hannon and Ciaran McNamara Live 95 at the event, which celebrated the arrival of Sky's broadband product to Limerick



Leanne Moore, €100 lucky dip winner Daithí Hall with his daughter Sophie from the Old Cratloe road and Declan Hannon





**LEFT:** Bairbre Smith, Sky, Marcus MacCarthy, Declan Hannon, Leanne Moore, Orlan Barry, Sky and the €1,000 treasure hunt winner Cathal MacCarthy, O'Connell Avenue

**ABOVE:** Leanne Moore and Declan Hannon

**RIGHT:** Leanne Moore, Kathleen Hickey, Boher, Declan Hannon and €100 lucky dip winner Caroline O'Riordan, Parteen



**Lee Dillon and Ciaran McNamara both Live 95, who hosted an outside broadcast at the Parkway for the Sky launch event**



The VEX IQ competition saw Mary Immaculate College and DELL EMC Limerick join forces as part of their ambitious initiative to bring educational robotics to schools. The VEX Robotics Challenge involves students (9-12 years old) working in teams to design, build and program a robot. Daragh Gleeson, Harry O'Brien, Clodagh Moylan, Laoise Kennedy and Mairead O'Brien of Gaelscoil Aonach Urmhumhan are seen above

## VEX IQ PRIMARY SCHOOLS COMPETITION

Pictures: ARTHUR ELLIS



Pictured at the regional finals of the VEX IQ Primary Schools Competition are Leanne Magay, Shanzay Noma, Rebecca Rickus, Maggie Doherty, Yannichell Dernnick and Aoife Frawley of Salesians Primary School



Hannah Lucey, Coláiste Chiaráin Secondary School



Echo The Robot aka Daragh Murnane, St Nessans



Selina Ocaik, Ciara Molloy, Elin McCabe and Olivia McCarthy of Lisnagry NS



Aoibhinn O'Brien, Heather O'Brien, Chulainn McGrath and Grace Mulrooney of Gaelscoil Aonach Urmhumhan



Alex Conway, Jack Cullinan, Ronan Fogarty and Rory Gleeson of St Nessans NS



Aoibhinn Burke, Cloverfield NS, with Yumi Robotic Arm and Paraic Kinehan and Shane Loughrane of ABB



Brian Dolphin, Roxboro NS, Anna Wilkinson, Caherelly NS, Callum Hughes, Roxboro NS, Aisling O'Connor and Laura Browne, Mahoonagh NS with Dave Griffin of Dell



# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

## How to HALT to your spending

DO you ever go to the local shop, or into town or a shopping centre at the weekend and end up spending a whole lot more than you had planned to?

It happens to people all the time, and the post-mortem that's had afterwards about where it all went, usually uncovers five reasons why we end up spending more than we had intended to.

And the first is down to how we pay for things. If we choose to use cards over cash, we invariably end up spending more.

One study I read about recently, monitored the food shopping habit of 1,000 households over a 6-month period, and found overwhelming evidence, that when we pay for things using a card, we have a much higher propensity to indulge ourselves and spend more, when we don't have to physically hand over real money i.e. cash.

The results probably aren't that surprising, because we all know that paying for something in cash, and that physical act of handing over money, makes the transaction much more real and painful. Whereas paying with a card makes the purchase easier and delays the pain until you see the deduction from your account on-line, or until your statement arrives.

The lesson to learn from this is, if you are ever tempted to buy something using your card, take the amount out of an ATM machine instead and see how you would feel handing that amount of cash over – it might make you think twice.

So, using our cards is one reason we tend to spend more than we should, but there are four others as well, and they can be best summed up in the acronym, HALT, which stands for, hungry, angry, lonely and tired.

If, we are feeling one of these emotions, we are prone to over spending and psychologists believe they lead to what are called cognitive distortions, which is just us thinking in an exaggerated and irrational way.

### HUNGRY

There's a reason why we are constantly told, never go food shopping when we are hungry, because we will spend more than we intended to. When you are hungry, you are less likely to look at prices, or carefully think about whether you want a particular item or not. You simply want to finish up quickly and get home to eat what you bought.

The key to spending less is, to shop just after you have eaten or if that wasn't possible, bring something you can snack on while shopping, like



**Skip those takeaways: Why pay out for dinner when making something at home can save you so much**

a granola bar, which will keep the hunger and your insanity at bay, until the items you actually came shopping for are bought and paid for.

### ANGRY

Anger is actually a secondary emotion, which means you felt another emotion first, which triggers your anger.

You might feel embarrassed, let down, unappreciated and wanting to get rid of those emotions as quickly as possible, people can turn to shopping and other things to soothe their hurt feelings.

If, for example we are angry because we had a bad day at work, or we had a fight with our partner, and it's all their fault, or nobody appreciates you at work, and they have they no idea what you do (exaggerated thoughts in action) to make yourself feel better, you're going off, to reward yourself because no one else will.

What can happen, is that person ends up spending money on clothes

### DID YOU KNOW?

**The smallest fraction that can currently be bought or sent using bitcoin, is one-hundred-millionth of one Bitcoin and it's called a Satoshi – after the mysterious founder of the cryptocurrency.**

or food or whatever for a short-term fix but could end up getting themselves into short term cash flow problems and or long-term debt because of it.

How you can overcome this, is by first understanding that it's normal to feel angry. But promise yourself that you will NOT use anger as an excuse to spend money. Instead, call someone you trust and tell them how you're feeling or go for a walk or run. It may take time, but you'll find something that distracts you, allowing yourself to get rid of those angry feelings without having to spend a bunch of money in the process.

### LONELY

Some people are lonely because their partner works long hours or travels quite a lot, and others live by themselves because they are single or divorced. But regardless of why people are alone, it's interesting how they react to it, because if they're not careful, it could spell financial trouble for them.

They buy things whilst watching late night shopping channels, just to curb their loneliness and boredom. Others join gyms, buy new clothes, a new car etc. and there are many other ways they try to combat loneliness, but unfortunately most come at a cost.

Again, you need to distract yourself. Try spending time with

your family, re-connect with people you went to school with, volunteer, take an evening class. There are lots of things you can do, to suppress this feeling where you don't have to spend money doing them.

### TIRED

We all suffer from this. Sometimes we are so exhausted from work, the thoughts of having to make your dinner are terrible. We just don't have the interest or energy, and it's much easier to eat out or get a takeaway.

The same applies to other areas, like hiring someone to come in a couple of days a week to clean your house, because your schedule leaves you too tired to do it yourself. And, for some they are absolutely valid reasons, but the impact and the cost of outsourcing these, types of things, can add up to a lot of money.

Being sleepy takes a toll on your mind and body. Operating on low energy affects your ability to think and cope. When you just don't feel like it, that can lead to lazy decision making — your groggy mind can't think straight, and you want to take the easy way out.

The obvious solution to being less tired is getting more sleep (and water is wet Liam) but that can be difficult as well, particularly if you are feeling stressed, or you are worried about something, so easier said than done. But you can't eliminate exhaustion without rest, so you need to schedule and manage your time better at work and at home, otherwise your finances and long-term health could suffer.

It's all happened to us - the wallet is out, and the card swiped before we even realize what we're doing. But now, we might understand a bit more, why that has, or is about to happen. And we're all only human, we can't avoid feeling hungry, angry, lonely or tired, but we can become more aware of those feelings and try find coping methods for each that don't involve our wallets.

Using the HALT method gives you the opportunity to stop and think if a purchase will actually make you feel better. If, it's not something you need, then it's probably because you think it'll make you feel a certain way. Will you really feel more confident in a new outfit? Do you really feel calmer and more in control by having that morning cappuccino?

The key to stop these feelings impacting on our finances, is recognizing the emotional cues when those thoughts begin to take hold. Self-awareness of your actions is vital and when you are in control, you'll feel less likely to use your wallet to make yourself feel better.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q:Liam, my partner and I are planning on buying a property next year and would like to start saving towards the deposit. A work colleague told me that one bank, gives you €2,000 when you reach €5,000, if, it's used towards the purchase, but not sure if this is correct as I can't find anything online. Any help would be much appreciated.**

**A:** Thank you for your question and your colleague is right. Bank of Ireland have an account called MortgageSaver, and it's designed specifically for first time buyers who are saving towards buying their first home.

However, in order to qualify for this payment of €2,000, you first have to satisfy a number of conditions, some of which are: you both have to be first time buyers, you must have a current account with BOI, you must save a minimum of €250 each month (max allowed is €2,500) for six consecutive months, and before you draw down your mortgage with BOI, there must be a minimum of €5,000 in your MortgageSaver account. And once your new mortgage is issued and in place, the €2,000 bonus is paid into your account.

And if you are making a joint mortgage application, they will only pay the €2,000 one time, and into one account i.e. you can't have two accounts where each of you get paid €2,000.



## Council call to buy €12m site on southside

**Property:** Old racecourse site goes on market with multi-million guide

**NICK RABBITTS**  
 nickX@limerickleader.ie

LIMERICK council should move to purchase the former Greenpark Racecourse site at the South Circular Road.

That's the view of Labour member Joe Leddin after the vast site was placed on the market for €12m.

The site has not been operational as a racecourse since 1999, the year Cllr Leddin became a member of the local authority.

Now, he has written to council chief executive Conn Murray asking he consider acquiring it and developing it along the same lines as its plans for Mungret.

In his letter, he writes: "The 116-acre site is the last remaining undeveloped land bank in the city. Its strategic location adjacent to the Southern Ring Road and close proximity to the city centre offer significant opportunities to complement our plans to transform Limerick in the years ahead."

He said the fact the Mungret plans are progressing shows that the council can ensure proper and sustainable development for the betterment of a community.

"Greenpark racecourse now presents a unique opportunity for the Council to continue the ongoing transformation of our city under the vehicle of Limerick 2030 and develop this site to reflect the need for additional services while incorporating the history associated with Greenpark," he said.

The City West councillor believes the move to impose high levies on owners of undeveloped land perhaps paved the way for the sale, which was revealed on Friday.

But he warned that any development of the site must exclude traffic access from the South Circular road end, as it is already overwhelmed by traffic access.

The road is a residential area in which a number of junior and post-primary schools are, and already suffers heavy traffic.

**The Greenpark site photographed this week** PICTURE: MICHAEL COWHEY



A number of planning proposals in the past, which have included access to the site from the South Circular Road end, have failed. There is better access from the Dock Road end of the site, which would not overwhelm an already busy route, said the councillor.

"As a local Councillor and resident, I want to advise any potential purchaser of the site that while the community would welcome development that would enhance the surrounding area and wider city all access from any future planning application must not include the South Circular Road," he said.

Racing in Limerick has taken place at seven venues for over 225 years with the first Limerick racecourse being established in 1790. The current racecourse, Greenmount Park, was the first new racecourse developed in Ireland for 60 years. The first meeting at the Patrickswell site was held in October 2001 and attracted over 18,000 racegoers. The racecourse counts the Munster National and its Christmas Racing Festival among highlights.

## Time to chow down

COULD you be the next Limerick chowder champion?

That's the question on the lips of the Limerick Local Enterprise Office, which has joined with the Limerick Institute of Technology and the Limerick Food Group for its 2019 cook-off.

Chefs from across Limerick are invited to apply to the local heat which takes place on February 20 next, with the prize of representing Limerick at the



**Eamon Ryan, LEO Limerick**

All-Ireland final event in Kinsale in April.

Eamon Ryan, Head of Enterprise, Local Enterprise Office, Limerick, said: "This competition is an excellent event for local chefs to demonstrate their skills and the quality of their work."

For more information, call 061-407499.

## Fly high with top airline

DUBAI airline Emirates is on the look out for more cabin crew – and will hold a recruitment day in Limerick on Friday, February 22 at 8am sharp.

It takes place in the Absolute Hotel on Sir Harry's Mall in the city and it is being touted as an opportunity for people from Limerick and its surrounds to find out about life in the sky and life in the thriving Arab city, which is already home to thousands of ex-pat Irish people.

The airline is looking for both women and men to fill the new positions, which have been created due to the continued growth of the airline, the recent addition of new routes on the Emirates network as well as additional aircraft.

More information at [www.emiratesgroupcareers.com/cabin-crew](http://www.emiratesgroupcareers.com/cabin-crew).

Alternatively, you can telephone 086 892 8277.

## Branding expert to address Network

BRANDING expert Gillian Horan is to be the keynote speaker for a special Network Ireland Limerick event, which will take place next week.

AIB's branch at 106 O'Connell Street will be the venue for the event, which will happen on February 20 from 6pm.

It's free and open to all women in business, the professions and the arts in the Mid-West.

Ms Horan, who heads up the Pudding creative and commercial branding agency, will reference the importance of investing and re-investing in a brand, whether personal and business, to help stand out from the crowd. She will also share lots of tips on how to do this and keep a brand fresh.

She said: "If you're a one

person show or have a small team behind you and you don't have a brand strategy you're leaving money on the table. Brand investment will drive business results."

At the event, Gillian will be joined by Maxine Amodeo of Tuscany Bistro.

Catriona O'Donoghue, President of Network Ireland Limerick, said "A brand is such a holistic area of business and relevant to everyone whether you're a consultant, small business owner or large firm for lots of reasons. There will be learning's for everyone at this event."

Tickets are free but must be booked in advance on Eventbrite or via [www.networkireland.ie](http://www.networkireland.ie).

Alternatively, you can telephone 061 278 747.



**Gillian Horan, chief executive of the Pudding branding agency**

# Recruitment

**Limerick Leader,  
54 O'Connell Street,  
Limerick**

**Email:** advertising@limerickleader.ie

**Web:** www.limerickleader.ie

**Call:** 061 214531/545/ 500



Due to on going expansion, CWB a midwest based event company is looking to recruit for a number of positions at our offices in Birdhill, Co.Tipperary & Dublin.

### Office Manager

- Experience in working in a fast paced environment and dealing with multiple competing demands
- Demonstrable proven track record of business development
- Will be proficient in MS Office suite and tech savvy
- Has the ability to manage multiple conflicting priorities
- At least 3-4 years previous experience in a similar role
- Excellent organisational skills including the ability to multi-task, work to deadlines and prioritise workload
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- Excellent verbal and written communication skills
- Able to work under pressure

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- Has solid experience of implementing successful social media campaigns within the context of the wider arts and cultural sector

For more details on both roles - see [www.cwb.ie](http://www.cwb.ie)  
Please post or email your CV and cover letter to HR Department,  
CWB, Ballyhane, Birdhill, Co. Tipperary, [info@cwb.ie](mailto:info@cwb.ie)



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# Why is Toyota Hybrid better?

BRIAN Geary Toyota recognise that a lot of people still have a lot of questions about Toyota Hybrid, so let's take it from the top and explain exactly what Toyota Hybrid is.

A Toyota Hybrid combines a petrol engine with an electric motor, powered by a battery – which the car charges for itself – you won't even feel or know when this is happening. Together they both just work better. It's not magic, it's simply Toyota Hybrid putting what it knows to work for the past 20 years. In turn, the combination provides you the driver with a better driving

experience. This makes Toyota Hybrid economical to run, you don't have to plug it in because every time you use the brakes, 'regenerative braking' recharges the battery. At the moment, if you buy a brand-new Toyota Hybrid you will get 3 FREE services from Brian Geary Toyota.

Taking all of this in consideration if you have more questions, the team at Brian Geary Toyota invite you to simply educate yourself about Toyota



The Toyota C-HR

Hybrid and learn about Hybrid without any commitment to purchase. Toyota are leading the way for the future right now with 80% of their sales this year forecasted to be

Hybrid.

So call the team now on 061-225225, set your appointment and discover what Toyota Hybrid is all about and why it is better.

Brian Geary Toyota, Raheen serving the people of Limerick for 40 years.



## Say 'hola' to Findlater's new wines

Robbie and Michelle Kenneally at the Alex Findlater Spanish Wine Dinner last week with Javier Ybanez Creus of Marques Riscal Winery

PICTURES: KEITH WISEMAN

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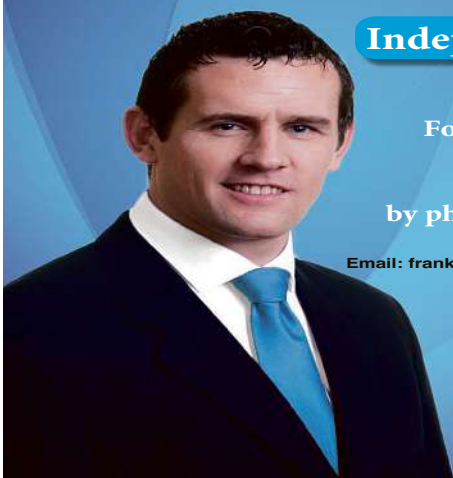
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Mayoral Reception hosted by Municipal Mayor, Daniel Butler in Council Chamber, Merchant's Quay, Limerick for Cliona's Foundation for their work in supporting families of children who are critically or terminally ill, and Fionn O'Hehir (aged 7), Alan McGrath (17), Jimmy Crowe (12), all three youngsters who have shown enormous courage and selflessness while caring for a very sick brother or sister. Pictured here with Terry and Brendan Ring, Clionas Foundation. PICTURE: KEITH WISEMAN

# CLIONA'S FOUNDATION MAYORAL RECEPTION

Pictures: KIETH WISEMAN



Mayor Butler, Alan McGrath, Elaine Crowe and Barry Hennessey



Terry and Brendan Ring, Clionas Foundation.



Alan McGrath (17) receives a presentation from Cllr Butler



Jimmy Crowe (12) with Cllr Daniel Butler



Fionn O'Hehir (aged 7) with Cllr Daniel Butler

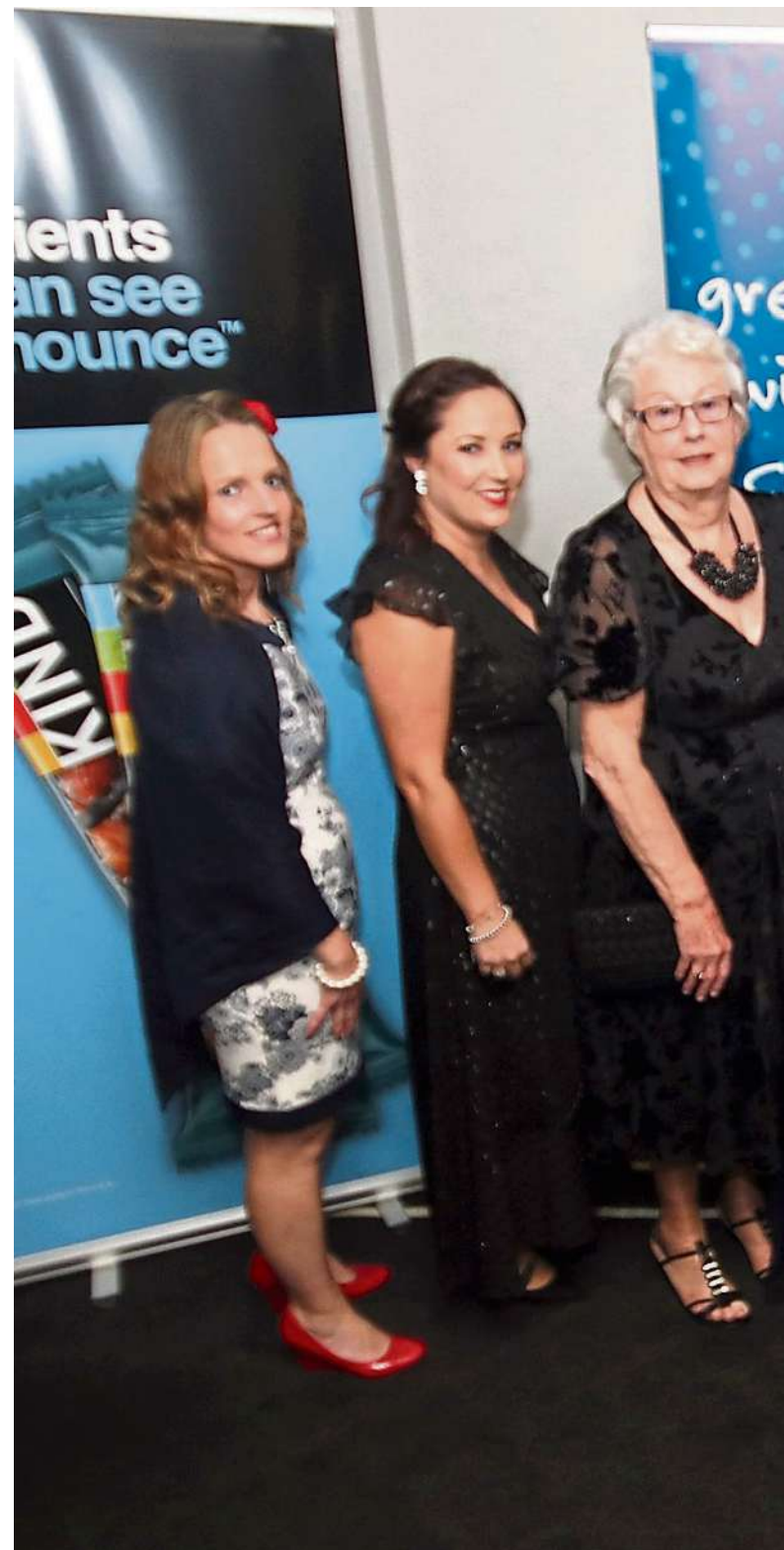


The committee members of the Irish Grocers Benevolent Fund Ball pictured at the event in the Castletroy Park Hotel

# Out & About

## IRISH GROCERS BENEVOLENT FUND BALL

Pictures: BRENDAN GLEESON



Colin and Caroline Kenny



Nigel and Pamela Davey



Paul Noone and Chantelle Landers, Annacotty



Robert and Sharon Crowley



Tracey and Noel Fitzgerald





**LEFT: Pamela Davey, Caroline Kenny, Katherine Rowan, Audrey Johnston, Sharon Crowley, Mary Reale and Michelle Crowley, attending the Irish Grocers Benevolent Fund Ball at the Castletroy Park Hotel**

**ABOVE: Paul Noone, Kevlin Reale, Chantelle Landers, Pat Reale, Benedict Okora, Philip O'Sullivan, Muriel O'Flynn, Mary Reale, Karen Okora and Jackie Ryan**

**RIGHT: Seamus and Tracy Roche, CPM Diageo**



**Jackie Ryan and Kelvin Reale**



**Sharon and Brendan Fitzgerald, Pallasgreen**



**Michelle Bergin and Paddy Conway, Clonlara Wholesalers**



Pietro Marullo and Marianna Cifarelli, Dance Limerick



Artists, Angela Vaughan and Marilyn Lennon

# Out & About

## LAUNCH OF DANCE LIMERICK'S WHAT NEXT FESTIVAL AT CITY GALLERY

Pictures: ADRIAN BUTLER



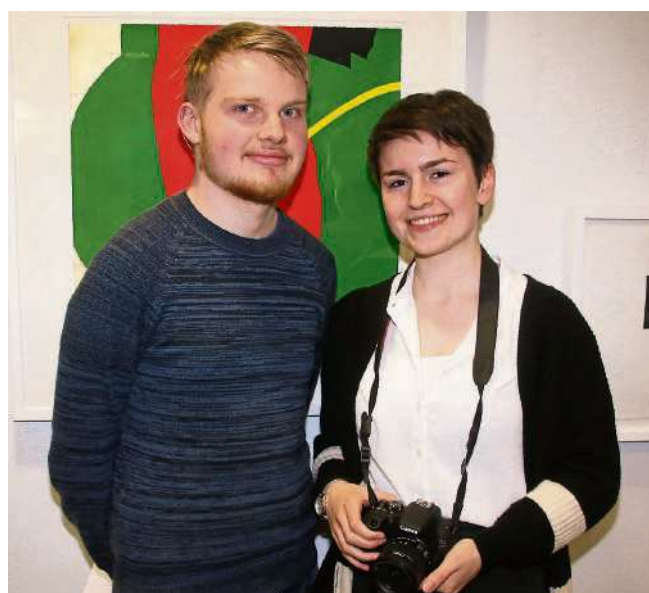
Kate Haughton, Dublin and Tobi Omoteso, Caherdavin



Una McCarthy, City Gallery and Jenny Roche, Irish World Academy of Music and Dance, UL



John Dawson, UL and Dr Catherine Foley, Irish World Academy of Music and Dance, UL



Conor Owens, Grove Island and Orla McLaughlin, Castletroy



Luke Donnelly, City Centre and Breda Lynch, visual artist involved in the festival



**LEFT: Dorian Meshaw, Mallow Street, Isabella Oberlander, City Centre and Kristyn Fontanella, Galway**

**ABOVE: Gearoid O'Hallmhurain, Dance Limerick and Mintesinot Wolde, contemporary dancer**

**RIGHT: Celina Jaffe, Catherine Young and Salma Ataya, Dance Limerick**



**Emer Casey, Dance Limerick, Marketa Dowling, Belltable and Jenny Traynor, Dance Limerick**

**Jurgen Simpson, UL, Geroge Higgs, composer and Kerstin Mey, UL**

# ENTERTAINMENT

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

## Fishamble back at the Lime Tree

Renowned theatre company Fishamble are back at the Lime Tree Theatre for a two night run with a hit show.

The New Play Company return with *On Blueberry Hill* on Wednesday and Thursday, February 20-21. It features theatre stars Niall Buggy and David Ganly in a play that explores murder, forgiveness, survival and, ultimately, love in the prison of the human heart.

"Fishamble always loves bringing its productions to the Lime Tree and performing for Limerick audiences. *On Blueberry Hill* was a great success at the Dublin Theatre Festival in 2017 and has just had a sell out run in New York, so we are looking forward very much to being back in Limerick as part of our current Irish tour," Director Jim Culleton said.



## Printmakers to mark 20th year

LIMERICK Printmakers is gearing up to launch a major exhibition of new work commemorating its 20th year anniversary in 2019.

The LP at 20 exhibition of new prints opens this Thursday from 6pm in the Hunt Museum and will be officially opened by actor and comedian Pat Shortt.



The printmaking studio and creative space has become an integral part of the cultural landscape of Limerick and the wider region since it was founded in 1999 and currently has over sixty active studio members. LP at 20 runs until April 22.

## Still time to vote as Dolan's get two IMRO award nods

TOP Limerick music venue Dolan's has been nominated in the IMRO Live Music Venue of the Year Awards.

Dolan's is on the shortlist for the overall award that will be presented to the IMRO National Live Music Venue of the Year, while the venue is also on the list for Munster venue of the year.

The Mitchelstown-based Independence, the brainchild of University of Limerick graduate Shane Dunne, is nominated for Music Festival of the Year and Tech Crew of the Year.

The eleventh IMRO awards will

take place on February 26 in Dublin. They celebrate the dedication and passion of those who work in Ireland's live music venues, providing the public with an exceptional live music experience on a weekly basis.

More than 12,000 IMRO members considered hundreds of venues across the country for the shortlist. The venue of the year award is decided by public vote.

See [www.surveymonkey.com/r/imrovenueaward](http://www.surveymonkey.com/r/imrovenueaward) to vote for the overall National Live Music Venue of the Year.



The highly rated Fontaines D.C. play Dolan's on February 22 for Seoda Shows' sixth birthday party

## Fontaines D.C. to play birthday gig for Seoda Shows at the Warehouse

HOTLY tipped Irish band Fontaines D.C. are to play at Seoda Shows' birthday party Dolan's Warehouse, the booker has announced.

Seoda, who books gigs for the venue and shows inestimable class in taste and booking bands before they explode - see *Girl Band* as just one example - has nabbed the fast rising Irish band for his sixth birthday party in the Warehouse on February 22.

Dublin's Fontaines D.C. have

had quite the year, being A-listed at BBC Radio 6 Music for their single *Too Real* and gushing praise from the likes of NPR, Rolling Stone, Q and NME and play Limerick ahead of a sold-out UK headline tour in April. Debut album *Dogrel* is out on April 12.

Joining Fontaines on the night are The Altered Hours, Just Mustard, FONDA, Odd Morris and DJ Tom Fitz.

Seoda has also announced an eye-opening gig with the

Meat Puppets, made famous by Kurt Cobain and Nirvana's seminal MTV *Unplugged* appearance, where they joined Nirvana to perform *Lake of Fire* and *Plateau*, two of Cobain's favorite tunes off of one of his favorite albums, *Meat Puppets II*. Meat Puppets play the Warehouse on June 7, with tickets on sale now.

Wallis Bird has also been announced for November 20.

See [www.dolans.ie](http://www.dolans.ie) for tickets and more information.

**LIME TREE THEATRE**

**ON BLUEBERRY HILL**

*Fishamble: The New Play Company Presents*

*Performed by Niall Buggy & David Ganly*

Wed 20th & Thu 21st Feb | 8pm

Tickets: €25/€20



Booking: [limetreetheatre.ie](http://limetreetheatre.ie) | 061 953400



**Postcards From The Ledge is at the UCH from Tuesday to Saturday**

**L**IMERICK has a bucketload of theatre this weekend, with shows at three city venues to pick from. Comedy, darkness and Ross O'Carroll-Kelly. You can also catch a show with Ireland's best magician, see Ireland's history distilled into 90 funny minutes and grab a night of burlesque. What more could you want?

### Thursday (Feb 14)

Jazz singer **Honor Heffernan** is at **Limerick City Gallery** this Thursday with *The Whistling Girl*, a show written with Trevor Knight of 80s new wave band *Auto Da Fe*. Inspired by the words of Dorothy Parker, the most wonderfully sarcastic person who has ever lived, the show encompasses 1920s Weimar cabaret, jazz, synth and a little bit of rap thrown in for fun. It's picked up rave reviews from performances in Ireland and New York and it just might be the perfect way to spend an early evening on Valentine's Day. Especially if your date enjoys dry wit, and if your date doesn't enjoy dry wit you probably shouldn't be dating them. It starts at 5.30pm and tickets are €15 / €12 concession.

**Limerick Printmakers** launch their LP At 20 show in the **Hunt Museum** this Thursday. Celebrating their 20th year in Limerick, the exhibition will include work by 23 artists from the printmaking collective. They rather missed a trick by not limiting it to 20 artists and launching it on the 20th, didn't they? Brightly-coloured art is always welcome and this exhibition will cost you nothing to see. It opens at 6pm on Thursday and runs till April 22.

**Ross O'Carroll-Kelly** is back on stage at the **University Concert Hall** this week, facing his latest mid-life crisis. *Postcards From The Ledge* is Paul Howard's fourth play about the world's greatest ambassador for Dortspeak. Set in 2029, Ross is living the life of ease, his wife having been elected

# THINGS WHAT ARE ON IN LIMERICK

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

Taoiseach, but has to come to terms with the past when he's hired to sell his childhood home. Rory Nolan manages to portray the King of Castlerock perfectly and you shouldn't miss this if you have a shelf full of RO'CK books. The show runs at 8pm every night until Saturday, with an extra Saturday matinee at 2pm. Tickets are €33 / €28 concession for the evening shows and €25 for the matinee.

**Weighing In** is a comic play about dieting at the **Lime Tree Theatre** this Thursday. Corporate vulture Pam has moved to a small town and strikes up an unlikely friendship with the more sedentary Breda at the local Easi-Slim club. The pairing of opposites kicks off the comedy. Ironically for a show about dieting, the play could do with a little more weight, as the *Odd Couple* setup is a little stretched to cover an hour. If you're not a regular theatre-goer, this could be the perfect show for you, though - it's very accessible and relatable and comes with an uplifting feel-good ending. 8pm, tickets are €20 / €18 concession.

**The Cabaret** is a new monthly entertainment night starting this Thursday at **1314 Cecil Street**, otherwise known as the cavernous extension to Jerry Flannery's on Catherine Street. It's a colourful night of burlesque, comedy, magic and assorted quirkiness. Doors open at 7pm, with the show starting at 8.30pm. Tickets are €15 on the door.

### Friday (February 15)

You can see two plays for the price of one this Friday at the **Belltable**, as Belfast's **Prime Cut**

**Productions** visit Limerick with Fintan Brady's *East Belfast Boy* and John Patrick Higgins' *Every Day I Wake Up Hopeful*. There's a relentlessly-dark comedy streak running through the two plays, both of which feature characters trying to be defiant about their own mortality. Most great comedy comes from a position of desperation and, while these aren't comic plays, the layering of humour and complete despair from both lead roles makes them a must-see. 8pm, tickets are €18 / €16 concession.

**Keith Barry** - magician, hypnotist and self-described brain hacker - brings his *Deception* tour to the **South Court Hotel** this Friday night. He's come a long way since doing street tricks in Waterford for pennies and promises that this show is his most spectacular production yet. Well, he would say that, wouldn't he! But his shows have been consistently popular and consistently good, so if you feel like having your watch stolen for entertainment this

Friday, this show is for you. 8pm, tickets are €39 via Ticketmaster.

### Saturday (Feb 16)

**Manny Man Does The History Of Ireland** is a funny 90 minutes of Irish history aimed at young people over 8 at the **Belltable** this Saturday afternoon. John Ruddy and Louise Conaghan take roles as a history cynic and an optimist as they take a genuinely entertaining tour of Ireland's story from the ice age to Celtic cockiness. Apart from the humour, it's the perfect chance to learn about the Vikings (nice boats, shame about the swords) and how many potatoes it takes to kill an Irishman (none). The Manny Man history videos have been a massive sensation on YouTube, racking up millions of views over the past few years, and I highly recommend this show for the kids. 2.30pm, tickets are €8.

Texas singer-songwriter **Micah P Hinson** is **Upstairs in Dolan's** this Saturday night. His stripped-down shows are as much about his odd rambling anecdotes



**ABOVE: Manny Man does The History Of Ireland at the Belltable on Saturday**



**RIGHT: Naive Ted headlines the Unscene Bazaar at the Wickham Tap on Sunday**



**Prime Cut Productions stage two plays at the Belltable this Friday**

as the country-rock he plays and typically they're worth the ticket price just for the stories. The music is a bonus. Doors at 7.30pm, tickets are €20.

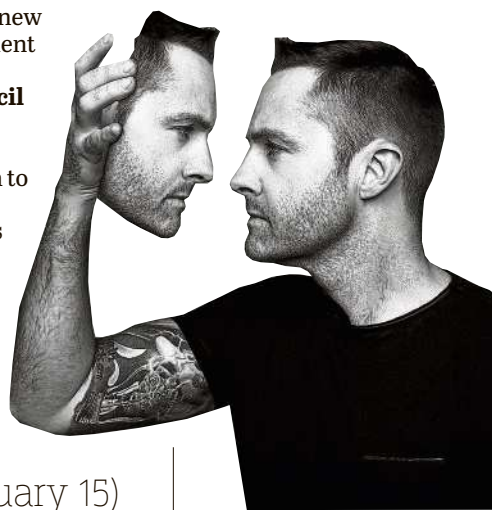
### Sunday (February 17)

**Naive Ted** headlines an extended evening of electronica and hip-hop this Sunday at the **Wickham Tap**. The **Unscene Bazaar** showcases the best artists from Unscene Music and you can expect some great tunes from Aswell, Mankyy and Puncmusik. As a special treat, the show will be bookended with DJ sets from Elaine Howley of *The Altered Hours*. It runs from 5pm till late and it's free entry.

### 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. The **Limerick Printmakers** exhibition at the **Hunt Museum** runs until April 22. All free to visit.

That's your lot for this weekend and, as always, if you go to things, there will be more things!



**Keith Barry is at the South Court Hotel on Friday**

Prime Cut Productions Double Bill

## BELLTABLE

EAST BELFAST BOY &  
EVERY DAY I WAKE  
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2 shows with 1 ticket

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Tickets: €18/€16

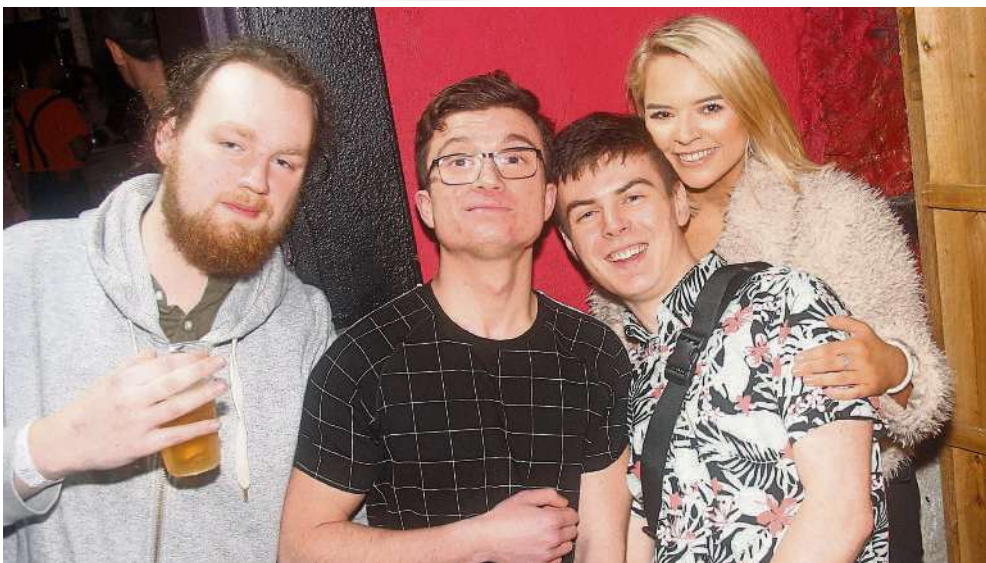
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PICTURES:  
DAVE GAYNOR



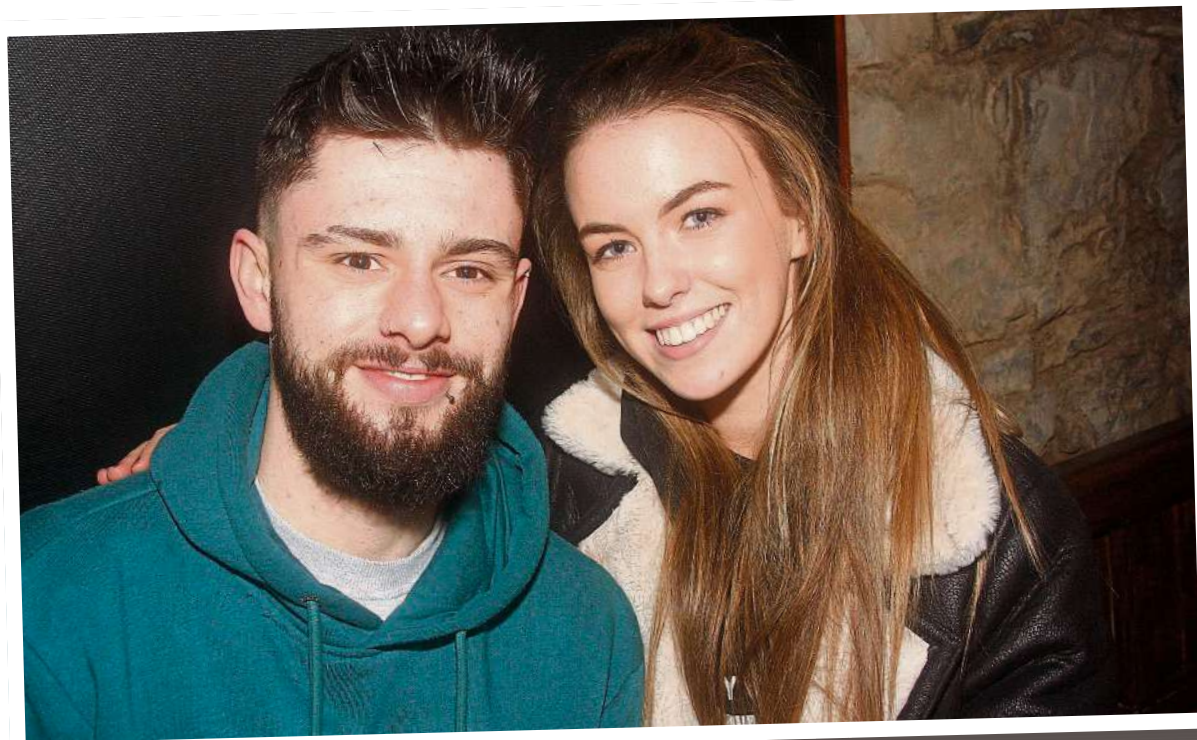
Chelsea Davis and Clare Finucane at The Commercial Bar PICTURE BY DAVE GAYNOR



Thomas Daly, Leutrim Hajrullah, Michael Sajdak and Holly Creamer also in The Commercial



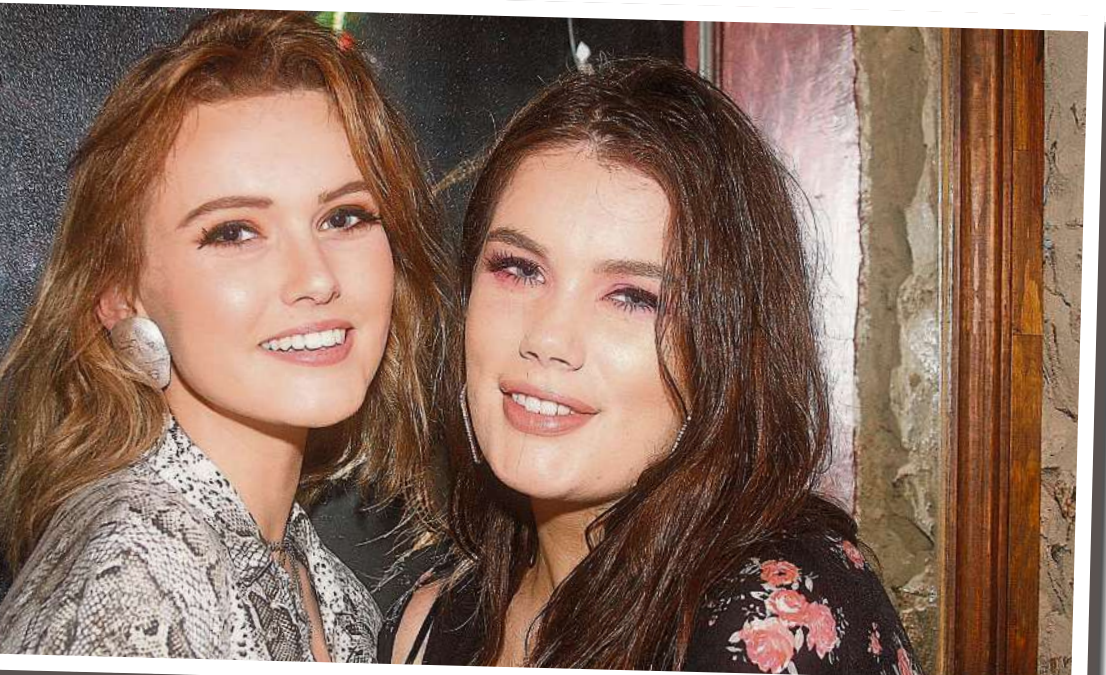
Sara Dowling, Gavin Farrell and Paddy O'Dwyer



Christian Carway and Kaley Field in The Commercial Bar



Stephen McNulty and Cathal Byrne



Ava McDermott and Aishlinn Gormally



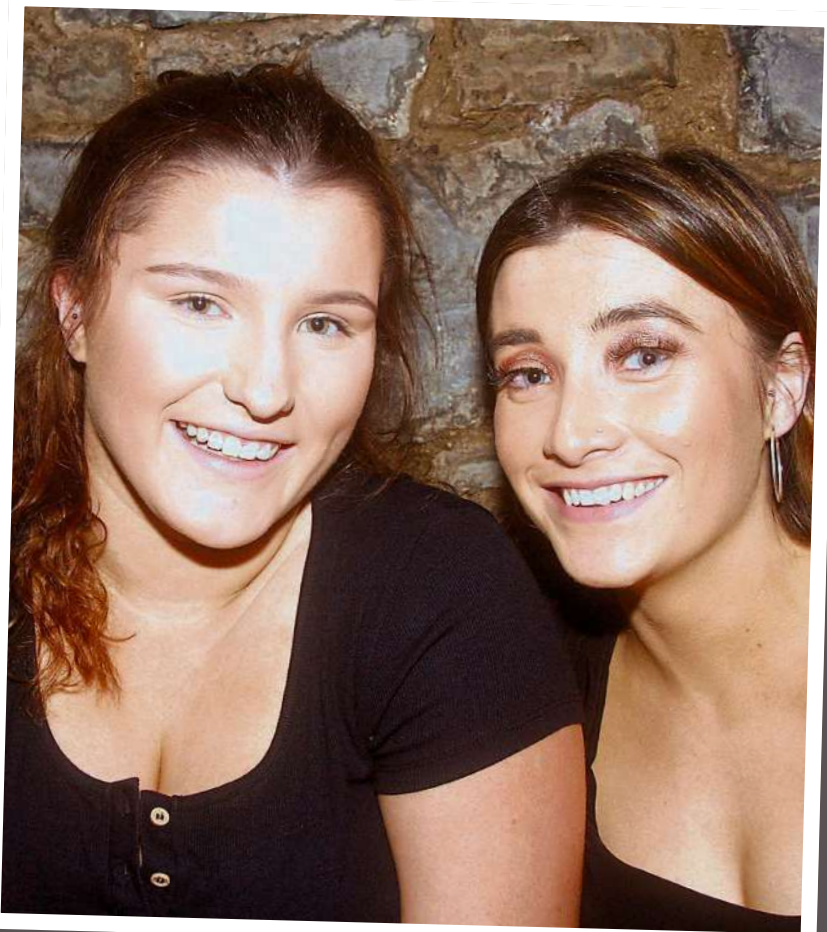
Lee Pacheco, Andrew Gillespie and Luca Schernbuck also at The Commercial Bar



Melissa Burke and Alex Holzinger



Enrique Moreno and Andres Aparicio



Shona Quinn and Erin Moloney



Paul Byrne and Caoimhe Ní Laoi at The Commercial Bar



Somewhere over the rainbow: Mike O'Brien, Dooradoyle sent in the photo taken after a recent shower in the city



Alan Mungovan snap from Salthill, just before the recent flooding

# Readers**Pictures**

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



Here's looking at you: Picture by Brendan Hayes



Sean Ryan just managed to save this little shrew from his cat who did a rugby tackle on it. Sean performed five minutes of gentle resuscitation and returned it to the undergrowth. Sean says it is the first shrew he had ever seen



# LEADER LIFE

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

## A Day In My Shoes

**Sarah Lowry**

Sublime Hair & Beauty Lounge owner

# Sarah is a cut above

### What time do you get up?

When my two-year-old daughter starts calling mammy at the top of her lungs - she is our alarm clock.

### What is your normal breakfast?

I am usually running and racing to get myself and my daughter out the door so usually a banana and travel cup of coffee. I have to have coffee to function in the morning.

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

Definitely not - I would love to be that person but its just not me. But when you have been on your feet in a salon all day that has to count then. Yay!

### You arrive at office at what time?

Depends on my clients and appointments as I offer a before work appointment at 8am so it varies but never later than 9.30am.

### What are your first duties?

Turning in the barista machine and grinding the coffee beans for the clients for the day. And of course, making myself a cuppa! Checking my appointments for the day and get organised for the day ahead.

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

You don't want to know! A lot!

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

To be honest I bring my own lunch as I am normally on the run. And snacking between clients, but I LOVE Coqbull - best steak ever.

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

Tuesday and Wednesday can be slow but Thursday, Friday and Saturday are always busy.

### What time do you finish up at?

Tuesday, Wed and Saturday at 5pm and Thursday and Friday at 8pm.

### Do you watch much television?

YESSS, I LOVE NETFLIX! I am addicted to it!

### Do you read the newspapers?



Of course, the Limerick Leader and the Post, best papers ever!

### What do you do to relax?

Netflix! I am sounding like a right lazy lump! I do exercise I promise!

### Are you able to leave the salon behind?

Yes most definitely! I put in a lot of hours from Tuesday to Saturday and Sunday is purely my family day with my husband

and daughter.

Monday is house work and washing and prepping for the week ahead and also running around after Saoirse, my daughter.

### What is a perfect work day?

Appointments all day with a cracking atmosphere in salon. All the clients leaving with top notch style and beaming from inside and out.

I love doing colour and cut revamps to changing peoples'

**Sublime Hair & Beauty Lounge is located at 56/57 Thomas street (second floor above the Still House Bar)**

looks for the better. Love, love that!

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

It's a long list! But yes, sure everyone has their "it gets on my goat list". But for me it has to be bad customer service.

It doesn't cost anything to say hello or thank you. It's crazy how many people won't even make eye contact. I could go on a right rant so I will finish with that.

### INSIDE THIS WEEK



### LOVE IS IN THE AIR IN ADARE

Celia checks out wedding attire  
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### PUCKER UP FOR VALENTINES

Jessica's romantic makeup tips  
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### SUN BREAK IN COSTA DEL SOL

Meghann reports back from holidays  
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### GATEWAY TO EDUCATION

Limerick shipment to Malawi  
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# Week of inner growth for contestants



## MENTAL HEALTH MATTERS

### DR EDDIE MURPHY

Clinical Psychologist

**L**AST week was a fun week on Operation Transformation, as the leaders' challenge was to run a café.

Myself, my fellow experts and show presenter Kathryn Thomas were the surprise guests on the day. The camera made it look like I was being fussy about my poached eggs — I was, as I sent them back to the chefs twice!

As they would say, there was skin and hair flying in the kitchen as our two cooks, the distracted Pam and the structured Siobhan, who both have different styles of organisation, hit friction point.

Front of house in the café during the challenge were the talkers and order takers, Cathal, Jean and Paul.

Thanks to the quaint Seamus Ennis Arts Café, in the Naul, County Dublin for allowing the madness of the challenge to take place on their premises.

#### Innovators, Doers and Finishers

Organisational styles are interesting. Some people are innovators, others doers, and others still finishers. Not many people are all three, and we all have our strengths and weaknesses.

At times I am a good innovator and doer, but have to work hard on finishing projects.

In your life, can you think where your strengths are and what you might need to work on?

I bet you know a lot of people who start jobs, but don't get around to finishing them.

And I suspect you know that, if you want somebody to do something, you turn to that same pool of people.

Recognising your strengths is key. Figure out what you want, and go for it.

**Here's how our leaders got on during Week 5 of Operation**



**Recognising your strengths is key. Figure out what you want, and go for it**

#### Transformation

##### Jean Tierney

From Bruff, Co Limerick

I was down in Limerick to see Jean last week, as she wanted to discuss two things; sleep and her future.

On the sleep side, we looked at the importance of a 'script' for sleeping.

When Jean returns home from work and jumps straight into her PJs for the evening, it gives her brain the wrong message.

We need to make a definite shift between resting and relaxing in the evening, and then going to bed.

Hence you should only put on your pyjamas when going to bed, which signals that it is time for sleep.

I get very excited about future mapping sessions and in this life coaching session with Jean we looked at a potential career for her as a life coach. Together we agreed she would complete an extensive vision board related to her health, family, and work.

##### Pamela Swayne

From Youghal, Co Cork

Pamela dropped a plate on her foot, which impacted on her capacity to hit her weight loss target.

Fitness expert Karl Henry thinks Pam is chaotic, but I



**Dr Murphy helped Limerick's Jean with sleep during their last meeting**

disagree.

To me, Pam is too often distracted. I explored this concept, and noted that distraction is a key risk for Pam in achieving her goals in the long term.

Not giving our full attention to what we are doing makes us miss deadlines, fail to complete things and have accidents.

Distraction certainly can be fun — what would we do without social media, TV and the radio? Clearly, there are benefits to distractions as evidenced by the fact that nearly everyone on earth seeks them out. The challenge is to ensure distractions don't pull us away from the important things in our life, and our goals.

##### Cathal Gallagher

From Ballyshannon, Co Donegal

Kathryn Thomas went up to Donegal and all is well after the recent disagreement over diet between expert Aoife Hearne and Cathal's wife Agi.

I increasingly see Cathal as a man who is more accepting of himself in a way that is non-judgemental. This is a big step for him. I don't hear the harsh, critical voice that he previously used when talking about himself. In my mind, when we replace the harsh internal critic with one that

is supportive and nurturing, then we are on the way towards a more positive outcome.

I will be up to Donegal to discuss with Cathal why his weight has fluctuated over the years, and explore his tripwires.

##### Siobhan O'Brien

From Clonsilla, Dublin 15

Siobhan hit her 3lbs target weight loss. However, this was not the big part of Siobhan's journey last week.

Siobhan went to a wedding and while, putting on her dress, she noted that normally she would pick out some fault with her appearance. In addition, she said that "I don't look awful".

That is her internal narrative. Siobhan becomes very emotional and when it comes to the area of self-esteem and body confidence, this leader needs some psychological support. I will be seeing Siobhan with a view to exploring these two areas.

##### Paul Murphy

From Tubbercurry, Co Sligo

I genuinely feared that Paul would hit all his weight targets in Operation Transformation, but miss the bigger picture — his work/life balance. We need to get our priorities right.

Paul was a new man, lighter in body and more importantly in spirit, after he expressed on camera his innermost concerns about the stress he experiences, which is similar to that of many small business owners.

He was, however, concerned this could be seen as a show of weakness. People around Paul, including his mum, wife and brother, all describe Paul as "strong".

Men, in particular, too often associate vulnerability with weakness and they don't open up, resulting in an internal build-up of pressure.

Vulnerability and true strength are two sides of the same coin. Look at Paul now and notice the difference. Awareness and opening up were the first steps for Paul, and it is time now for action.

**I invite you to join us on the Operation Transformation Journey each Wednesday on 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>**



# POSITIVE PARENTING

LOVE PARENTING 

## Top Tips

For handling temper tantrums

### Acknowledge emotions

When children are experiencing a temper tantrum, they are typically not able to understand their emotions. Therefore, it is vital to name these feelings for them. Something as simple as 'You are really sad that we have to clean up the toys now. We can play again later' can make a big difference.

### Stay calm

Temper tantrums can be scary for both adult and child. If you can stay calm you give your child the message that you can handle their emotions and this will help them to feel calmer.

### Catch them being good

It's important to praise and pay attention to the behaviours that you want to see more of.

### Stick to your rules

Follow through on the boundaries and limits which you put in place.

### Be kind

While it is important to put boundaries in place, you should still be kind when doing so. You could say, for example, 'I understand that you are upset. It can be hard not getting what we want, but you're not allowed any sweets right now'.

### Find out the reason behind the tantrum

Are they hugely distressed? Are they able to argue with you? Are there tears?

### Stay with them

It is important to stay with your child when they are experiencing a tantrum so that you can help them manage their distress.

### Provide prompts and warnings for transitions

Tell children about upcoming changes, for example 'we're leaving the swings in five minutes'.

### Play with your child

Schedule time to sit down and play with your child.



**If you give in during a Little Nero tantrum you are in danger of teaching your child that the more of a fight they put up the more likely you are to give in**

# Temper Tantrums

Temper tantrums are extreme outward expressions of a child's feelings. As many of you might already know, they can be scary for both children and parents. Although it may not feel this way in the moment, temper tantrums are actually positive as they are teaching a child's brain how to manage stress in later life.

As parents, you have a wonderful opportunity in supporting your children to do this.

There are two types of temper tantrums; Distress Tantrums and Little Nero Tantrums. Distress Tantrums do exactly what they say on the tin. During a Distress Tantrum, a child is experiencing huge emotional upset.

They can be triggered by feelings of disappointment, loss, or frustration. Little Nero Tantrums are about a desire to control something, which is very typical in young children.

Distress Tantrums

During a distress tantrum your child will be hugely upset, the verbal and thinking functions of the brain become hijacked and all they can do is express their emotions (AKA scream and cry).

This is vital to remember because it means that any attempts at reason and/or to rationalise events are a waste of your time; they also do nothing to soothe your child. Young children are not able to access the part of their brain that helps them think during these temper tantrums as the connections between parts of their brains are still developing. During a distress tantrum, the best way to de-escalate the situation is to comfort your child, label their feelings, and avoid punishing them for their display of emotions.

It is important to remember this is genuine distress for your child and if you meet them with empathy and understanding you will be helping to develop their

brain's stress regulation systems.

Little Nero Tantrums

In contrast, when a child is having a Little Nero Tantrum, they will not experience deep despair or anguish. They are able to talk and express themselves as they do not have stress chemicals flooding their brain. These tantrums are usually seen when a child does not get their own way.

While it is important to always acknowledge your child's feelings, you must also stick to your boundaries or rules.

The message you are trying to convey is that you won't give into their demands but you also care about their feelings and understand this situation is difficult for them

If you give in during a Little Nero tantrum you are in danger of teaching your child that the more of a fight they put up the more likely you are to give in. Phrases such as 'I know you are really mad

at mammy and that's ok but you are not allowed another biscuit', allow you to stick to your boundaries while labelling and validating their emotions. Try to eliminate the option of 'no' for your child. To do this introduce choice between two equally acceptable options. For example 'would you like to brush your teeth before or after your bath' or 'would you like to put your hat or your coat on first'?

Amy Walk is an Assistant Psychologist in Barrack View Primary Care Centre. Child and Family Psychology, Primary Care are running a series of free workshops and Parenting Support Clinics in Barrack View Primary Care Centre on a monthly basis for parents. Contact 061-461744 or 061-461791 for more information.

For more information on this and other parenting topics, see [www.loveparenting.ie](http://www.loveparenting.ie)



# HEALTHY LIVING

**EVA HILL HAMILTON**

**CONTACT EVA**

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

## Natural solutions to improve brain function

February 11 marks International Epilepsy Day, raising awareness of this common condition.

More than 50 million people worldwide and, according to Epilepsy Ireland, about one in 115 Irish are diagnosed, with rates rising among the over 65's. The cause may be genetic, neurodevelopmental problems, brain infection or trauma.

Symptoms greatly vary among individuals – from daydream-like absences or staring spells to major seizures with loss of consciousness and violent jerking of the body.

Our brains work on

electrical impulses. Seizures occur when normal brain activity is briefly disrupted, leading to too much electricity, which might be triggered by stress, alcohol, lack of sleep, hormonal problems or blood sugar imbalances. They are classified first by area of origin (onset) and then by levels of awareness (aware/impaired) and by movement (motor/non-motor). Surgery might be an option for certain types, but most people control the condition with medications. These drugs are not without side effects, hence many people, especially parents, look for

natural solutions to improve brain function, reduce seizure severity and prevent occurrence.

One of the most researched and medically approved dietary interventions is the ketogenic diet, which is recommended by doctors for those whose symptoms are poorly controlled by medications to be used alongside or instead of the drugs. The ketogenic diet has been shown in many studies to be particularly helpful for some epilepsy conditions, including infantile spasms, Rett syndrome, tuberous sclerosis complex, Dravet syndrome, Doose syndrome,



**A ketogenic diet is a special high-fat, low-carbohydrate, low protein diet, requiring careful measurements of calories, fluids, and proteins**

and GLUT-1 deficiency.

The "classic" medical ketogenic diet is a special high-fat, low-carbohydrate, low protein diet, requiring careful measurements of calories, fluids, and proteins. The name ketogenic means that it produces ketones in

the body (keto = ketone; genic = producing), which are formed when the body uses fat for its source of energy and can work very well on it. These ketone bodies have nothing to do with diabetic ketoacidosis and are responsible for the

attenuation of seizures. In fact, increasing evidence support the diet in both Type 2 and Type 1 diabetes.

The carefully designed meals should provide 3 to 4 grams of fat for every 1 gram of carbohydrate and protein. That is about 90% of calories from fat.

This is important, as our liver can make sugars out of proteins, which interfere with the desired ketosis. It should be based on high quality fats (avocado, nuts, ground seeds, olive oil, coconut oil, raw cacao, ghee, grass-fed butter and organic heavy cream), grass-fed, organic meats and fish and vegetables that are grown above ground, containing minimum amount of carbohydrates. Medium-chain-triglyceride (MCT) oil may be added to increase ketone body production and give more instant energy.

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# FIT4LIFE

## LEANNE MOORE

### CONTACT LEANNE

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

# Fitness mistakes that I have made

**W**E have all heard of "gym myths", but instead of addressing the misconceptions of the fitness and wellness world - which could take quite a while - instead I am going to write about those I've experienced and know. Here are some fitness mistakes I have made.

### WEIGHTS WONT MAKE YOU BULKY

Lifting weights will not make you bulky. Do you know that "toned" look you are aspiring towards? That is what lifting weights will help you achieve. But don't mind those "baby" weights either. Leave down the 2kg dumbbells and pick up a pair that challenges you for 8-12 reps on a particular exercise.

Do not be afraid of the result - I used to be super conscious of my thighs as they've always been the "biggest" part of my body. I shied away from training my legs thinking I would only be making them bigger.

Not so!

In fact when I train my legs/glutes 1-2 times per week - I get the best results. Seeing muscle tone is a massive confidence boost. Remember becoming "bulky" is near impossible for women. We simply do not have the hormone levels to support it. Lifting heavy weights combined with clever cardio and an on point diet will sculpt your body and build strength.

### YOU DON'T HAVE TO COUNT CALORIES

This is another lesson I have learned. I used to count calories obsessively. So much so that it consumed me! My whole day, week, life became about food as numbers and something I had to carefully control. For me, for my personality, this was not a positive thing. It made me obsess over my choices and brought me to a point where I felt it was not a healthy frame of mind. When I got rid of the numbers and ate for my health - all that changed. I was eating foods I knew were good for my body. I certainly had an idea of the amounts of carbs, fats and protein I was consuming - but it wasn't my primary focus. I was eating to fuel my body and to help it function better.

### PERFECTION IS NOT REAL

Throughout my 20's I really feel my "goals" were set all wrong. I look back now and see that I wasted all that time "chasing" the idea off something that just isn't real. Every single person in the world (yes even the one you are thinking of) has their imperfections. There is simply no such thing as perfect. If your goal is to have the "perfect body", then I strongly suggest you change your focus. Be happy with what you have right now and by all means keep taking measures to improve areas that may need improving.

But stop thinking that perfection is your ultimate goal. Because that idea will always stay firmly out of reach.



**Don't forget to follow me on social media for more fitness and food tips and tricks. I am on Instagram: @leannemoorefitness and Facebook: Leanne Moore Official**

## Healthy Recipe

### Protein balls

LITTLE healthy protein balls are always good to have in the fridge to reach for when you fancy a little snack. Here is a simple one to try.

#### What You Need

- 1 cup oats
- 1/3 cup honey
- 1/2 cup natural peanut butter (no added sugar)
- 1 cup shredded coconut
- 1/2 cup chocolate chips (Dark 85-90%)
- 1 scoop vanilla/chocolate whey protein powder

#### What To Do

Combine all ingredients in a bowl until well blended and what you have



resembled a dough. Then roll into golf ball-sized pieces, and refrigerate for 1-2 hours.

## Moore2Life

What I'm loving this week

### Launching Sky Fibre Ultra Broadband

Over the weekend I was at the Parkway Shopping Centre with Limerick hurler Declan Hannon and JP Dillon of Limericks Live 95fm to celebrate the launch of Sky's Fibre Ultra Broadband in Limerick, which offers the fastest broadband speeds available in the country! I was there to give out clues for the Sky Fibre Lightning Fast Sweep which saw shoppers take part in a treasure hunt around the centre in the hopes of winning €1000. Lucky Limerick father and son Cathal and Marcus were the eventual winners on the day.





# MANABOUTTOWN

**PATRICK McLOUGHNEY**

**CONTACT PATRICK**

**Email:** patmcloughney@hotmail.com

**Twitter:** @iammcloughney **Instagram:** iammcloughney

## Alternative answer to male pattern baldness

**F**OR the average image-conscious man, there are no three words in the English language more chilling than 'male pattern baldness'.

For younger guys, in particular, the realisation that you're losing your hair can feel like God is punishing you for crimes you committed in a past life. In reality, there are forces far less spiritual, yet every bit as uncontrollable, at play. Male pattern baldness is caused by genetics and a chemical imbalance of a hormone called Dihydrotestosterone (DHT for short) or 'the baldness hormone'.

DHT's main function is to develop and maintain sexual characteristics in men and promotes a better sense of wellbeing by inhibiting an enzyme called aromatase (that's linked to estrogen levels). DHT also plays a key role in the development of facial hair during puberty. While DHT is good for the hair on your chinny chinny chin, it's not so great for the hair north of your eyebrows. This is because, in genetically susceptible men, DHT hinders the growth of hair follicles through a process called miniaturisation.

When miniaturisation occurs, the DHT hormone attaches itself to the root of the hair follicle, causing the growth stage to become shorter with each new cycle. Eventually,



**Agnieszka at Purebeau AO**

the hair stops growing and hair loss becomes more visible aka the infamous bald patch.

As much as people like to joke about it, there's no denying the fact that even for the most laid back guys, hair loss is not fun. It's not all about vanity either, even for guys who aren't that into their looks, losing your hair is a grim reminder that the clock is always ticking and you're not getting any younger. Because hair loss is so much more common in men than in women there's a tendency to assume that the psychological effects are much less prevalent for us guys. However, in an age where male grooming is a

thriving industry and Instagram has made people more image-obsessed than ever before, that couldn't be further from the truth. Hair loss can have a huge effect on a man's confidence, changing the way they view their appearance and how they feel others view their appearance. We also know that men are far less likely to get help if they are experiencing problems with their mood.

So if hair loss is causing you distress, what can you do about it? Well, the good news is that male pattern baldness is not the lonely journey to a shiny exposed scalp that it once was. As yet, there's no magical miracle cure but there are options you can take to combat or restore your hair.

I've covered options like pills, potions, surgery and wigs in some of my previous articles but one that I've never really looked at before is a process called scalp micro pigmentation. Scalp micro pigmentation is a non-invasive treatment for people who are balding, thinning or have receding hair. Using a specialized pigment and a digital permanent makeup machine equipped with a microneedle, scalp micro pigmentation practitioners penetrate the skin and create tiny follicles in the scalp, essentially producing little dots to mimic the



**Own it: Actors like Vin Diesel are known for their lack of hair follicles**

look of stubble or closely shaven hair.

Scalp micro pigmentation can be used to add density to thinning areas, cover scars and camouflage the effects of male pattern baldness. Even if your hair begins to thin even more than it already has, scalp micro pigmentation can cover your entire scalp, essentially 'future proofing' you against hair loss. It's also suitable for women who are suffering from thinning hair across the top of their scalp, Alopecia and post-surgery scars.

Unlike some of the other options available to help combat hair loss, scalp micro pigmentation doesn't require a plane ticket or a loan from the credit union. It's affordable and it's available right here in Limerick at Purebeau AO Aesthetic Clinic. World-renowned semi-permanent makeup artist and Purebeau owner Agnieszka Orłowska is a master practitioner of scalp micro pigmentation. To book a consultation, contact

Purebeau at 086 8655525 or email purebeauireland@gmail.com.

Purebeau AO are also hosting Ireland's first International Beauty Industry Gala Ball at the Raddison Blu Hotel on Saturday, February 23 with special guest Rosanna Davison. It promises to be an evening of inspiration and celebration for all of those in the beauty and aesthetic industry and provide a unique opportunity to meet with beauty leaders from around the world. For tickets contact Agnieszka at the same email listed above.

Losing your hair is a natural part of ageing but to some, it can feel like a life sentence. If you decide to fight it then there are a number of things that can be done but not all of them will cost you your life savings. If scalp micro pigmentation sounds like something that would work for you then contact Agnieszka or go to [www.purebeau.ie](http://www.purebeau.ie) for more information.

## Fragrance of the week Coach for Men

My fragrance of the week is Coach for Men. Coach may have become known for its modern dinosaur-embellished apparel in recent years, but the New York label's fragrance collection cuts a decidedly classic figure. Coach For Men is the work of Anne Flipo and Bruno Jovanovic, two respected noses behind scents for the likes of Burberry, Hugo Boss and Paco Rabanne. A modern fragrance which combines fresh, energetic top notes and a skin-like warm sensuality in the amber, woody base notes. Masculine yet refined, the fragrance starts with cool, fresh green Nashi pear, contrasted with spicy cardamom, and finishes with a textured vetiver base note, creating an aromatic, woody scent. The design bottle is emblematic of the Coach brand and features several iconic codes: tumlock, hangtag, carriage logo engraving. Make it your go-to fragrance for date night. You'll find Coach for men in Brown Thomas and Debenhams for around €75 (100ml).



## Watch This Space Rolex GMT Master II

**This week's watch of the week is the iconic Rolex GMT Master II from Keanes Jewellers. Let's be honest, Rolex watches are one of society's symbols of success around the world. If you want people to know you've made it, then get a Rolex. While wearing a Rolex tends to exude this message of "I made it" (intentionally or not), there are, however, plenty of other reasons why buying a Rolex is a great investment and will get you on the road to horological**

**satisfaction and connoisseurship. The original Rolex GMT was one of the first watches on the market that could tell time in two time zones at once. Essentially, Rolex added a fourth hand (the green hand with the large arrowhead, or the GMT hand) that circles the dial in 24 hours.**

**The great innovation at the time was to create a rotating bezel with 24-hour markers**



**that can be adjusted as one moves to different time zones. The Rolex GMT-Master II reviewed here is the two-tone gold and stainless steel version. It uses Rolex's famous oyster case at 40 mm and it weighs in at 160 grams.**

**If you want a timeless classic that you can wear every day for the rest of your life while lifting your spirits and confidence, then the Rolex GMT-Master II is the watch for you. It retails for €12,200 and you'll find it at Keanes Jewellers.**



# STYLE & FASHION

**CELIA HOLMAN LEE**

**CONTACT CELIA**

**Facebook:** celiadolmanlee **Web:** www.holmanlee.ie **Email:** celia@holmanlee.ie

## Fab wedding guest ideas for spring

**T**HE new season collections have arrived, if you are shopping for mother of the bride or groom or guest at the wedding keep your eye out for cool tailoring with classic shapes, soft tones and contemporary detail.

Pastels have grown up this season and emerged for spring in a sophisticated mix of blush antique rose and rich raspberry.

The dress has become queen again when it comes to weddings, either worn on its own or with a matching jacket. More and more we are seeing variations of styles when it comes to the wedding party.

Isobel's boutique in Adare is one of Ireland's heavy hitters when it comes to strong spring/summer wedding collections.

There are beautiful coat dresses, which I love, also dresses with this year's fashion detail which is a peplum design and is extremely flattering, but of course the hats always do it for me, from the fascinator to the picture hat it really puts the finishing touch to any occasional outfit.



**Elizabeth in a simply divine outfit Isobel Boutique**



**Pretty in pink: Asta models a complete outfit from Isobel's Boutique**



**Elizabeth and Asta, Holman Lee Agency models, wearing outfits from Isobel's Boutique in Adare**



**Another great combination: Outfits from Isobel's Boutique and hats by Suzie Mahony**



# CELIA SPOTTED

## Looking good out and about in Limerick

**Name:** Emma Marcey  
**Occupation:** Works in Marbles Cruises Street for Hugh Campbell Hair group  
**From:** Tipperary

**EMMA SAYS:**

**I** love to follow the latest trends it is a huge part of my career. The hair world and the fashion world are tied much closer than you would think! My own personal favourite style at the moment would have to be "sports lux".

**Coat:** My coat is from New Look, this over-sized faux fur coat is a style statement you will see everywhere! It speaks comfort while still having that Lux feel of an old vintage fur!

**Jumper:** This jumper was a real bargain! This quilted cream jumper has tiny speckles of neon colours throughout, especially great for the person not fully willing to jump on this neon trend that has been emerging! I purchased this fab jumper in Pennys!

**Trousers:** My trousers are from Zara! Taloured like a trouser pants but the comfort of a tracksuit bottoms. I always turn up the end of my trousers not only because I'm 5'3 but for me there is something really cool about an ankle gazer that can entirely change an outfit.

**Bag:** This Tommy Hilfiger bag is so amazing I borrowed it from a friend! Thanks Aoife



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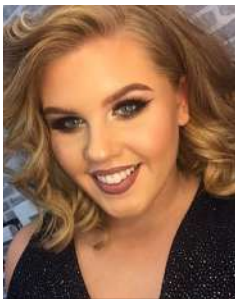
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**Look out for Celia's 'My Week' column in the Limerick Leader every Thursday**



# BEAUTY & MAKE-UP

## JESSICA HOCKEDY

### CONTACT JESSICA

Facebook: jessicahockedymakeupartist Email: jessicahockedy95@hotmail.com Instagram: jessicahockedy

# Romantic Valentine's makeup looks you'll fall in love with

**R**OSSES are red, lipstick is sweet, it makes you look pretty and it definitely won't cheat.

Spend this Valentine's Day with the main love your life, make up! Here are some very beautiful celebrity inspired make up looks you should totally try out. Whether you're spending it with bae or your gals, you know the one who has always been there to hold you up, your product kit!

This beautiful look on Emily Ratajkowski (see below) is guaranteed to get the heart racing. The smokey eye with a twist paired with a gorgeous peach nude lip is the antidote to sad, dull, winter complexions.

#### QUICK TIP

Use the Benefit Gimme Brow to fluff up those babies and give a youthful touch to the face. This product is also



Pick up the new SosubySJ lip kit in the shade named 'Seduction'

amazing for making the brows look fuller if you have any gaps.

This combination of winged liner and red lip is an absolute Valentine's classic

that will stand out in any romantic candlelit room! Just be sure to keep all your other elements (contour, brows) as soft as possible to balance this show stopper look.

#### QUICK TIP

Pick up the new SosubySJ lip kit in the shade named 'Seduction' to have the most perfect red lip that will last through all of your cheeky kisses.

#### QUICK TIP

The only eyeshadow palette you need for creating any Valentine's eye looks is the Madison Makeup Dare to Blend eyeshadow palette. This palette contains 25 shades ranging from neutral, to warm browns, dusty pinks as well as shimmering duo chrome finishes.

The blend is seamless with these shadows and you can guarantee it will last the whole night!



Less is more. Kendall Jenner let her natural freckles shine through her foundation, but added a bit of drama with winged eyeliner, long lashes and a wash of a romantic pinky shadow across the lid



This beautiful look on Emily Ratajkowski is guaranteed to get anybody's heart racing



Use Benefit Gimme Brow to fluff up those babies



This combination of winged liner and red lip is an absolute Valentine's classic on actress Sarah Hyland



# MEGHANN MIX

## MEGHANN SCULLY

CONTACT MEGHANN

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



### Pick'n'Mix

Happenings  
about town



#### Looking for Love this V-Day?

This Friday I am hosting Wud Ya? in Amber nightclub. It's blind dating with a twist. Men and women will be blind folded and it will be like speed dating.



#### Brand new music from Kennedy

Dermot Kennedy is back with brand new music. He just released Lost. He plays the Olympia Theatre on May 13, 14, 15 and 16. For ticket info see [www.olympia.ie](http://www.olympia.ie).



#### Southern Kings land in Cork

Munster Rugby are back in Pro14 action this weekend as they face South African side Southern Kings in Cork on Friday night, with a 7.35pm kick-off. It offers a great chance to get your hands on tickets and watch some of the up-and-coming stars line out for the team.

# Made in the sun: Taking a break on the Costa del Sol

**L**AST week I flew to the Costa del Sol for some much needed Winter sunshine. I flew into Malaga airport where I spent one night. I then took a forty minute bus to Marbella and spent the rest of the trip in Puerto Banus.

#### FLIGHTS

As mentioned in last week's column, my flights were just €58 return but it was with Ryanair so there was quite a few added charges with the new baggage policy. You have to pay extra to bring a larger suitcase so it can add up.

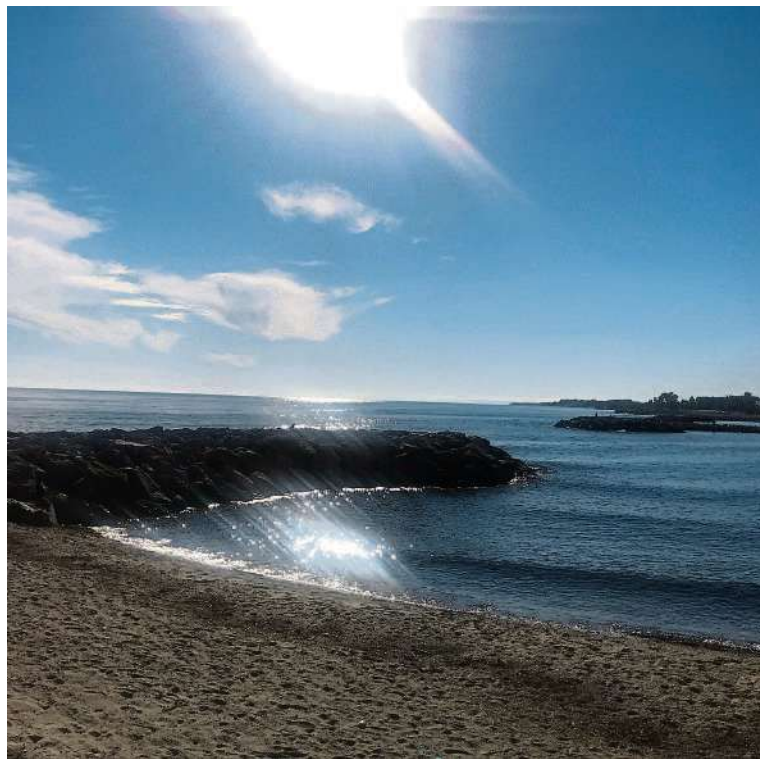
#### ACCOMMODATION

In Malaga, I stayed in a self catering apartment. It could sleep up to four people, had a fully fitted kitchen and there was a coffee machine and snacks when I arrived. It was clean and ideally located. It was booked through Booking.com

In Puerto Banus, I stayed in the five star H10 Andalucia Plaza. As it was off season it was very reasonably priced with three nights costing just over €100 for three people. Breakfast was included which I would highly recommend as this part of Spain is at Irish prices. Look into Airbnbs and self catering apartments as it always helps to have your own kitchen for cooking.

#### FOOD

As mentioned, it isn't as cheap as other parts of Spain but certainly has some wonderful restaurants. C'est si Bon is a newly opened French restaurant near the H10



Just a few of my holiday snaps from the Costa del Sol

hotel and it was amazing. It serves smaller portions at great prices and the wine list is endless. It's quaint and I felt I had been taken into a scene from Casablanca.

Down at the beach in Puerto Banus, there is a strip of bars and restaurants to cater to every need. You can sit on the beach front sipping on some Rioja and eating traditional tapas. There is a number of bars along the marina where you can treat yourself to a cocktail and admire all the yachts docked.

#### TO DO

Costa del Sol is a great place to escape to the sun, relax and unwind. But if you are in town for a little more than that, then you've come to the right place. You can take a trip to the local vineyard, Vina and Bodega Remsamén is the number one thing to do on TripAdvisor. It takes a half hour by car and you can spend about two-three hours in the vineyard.

I would highly recommend



renting a bike from Puerto Banus and cycling all the way to Marbella. It's just over seven kilometres and the route runs along the beach all the way. Again, being off season it is quiet at this time of year along the route. For those looking to exercise, there are workout stations along the way as well. Gibraltar is over an hour away by car from Marbella and it's perfect for a day trip. Visit the famous Rock of Gibraltar and enjoy some local cuisine from the British Overseas Territory.

## Six Nations update

WE got off to a sticky start to the Six Nations but it's not completely over after a sloppy win over the Scottish.

Murrayfield in Edinburgh was packed to the brim. It wasn't the greatest game of rugby but a win is a win. Conor Murray, Jacob Stockdale and Keith Earls all scored tries and it ended Ireland 22 Scotland 13.

The Six Nations

continues on February 24 when Ireland face Italy in Stadio Olympic in Rome. England lie top of the table with 10 points while Ireland lie fourth with four points.

In other Six Nations news, the women's team beat Scotland 22 points to 5 in Scotstoun Stadium. Meanwhile the U-20s beat the Scottish making it two wins from two (24-5).



Conor Murray looks for a gap during the Guinness Six Nations Rugby Championship match last Saturday

PICTURE: SPORTSFILE



# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

Facebook: Richard Lynch

Twitter: @richanthon

Web: www.richardknows.com

Email: Richard@ILoveLimerick.com



# Gateway to Education make their long-awaited Malawi shipment

**T**HE Limerick Gateway to Education Charity shop on Wickham Street has been gathering and preparing out of date schoolbooks over the last two years to prepare for a shipment to Malawi.

The books were collected and transported last Wednesday from the Limerick Gateway to Education (LGTE) storage site at Tait Business Centre on Dominic Street.

Founded in 2012 by Limerick woman Suzanne Roche, LGTE is a registered educational support charity who aim to make education more affordable for Limerick families by selling second-hand school books and uniforms for reduced prices.

LGTE has reached out for the last two years to the public and asked for out of date schoolbooks that would only end up in a landfill in Ireland with the intention of eventually sending the books to Malawi.

Suzanne explained how, "in one case in Malawi, 146 books were shared between 1200 children, resulting in a strain on some children's education. The shipment will provide valuable, inexpensive education to numerous children for generations."

The volunteers at LGTE sorted the books and placed them into categories based on their subject. School children who helped with the collection also added a sweet touch to the project by adding green, white and gold emblem with a note to say hi from Limerick.

This initiative has never occurred anywhere else in Ireland, making LGTE inspiring leaders in this area.

Patrick Kamanga, a friend of founder Suzanne Roche, provided great help to the project. He was the person who came up with the idea of a Malawi schoolbook shipment. Patrick's brother, Mphatso Bantu Kamanga, lives in Malawi and will be coordinating with the Irish Ambassador in Malawi, for the distribution of the books and what schools they will go to in the city of Mzuzu, Malawi's third largest city.

Referring to what keeps her motivated, Suzanne said "it is the families who benefit from the charity. As LGTE is the only organisation of its kind, the families who rely on us would be left with no resources if we did not exist. I want to say thank you to all past and present staff and to the schools that support us. You all make all this possible." See [www.gatewaytoeducation.ie](http://www.gatewaytoeducation.ie).



Suzanne Roche, CEO, and founder of Limerick's Gateway to Education pictured with the Malawi Schoolbook Shipment PICTURE: CONOR OWENS/ILOVELIMERICK



Peter Casey, Limerick Senior Hurling Team, Eimear O'Mahony, Regeneron, John Cleary, Race Director, and William O'Donoghue, Limerick Senior Hurling pictured at the launch

PICTURE: CONOR OWENS/ILOVELIMERICK

## Regeneron Great Limerick Run reaches 10-year milestone

THIS year's Great Limerick Run is celebrating its 10th-anniversary and promises to be the best yet with Regeneron as the new sponsor on board.

The 2019 version of the single biggest mass participation event outside of Dublin was launched by Mayor of the City and County of Limerick, Cllr. James Collins who said, "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. It's been more than a run or a race; it has brought

huge numbers to Limerick from across the country and opened a lot of eyes to the new energy of this great city."

The organisers expect to exceed last year's participant numbers of 13,000 thousand. The event is estimated to deliver a welcome €4.5 million boost to the local economy over the course of the May bank holiday Riverfest weekend in Limerick city.

In anticipation of the increased demand for places in the children's 'Bon Secours Hospital Children's Run for Fun' which takes place in the

University of Limerick on Saturday, May 4, capacity has been extended to accommodate 3,500 children which are now the largest children's event nationally. To date, the event has raised over €100,000 for those primary schools with participating children.

From the inaugural race in 2010, over 83,000 people have crossed the finish line raising €2.1 million for various charities while simultaneously contributing €25 million to local and regional business. See [www.greatlimerickrun.com](http://www.greatlimerickrun.com).

# THINGS I ♥ THIS WEEK

## CHILDREN'S GRIEF LAUNCH

### Centre grows toward the future

THE Children's Grief Centre launched their new Information Leaflet and upgraded website last Wednesday at the centre's base at Westbourne, Ashbourne Avenue, South Circular Road, Limerick.

Speaking at the event was Sister Helen Culhane, the founder of the centre and Michael Byrne, the designer of the new website from Acton BV.

The site was launched by Alan English, author and Group Editorial Director of Iconic Newspapers, which owns the Limerick Leader. Alan spoke of the centre's significance to not only young people in Limerick but across the country" and highlighted the new

Information Leaflet called 'Stuck in the Middle.'

Alan said: "Through no fault of their own, they (the parents) don't really realise the effects that their behaviour is having on their children. So, the leaflet, while very simple, also packs quite a punch."

The Children's Grief Centre was started by Sister Helen in 2009, with the aim to support children and young people between the ages of four to 18 years, who have been affected by the loss of a parent either from separation or death.

For more info call 087 985 1733 or email Anne English at [anne@childrensgriefcentre.ie](mailto:anne@childrensgriefcentre.ie).



**Author Alan English, Anne English, Children's Grief Centre administrator, founder Sister Helen Culhane, Theresa Kavanagh, support worker and Micheal Byrne, website designer at the launch**

PICTURE: CONOR OWENS/ILOVELIMERICK

## SHANNON BUREAU RENEWS CALL

### Convention Centre

SHANNON Conference and Sports Bureau have reported a record year in 2018 with over €7.5 million worth of business tourism benefiting the Shannon region.

This is a tremendous achievement in the absence of a large capacity conference type venue. As part of the Bureau's strategic plans for the future, it recommends the development of a large multi-purpose conference venue located at the Cleeves Factory site in Limerick.

Speaking about the Cleeves site: Tony Brazil, Limerick Travel and Shannon Bureau Chairman said, "It's the



**Karen Brosnahan, Manager and Tony Brazil, Chairperson of the Shannon Conference and Sports Bureau**

perfect site, city centre, accessible to all types and budgets of accommodation, walking distance to pubs and restaurants and only 20 minutes from Shannon Airport and the world."



**Pictured at the Mayoral Reception were Alan McGrath, Terry Ring, co-founder Clionas Foundation, Daniel Butler, Mayor of the Metropolitan District of Limerick, Fionn O'Hehir, Jimmy Crowe and Brendan Ring, co-founder Clionas Foundation**

PICTURE: CONOR OWENS/ILOVELIMERICK

## Cliona's Foundation receives mayoral reception

**LAST week, Daniel Butler, Mayor of the Metropolitan District of Limerick hosted a Mayoral Reception for the Cliona's Foundation in order to acknowledge its incredible work in supporting families of children with life-limiting illness. The Mayor also presented awards to Fionn O'Hehir, Alan McGrath and Jimmy Crowe for their amazing courage while caring for a very sick brother or sister.**

Speaking at the event were Brendan and Terry Ring, the founders of Cliona's Foundation. Brendan said: "The financial strain to the families in these situations is what people often overlook, so it's great for Limerick city to know the work that we do."

Family and friends of Adam McGrath, Jimmy Crowe and Fionn O'Hehir attended the event to show

their support to the three brave young boys who "showed tremendous love to their sick family members and went above and beyond in supporting them despite their young age."

Since its inception, Cliona's Foundation has raised over €1 million and helped more than 550 families across 29 counties. Congrats to all! Well deserved! See [www.clionasfoundation.ie](http://www.clionasfoundation.ie).

## HERO OF THE WEEK



**Luke Culhane speaking at the Healthy Social Media Event in Roscommon** PICTURE: DERMOT CULHANE.

## Luke Culhane

IN 2016, Luke Culhane received international acclaim through 'Create No Hate', his anti-cyberbullying video that went viral, receiving over 10 million views and counting across various social media platforms and news outlets. He went on to win Limerick Person of the Year amongst other various accolades for his work and deservedly so. He is one of my favourite talents in Limerick. Last week, the budding filmmaker and blogger featured as a guest speaker in the Healthy Social Media Event in the Roscommon as part of Safer Internet Day.

At the event, Luke said, "Today is the 3rd year anniversary of my video 'Create No Hate' which I made for Safer Internet Day in 2016. I am so honoured to be asked to speak today about the amazing experiences I have had in the last three years since creating the video. Unfortunately, the cyberbullying issues that

existed in 2016 are worse than ever and the video still has meaning today. Kids who are bullied can experience negative physical, school, and mental health issues and we all need to work together to help change this and make the Internet a safer environment for everyone, both young and old." Congratulations Luke! Keep up the good work!



*Love to all,  
Richard x*

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## CHILDCARE

### CHILDMINDER REQUIRED

to mind 2 Primary School going kids. Drop off and collection and mind in kids own home. Monday to Friday including school holidays. Parteen/Ardnacrusha/Clonlara area. Own transport a must. Call 087 6991798

## PLANNING NOTICES

### APPLICATION TO PLANNING AUTHORITY

Limerick City & County Council I, Ronan O'Brien intend to apply to the above named planning authority for permission for retention to retain the erection of a timber boundary fence on the existing boundary wall to the east / north east boundary of the existing property together with associated site works at Roseville House, Corbally Road, Limerick V94 TYV7

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the Planning Authority, Limerick City & County Council, Dooradoyle Road, Dooradoyle, Limerick during its public opening hours 9am-4.00pm Monday - Friday. A submission or observation in relation to the application may be made in writing to the planning authority on payment of the prescribed fee (€20) within the period of 5 weeks beginning on the date of receipt by the authority of the application and such submissions or observations will be considered by the planning authority in making a decision on the application. The planning authority may grant permission subject to or without conditions or may refuse to grant permission.

### COLLECTORS CORNER & ANTIQUE

#### THE CRANBERRIES

Dolores O'Riordan Collector likes to buy items like concert memorabilia, rare photos, signed items, awards etc. Keep the memories alive! E-mail: saharatahroe@web.de

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## PIKE ROVERS A.F.C

WEEKLY LOTTO 6/02/2019  
Jackpot €1,450  
Numbers Drawn: 24-14-19-21  
No Winner  
€25.00 Lucky Dips:Bernie Waters c/o MFT, Gayle O'Sullivan c/o Happy, Dunny c/o Club, Eddie O'Meara c/o J O'Deas  
Next Weeks Jackpot: 1,500

## ST. MARY'S R.F.C.

Lotto Draw held Monday 11th february 2019  
Winning Numbers: 1-12-16-27, No Jackpot Winner

4 Winners €40 each:Margaret Kinsella c/o Kinsellas, Lynda Prenderville c/o C Mullins, Cora McNamara c/o C McNamara, John McNamara c/o J Hurley  
Next Weeks Jackpot €6250 Draw will take place in Katie Dalys

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## GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 11/2/19

This Week's Jackpot: €5800 No's: 3-18-24-25  
no winner  
Lucky Dips:  
Will O'Neill c/o Christy O'Neill, Sinead McCarthy c/o Jean McNamara, Sheila Doyle c/o Club Promoters Prize Dave Connolly, Jean McNamara  
NEXT Draw held 18th February 2019  
Next Week's Jackpot: €5900

## BREAKING NEWS

Contact  
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# FAMILY ANNOUNCEMENTS

## BIRTHDAY REMEMBRANCES



### † KENNEDY (27th Birthday)

**In loving memory of my dear friend Stephanie Kennedy, late of 12, Cara Ave, Caherdavin, Limerick whose 27th birthday occurred Sunday 10th February. Mass will be offered.**

Your one of heavens angels now Steph

A perfect little star  
And when you shine the world can see

How beautiful you are  
Happy heavenly birthday  
Always loved and never forgotten by your heartbroken friend Sandra and Paige xx



If roses grow in Heaven Lord  
Pick a bunch for me  
Place them in Steph's arms  
And tell her they are from me  
Happy heavenly birthday Steph,  
love Yasmin X

## IN MEMORIAM



### † CONNOLLY

(Sixth Anniversary)

**In loving memory of Noel Connolly, late of**

**Cosgrave Park, Moyross, whose sixth anniversary occurs on 15th February**

The happy hours we once enjoyed

How sweet their memory still  
But death has left a vacant place

This world can never fill  
How dearly we loved you  
And prayed you might live  
But Jesus beckoned  
And we had to give

**Dearly loved and never forgotten by your loving brother Seanie, Mary and family xxx**

## THANKSGIVINGS

**GRATEFUL THANKS** to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M.; A.A.A.S.

## IN MEMORIAM



### † CRONIN

(Birthday Remembrance)  
**In loving memory of a dear son, grandson, nephew and cousin James Cronin, late of 9 Colbert Park, Janesboro whose birthday occurs on February 15th.**

A birthday wish for you today,  
We miss you more than words can say;

The pain and tears we try to hide,  
Our hearts are broken deep inside,

No presents to give, no cards to send,  
But you'll have our love as long as we live

Happy Birthday, James  
Too dearly loved to ever be forgotten.

**Happy Birthday James, from your Dad and partner Shirley xx**

A birthday wish we send today  
But not on a card in the usual way

But written in gold on a cloud above  
And sent to you with all our love.

**Happy Birthday Small James Love Nana Corbett, Gillian, Frankie and Robyn xx**

A million tear stained kisses,  
I send especially to you,  
Because today's your birthday,  
And I'm really missing you.  
**From your heartbroken grandmother and David**

A birthday wish we send today  
But not on a card in the usual way

But written in gold on a cloud above  
And sent to you with all our love.

**Happy Birthday from Kathryn, Amy and Callum**

Another birthday we cannot share,  
Again our gifts must be our prayers.

"Happy Birthday from Mark and Jennifer

"Your special day we cannot share

So our gift must be a prayer.  
**Happy Birthday from Shauna, Nickole and Mark**

Your special day we cannot share  
So our gift must be a prayer.  
"Happy Birthday from Tony, Sue and kids

"Another birthday we cannot share,  
Again our gifts must be our prayers.

**Happy Birthday from Johnny and Adrienne**

I didn't see you close your eyes  
Or hear your last sigh  
I only heard that you were gone  
Too late to say goodbye.

So many people loved you James,  
That makes me feel so proud.  
You were a special kind of guy,  
Who stood out in a crowd.

You always had a smile to share,  
A laugh, a joke and time to care.  
You left a space no one can fill,  
I miss you James and always will.

**Happy Birthday James. Sadly missed and always loved. Also remembering my best pal Marie at this time.**

**Lots of Love Natalie**

## IN MEMORIAM



### † HEALY

(40th Anniversary)

**In loving memory of a dear father, grandfather and great-grandfather Patrick (Podger) Healy late of 10 Hyde Road, Prospect**

**whose anniversary occurs on February 16th. R.I.P. Mass offered. Sweet Jesus have mercy on his soul.**

Each day I think about you.  
Each night I say a prayer I ask God to look after you with love and tender care.

I sit and think of you so often,  
you always smile and whisper carry on I'm here with you, for unknown to the world you walk by my side.

I will love and miss you always,  
death can never divide.

You shared my joy, my tears,  
my sorrow; how I wish you were here to share my tomorrow.  
Memory lane is a beautiful place, where thoughts and love are true again and again, we travel that lane to sit and talk with you.

There were no goodbyes when you fell asleep our memories of you will always keep,  
Quietly today your memory is kept, no need for words we will never forget.

**You are sadly missed and will never be forgotten by your loving daughter Ann, son-in-law Christy, grandson Jeffrey & partner Edel. Sleep softly Dad Love you always xxx R.I.P**

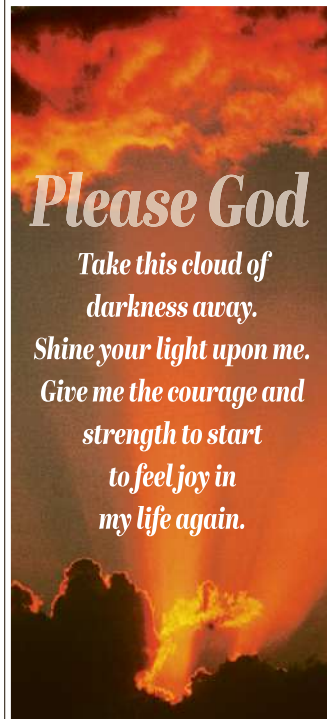
## THANKSGIVINGS

### NOVENA TO ST. CLAIRE

Ask St Clare for three favours,  
one business, two impossible,  
and say nine Hail Mary's and the following prayer for nine days with a lighted candle.

### PRAYER:

May the SACRED HEART OF JESUS be praised, adored, glorified and loved today and everyday throughout the world forever. Amen.



*Please God*

*Take this cloud of darkness away.*

*Shine your light upon me.*

*Give me the courage and strength to start*

*to feel joy in my life again.*

## IN MEMORIAM



### † KENNEDY, DONNELLAN AND GRIFFIN

(Birthday and Anniversary Remembrances)

**In loving memory of a dear husband, William Joseph Kennedy, late of 31 Galvone Road, Kennedy Park and Old Ellen Street, whose birthday occurs on Sunday February 17, also remembering his mother**

**Martha Kennedy whose anniversary occurs also on 17th February, Michael Donnellan whose**

**anniversary occurs on 18th February and belated birthday remembrance of my friend Phyllis Griffin.**

**Also remembering my aunt Rosaleen O'Neill Williams whose anniversary occurs on Thursday 14th February and also belated birthday remembrance of my godson**

**Kieran Anthony Coughlan, South Claughnaun Rd. May they Rest in Peace. Mass will be offered.**

Happy Birthday, Bill, up above  
All I can send you is all my love.

**Always remembered and never forgotten by your loving wife Theresa Williams Kennedy; Michael Hartnett and Friends of the Elderly, Prospect, Limerick, Andrew, Sabrina and Edel**

Will those who think of Martha, Michael and Philomena today,  
A little prayer to Jesus say,  
**Always remembered and never forgotten by Theresa Williams Kennedy.**

## THANKSGIVINGS

### NOVENA TO ST. ANTHONY

O wonderful St. Anthony, glorious on account of the fame of your miracles, and through the condescension of Jesus in coming in the form of a little child to rest in your arms, obtain for me of His bounty the grace which I ardently desire from the depths of my heart. (State your intention)

You who were so compassionate toward miserable sinners, regard not the unworthiness of those who pray to you, but the glory of God that it may once again be magnified by the granting of the particular request (State your intention) which I now ask for with persevering earnestness. Amen

Pray one Our Father, one Hail Mary, and Glory Be to the Father, in honor of Saint Anthony. Saint Anthony Pray for us! (Say for 9 days)

## IN MEMORIAM



### † JOHNSON

(5th Anniversary)

**In loving memory of our dear mother, grandmother and great-grandmother, Mary Johnson**

**of 99 Lenihan Ave, Prospect, who died on the 20th February 2014.**

**Mass will be offered on Sunday 17th February at 1pm in St. Saviour's Church.**

Today we light a candle  
And say a special prayer  
We take a trip down memory lane

And know that you are there  
This is your anniversary  
You would not want a fuss  
Just to be remembered

And a prayer from all of us  
Time passes, memories stay  
Never forgotten, especially today

We sat beside your bedside  
Our hearts were crushed and sore

We did our duty to the end  
Till we could not do no more  
In tears we watched you fade away

And though our hearts were breaking  
We knew you could not stay  
You left behind some aching hearts

That loved you most sincere  
We never shall and never will  
Forget you mother dear

**Loving memories, your son William, daughters Marie, Geraldine, Marion, Noreen, sons in law, grandchildren and great grandchildren. Also thinking of our dear Dad Frankie at this time.**

### AFTER GLOW

*I'd Like The Memory Of Me To Be A Happy One.*

*I'd Like To Leave An After Glow Of Smiles When Life Is Done.*

*I'd Like To Leave An Echo Whispering Softly Down The Ways.*

*Of Happy Times And Laughing Times And Bright And Sunny Days.*

*I'd Like The Tears Of Those Who Grieve, To Dry Before The Sun*

*Of Happy Memories That I Leave When Life Is Done.*



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# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



### † FITZGERALD

(Seventh Anniversary)

**In loving memory of a dear wife, mother, grandmother and great-grandmother Phila Fitzgerald (nee Ryan) late of 24, St. Munchin's Street, St. Mary's Park, Limerick who died on 13 February. Rest in Peace. Mass will be offered.**

My Mother  
She's the whisper of the leaves  
As I walk down the street  
She's the smell of certain food I remember  
Flowers I pick, the fragrance of life itself  
She's the cool hand on my brow  
When I'm not feeling well  
She's my breathe in the air on a cold winter's day  
She is the sound of the rain that lulls me to sleep  
The colours of the the rainbow  
She is Christmas morning  
My mother lives inside my laughter  
She's the place I came from  
My first home and she's the map  
I follow with every step I take  
She was my first love, first friend, but nothing on earth can separate us  
Not time, not space not even death  
Love and miss you so much will you give Dad a big kiss and hug from us  
**Love from Deirdre, Andrew, Laura, Ryan and Leanne x x x.**

Although we cannot touch you  
Your love has kept us strong  
The memories you have left us  
Have helped us carry on.  
We didn't see the sacrifices  
You made from day to day  
We simply took you for granted  
Your kind unselfish ways.  
So stay beside us Mam  
It would help to know you're there  
We thank you for everything  
Your love & all your care.  
Also remembering  
Trevor Williams at this time  
**From your daughter Christina & husband Christy, grandchildren and great-grandchildren**

A special smile, a special face,  
And in our hearts a special place,  
Our memories we keep one by one,  
Things you've said and songs you've sung,  
They bring a smile sometimes a tear,  
But always a wish that you were here,  
Your not just a memory,  
Or part of the past,  
Your ours to remember,  
As long as life lasts.  
**Always loved and never forgotten by your son Mike, Mary and family xxxx**

Although we cannot touch you  
Your love has kept us strong  
The memories you have left us  
Have helped us carry on.  
We didn't see the sacrifices  
You made from day to day  
We simply took you for granted  
Your kind unselfish ways.  
So stay beside us Mam  
It would help to know you're there  
We thank you for everything  
Your love & all your care.  
**From your loving daughter Geraldine and grandchildren**

## IN MEMORIAM

Seven years without you Mam  
And still I feel the same  
My heart still aches  
Each time I hear someone speak your name  
You were not just my mother  
You were my life and best friend  
I only wish our time was more  
And did not have to end  
I thank god that he choose me  
To have a mam like you  
For all my life you taught me things  
That only you could do  
All my life I'll love you  
And teach my own kids too  
Be brave and strong and carry on  
Just as you would do  
**Love your forever your daughter Judy and son in law Eamonn xx**

It's very hard to put in words  
How much you meant to me  
Although I told you many times  
In Deirdres drinking tea  
How I miss our lazy days  
With you sitting in your chair  
Listening to Abba or Pery Como or watching Fred Astaire  
I always will remember  
The good times that we had  
Even if sometimes we used to drive each other mad  
**Love and miss you Nana from your grandchildren Amy, Mark, Jason, Patrick, Eamonn, Dylan and great grandchildren Lee and Freddie xx**

The most beautiful diamond,  
A heart of gold,  
The brightest star,  
Words can't describe Mam,  
How precious you are,  
You lived your life,  
Helping and giving,  
Yet the sickness you got,  
Was so unbecoming,  
You are one in a million Mam,  
There will be no other and we were blessed  
To have you as our mother.  
**Love and miss you forever your son John and Grandchildren**

No matter how we spend our days,  
No matter what we do,  
No morning dawns no evening falls,  
Without a thought of you -  
The light of your love will always be there.  
**Love from your daughter Margaret, Brian, Dean and Niamh.**  
**P.S. Give Joanne a kiss from us.**

The heartache and the sadness  
Might not always show,  
People say it lessens,  
How little do they know?  
They say I have my memories  
But they just don't understand,  
I cannot kiss a memories face  
Or hold a memories hand.  
On the outside it seems I'm healing  
But God if they could see inside,  
The pain and the sadness of losing you  
Hasn't changed since the day you died,  
But when I'm sad and lonely  
And everything goes wrong,  
I seem to hear you whisper,  
Cheer up and carry on.  
Mam you were so special  
What more can I say except  
I wish with all my heart  
That you were here today.  
**Love and miss you everyday from your daughter Maria and Jonathan**  
**You are together now Mam with Dad.**

Sweet is the sleep that heals all pain,  
I would not wake you to suffer again,  
God took your hand, we had to part,  
He eased your pain, but broke our hearts,  
No matter how life changes Mam  
No matter what we do,  
We will always feel blessed and honoured,  
To have had a Mam like you.  
**Love Desmond, Lorraine and grandchildren**

## IN MEMORIAM

Here we go again Mam  
Not sure what I'm supposed to do  
To say it's your Anniversary  
Or wish Happy Birthday to you  
But where do I send a card  
Mam, if only I knew  
I miss you so much, but what can I do  
Many things remind me  
Of the way life used to be  
But try as hard as I may  
It's never going to be  
A kiss blown up to the sky so blue  
Catch it Mam, it's just for you.  
**From your loving daughter Louise and son-in-law Brian and grandchildren Shannon and Lisa. Give Nana Kitty a kiss from us**



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Pat Ryan, Managing Director of Citroen and DS Ireland is pictured at the launch of the new DS 7 Crossback in Dublin last week

## Crossback set for a comeback

**DS 7 Crossback:** Overlooked French carmaker is set to shake up the competition

**TRISH WHELAN**  
[www.CarAndTravel.ie](http://www.CarAndTravel.ie)

FRENCH carmaker DS believe their new premium DS 7 Crossback just launched is set to disrupt the compact premium SUV segment with its very competitive pricing, unique styling, spacious interior including 555 litres of loadspace, its four richly specced grades, the huge comfort it offers for all on board, as well as its best-in-class annual road

tax and warranties that include five year unlimited mileage, and five years roadside assistance.

Irish prices at launch are from €36,000-€60,245.

This luxury car is the first of a new generation of models being introduced by DS Automobiles.

In size and space the car crosses both C & D SUV segments so some competitors are from the class above.

Grades are: Elegance,

Performance Line (expected to be the volume seller), Prestige and Ultra-Prestige. All come richly specced.

This luxury motor is aimed primarily at 'high milers', trailblazers, trend enthusiasts, motorists looking for a new and premium car with unique sensations. Engines include two petrols and two diesels. PureTech petrol engines are the 4-cylinder PureTech 130 with a 6-speed

manual gearbox and the PureTech 180 with the new 8-speed (EAT8) automatic gearbox as standard.

The two turbo charged diesels are BlueHdi 130 with manual gearbox and BlueHdi 180 with an automatic gearbox.

A fifth engine version arrives in Q1 of 2020 as the high-performance Plug-in Hybrid petrol-Electric Vehicle (PHEV) - 'E-Tense 4x4', which features a 16 turbocharged four-cylinder PureTech petrol

engine. This engine is mated to an 8-speed electrified automatic transmission.

DS say their 7 Crossback has best-in-class fuel economy and lowest Co2 emissions in the compact premium SUV segment; annual road tax throughout the line-up is from €190-€280.

The car is currently available exclusively from DS Airside, Swords, Co Dublin in their new state of the art DS Store.



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## VOLKSWAGEN

## New TSI engine for Golf

VOLKSWAGEN has replaced the previous 1.4 TSI petrol with a new 1.5 TSI engine which is 22kg lighter than before, writes *Trish Whelan*.

Available on the R-Line and Highline trims, the engine has the same 150hp power output as its predecessor, and also incorporates Volkswagens fuel saving cylinder deactivation technology.

The 1.5 TSI is capable of returning from 6.2 L/100kms on the combined cycle and manual gearbox (WLTP) and 6.5 L/100kms with the DSG double clutch gearbox. CO2 emissions of from 141g/km with the manual and from 147g/km with DSG place it in



**The Volkswagen TSI is priced from €29,995**

Band A of €200.

Prices start at €29,995 for the 1.5 TSI in Highline trim, and €30,895 in R-Line trim.

## PEUGEOT

## Automobile fest awards

PEUGEOT scooped two major awards at the 34th International Automobile Festival held last week in Paris, writes *Trish Whelan*.

The new 508 won the Grand Prix award for Most Beautiful Car of the Year 2018 and the e-Legend Concept received the Grand Prix

award for the Most Beautiful Concept Car of the Year.

The new Peugeot 508 took 34pc of the votes.

This radical new fastback has already received 20 awards in nine countries clocking up over 10,000 orders in Europe since launched last October.



## CONWAY SCORES NEW KADJAR

Olivia Kett, marketing manager, Dennehy Motors, Dock Road presenting the keys of a GT line petrol Kadjar TCE 140 to Munster and Irish rugby player, Andrew Conway PICTURE: ADRIAN BUTLER

## LIMERICK LEADER

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# SPORT

Leader

## MUNSTER JUNIOR CUP

Local sides in  
provincial action

See Page 59



**Champions collide: Liam Blanchfield of Kilkenny in action against Richie English, right, and Darragh O'Donovan of Limerick when the sides met last July in the championship. The All-Ireland winners meet the league winners this Sunday in Nowlan Park at 2pm**



# Kiely's heroes play Cody's Cats as champions collide

**GAA:** Limerick and Kilkenny in key Allianz Hurling League clash

**JEROME O'CONNELL**  
joconnell@limerickleader.ie

LIMERICK go in search of a first Nowlan Park victory over Kilkenny in 22 years this Sunday.

The round three Division 1A clash between the All-Ireland SHC winners and the reigning league champions will have a 2pm start and is live on TG4.

Limerick's first journey to Kilkenny for a league game since 2009 will see John Kiely's side bid to extend their unbeaten run to three games and move a step closer to confirming a quarter final spot.

Sunday will be Limerick's first time back in Kilkenny since the 2017 All-Ireland Qualifier loss to the 'Cats' but John Kiely's men avenged

that defeat last Summer with a first championship win over the men in black and amber since 1973 in an epic quarter final tie in Thurles.

But it's over 20 years since Limerick's last competitive victory over the home side in Kilkenny - that 1-17 to 0-10 win was on August 24, 1997 in a league semi final.

Remarkably, Sunday will be the first time since 1999 that a reigning All-Ireland champion visits Nowlan Park for an Allianz Hurling League group game - twice in 21 years for Brian Cody as manager.

If Limerick are to reach the March 10 quarter finals and indeed reach a first league final since 2007, John Kiely's men embark on the first of six successive weekends of action this Sunday.

With such a schedule ahead, squad rotation appears on the cards and Limerick could welcome back some All-Ireland heroes for the trip to Kilkenny.

Full back Mike Casey is the only member of the All-Ireland final day team yet to see league action and the Na Piarasaigh man is back in full training after an injury picked up in last November's Munster club hurling final defeat to Ballygunner.

Young Hurler of the Year Kyle Hayes is another that could be set for a first start - the centre forward was introduced as a substitute two in the previous round win over Tipperary.

Na Piarasaigh duo Shane Dowling and William O'Donoghue are also among the list that are yet to see



**John Kiely will take his side to Nowlan Park on Sunday**

league action this season.

Limerick have used 23 players out of a panel of 42 in the two league games to-date and look set to reshuffle their deck again for Sunday's trip Noreside.

Hurler of the Year Cian Lynch and the suspended Seamus Flanagan were also absent from that starting team that beat Tipperary and could be set for returns to the line-up.

The Limerick team will be named after training on Friday night.

Kilkenny will be without their Ballyhale Shamrocks trio - TJ Reid, Colin Fennelly and Joey Holden - who are preparing for a March 17 All-Ireland club SHC final against the TJ Ryan coached St Thomas of Galway.

After Sunday's tie with Kilkenny, Limerick are back in the Gaelic Grounds on Sunday February 24 to play Cork in the fifth round, before a final day journey to Ennis to play Clare on Sunday March 3.

## Soccer News

Limerick FC get financial boost ahead new season

**COLM KINSELLA**

ckinsella@limerickleader.ie

LIMERICK FC received a pre-season boost this week with news that a local consortium have committed to financially supporting the club throughout the 2019 season.

Limerick confirmed on Monday night that a 'local consortium' have committed to financially supporting the club throughout the 2019 season.

"This support is to ensure financial stability going forward and to prepare the club for a mutually agreeable take over at the end of 2019."

The news is a significant boost to the Blues ahead of the start of the new SSE Airtricity League First Division season on Friday week.

Tommy Barrett's Limerick will kick-off life back in the First Division with a home fixture against Longford Town on Friday, February 22, 7.45pm, at the Markets Field.

The 'Blues' travel to relegated Bray Wanderers for their second league fixture of the season on Friday, March 1, before hosting Drogheda Utd on March 8.

Limerick were relegated to the First Division after losing their two-leg play-off against Finn Harps.

The 'Blues' who defeated Cobh Ramblers 1-0 in a pre-season friendly with Cobh last weekend, were recently awarded an SSE Airtricity League Premier Division licence for 2019.



**Limerick FC's new jersey for the 2019 season**

# UL claim fourth college camogie title in a row

**Four in a row: University of Limerick camogie stars celebrate after winning their fourth Ashbourne Cup in a row**



GOALS at the beginning of each half set the University of Limerick up for a 3-8 to 0-8 victory over UCC, claiming a fourth consecutive Ashbourne Cup title, their fifth in six seasons

It was a bitter pill for University College Cork to swallow, as they fell to a third final defeat in a row and whose wait for a 31st title will now extend to at least 17 years.

The Cork college battled hard throughout the tie held in Mallow, but were playing catch up from the moment they conceded a goal in the second minute, Rebecca Delee getting the final touch on a Beth Carton delivery.

That was the margin at the interval, and when Niamh Hanniffy hand-passed to the net seven minutes after the resumption, after UCC goalkeeper Aoife Walsh had opted to bat Carton's

dropping ball from a free rather than catch it, only one result was likely.

UCC qualified by virtue of a hard-fought, come-from-behind victory over the League champions WIT. In contrast, UL had a far more comfortable win over DCU and certainly it seemed early on as if the Cork contingent were feeling their exertions early on.

Hanniffy's first goal took the wind out of UCC's sails though and they managed only one more point with 13 minutes left, from a Sigerson free.

Instead, it was UL who found another gear, substitute Grace O'Brien hitting the target brilliantly form a tight angle before Hanniffy cleverly found Delee in space to put six points between them.

Hanniffy provided the coup de grace with the last action of the weekend and the

celebrations were under way.

**SCORERS FOR UL:** N Hanniffy 2-0; B Carton 0-4(3fs, 1 45); R Delee 1-1; C Lyons, S Fryday, G O'Brien 0-1 each

**SCORERS FOR UCC:** C Sigerson 0-4(3fs, 1 45); H Ryan 0-2 (fs), N McCarthy, H Looney 0-1 each

**UL:** R Breen (Kilkenny), C Grogan (Clare), M Ryan (Tipperary), L Loughnane (Tipperary), R Howard (Tipperary), C Hehir (Clare), A Keane (Clare), C Murphy (Galway), A Keefe (Clare), S Fryday (Tipperary), B Carton (Waterford), R Delee (Limerick), M Burke (Galway), N Hanniffy (Galway), C Lyons (Limerick). Sub: G O'Brien (Tipperary) for Burke 40

**UCC:** A Walsh (Kilkenny), R Phelan (Kilkenny), L O'Sullivan (Cork), C Daly (Cork), A Landers (Waterford), L Callanan (Cork), M Lynch (Cork), C Sigerson (Cork), F Neville (Cork), L Coppinger (Cork), H Looney (Cork), K O'Keefe (Cork), H Ryan (Cork), N McCarthy (Cork), C McCarthy (Cork). Sub: K McCarthy for O'Keefe 43

**REFEREE:** L Dempsey (Kilkenny)



**No way through: Colin O' Brien, Mary Immaculate College, in action against Daragh Fanning and Eoin Healy, Cork Institute of Technology when the two sides met in the Fitzgibbon Cup last week**

## Mary I seek to continue Fitzgibbon Cup journey

**MARY Immaculate College are the last local side standing in the quest to return the Fitzgibbon Cup title to Limerick for a fifth successive year.**

The South Circular Road outfit, who are managed by Jamie Wall, play NUI Galway this Thursday (2.30) in Cusack Park in Ennis with a Saturday March 23 final spot up for grabs against UCC or DUC in Waterford IT GAA grounds

Champions in 2016 and 2017, Mary I will have Thomas Grimes (Na Piarasigh) and Aaron Gillane (Patrickswell) in their team.

## The AIL swings back into action

### Rugby

THE All-Ireland League resumes this weekend after a two-week break as Limerick sides face crucial fixtures.

In Division 1A, Garryowen will look to continue their top four promotion push when hosting basement side Terenure College at Dooradoyle on Saturday, 2.30pm.

Three first half tries helped propel a clinical Garryowen side to a fifth win in their last six Division 1A fixtures when easing past Shannon 28-7 in their last outing in the league.

Garryowen sit in fourth place in the AIL table, four points ahead of Dublin University and four points behind third-placed Clontarf.

Meanwhile, Shannon,

who will look to bounce back from that heavy derby defeat to Garryowen, travel to second-placed Lansdowne.

Prior to their derby defeat, Tom Hayes' sixth-placed Shannon side had recorded back-to-back league wins over UCD.

Meanwhile, also in Division 1A this weekend, struggling Young Munster face a trip to Belfield to take on seventh-placed UCD.

Ninth-placed Munsters' fell to a seventh defeat in their last eight Division 1A fixtures after suffering a 31-5 thumping at the hands of table toppers Cork Constitution at Clifford Park last time out.

The defeat leaves Munsters' sitting in the relegation play-off position in the table, three points off eighth-placed UCC.

The action in Division 2A begins on Friday night when fourth-placed UL-Bohemian host second-placed Cachel at ULs North Campus, 8pm.

Promotion-chasing UL-Bohs got back to winning ways when scoring an exciting 23-19 victory over Munster rivals Dolphin at Musgrave Park last time out.

Also on Friday night, Old Crescent make the short trip to Nenagh Ormond. Crescent, four points behind UL-Bohs in 2A, followed up on their excellent derby win when dishing out a 49-17 hiding to Blackrock College at Rosbrien last time out.

Meanwhile, in 2C, third-placed Bruff travel to Omagh on Saturday, while improving Thomond, currently ninth in the table, host seventh-placed City of Derry at Fitzgerald Park.

## Local fighters through at 'Elites'

### Boxing

LIMERICK boxer Tommy Casey could meet his relative and St Francis BC team-mate Myles Casey in the National Elite Championships semi-finals at Dublin's National Stadium.

Casey scored an impressive 4-0 majority decision over Dublin's Adam Courtney at the Stadium on Friday evening. Four judges scored the three-rounder to

the Treaty City feather and a fifth marked it a draw.

Former Elite champion Myles received a bye into the last four and meets Christian Cekiso of the Portlaoise BC next Friday night. Tommy goes head-to-head with Dubliner Patryk Adamus in the corresponding 57kg semi-final.

The men's featherweight limit is one of the new Olympic weights for men

with bantamweight (56kg) effectively abolished by the International Boxing Association (AIBA).

On the same night, Limerick's Paddy Donovan earned a unanimous decision over Conor Ivors of the St Francis BC in the welterweight quarter-finals on Saturday night.

The former AIBA World Junior silver medallist will now meet Antrim's 2018 Commonwealth Games

finalist Aidan Walsh for a place in the 69kg final next Saturday.

Walsh beat former Elite champion Dean Walsh, a nephew of AIBA World Coach of the Year Billy Walsh, on a 4-1 split on Saturday.

Meanwhile, Nell Fox of the Rathkeale BC will accept the 80+kg title on a walkover on finals night on February 23 as no opponent entered against her.



**Paddy Donovan (red) is named the winner over Conor Ivors**

# Local sides target Munster glory

**PAT SHEEHAN**  
sport@limerickleader.ie

THIS WEEKEND sees Limerick's five remaining sides in the Munster Junior Cup battle it out for a place in the last eight of the Provincial competition.

Current holders of the Cup, Pike Rvs face a tricky test when they host Hibernian of the Waterford League.

Pike saw off a plucky City Wanderers 3-2 in the previous round but by their own admission were far off the pace on that occasion.

This weekend they meet a Hibernian side who lead the way in the Waterford Premier League and will provide a much sterner proposition as they showed when they blew away Tipperary side Borroway Rvs 7-2 in the previous round.

Ballynanty Rvs claimed a notable scalp in the previous round when they beat Killarney Celtic after a penalty shoot out. For their reward they are on the road again this time to Cork on Saturday to meet Grattan. The Southerners are 9 points behind the leaders Knocknaheeny in the Cork AUL Premier League, albeit with a couple of games less played but as is always the way with Cork opposition they will prove difficult to overcome.

Sporting Ennistymon might be struggling somewhat in the Clare Premier League but as they showed in the previous round when they toppled Holycross, they are well capable.

They are enjoying their run in the MFA so Kilmallock

must take nothing for granted. The County Limerick side are one of the great enigmas in local soccer. They have a panel of players to kill for but for some reason are unable to get the best out of them.

They are well capable of winning Sunday and their reward would be a home quarter final probably against the mighty St Michaels.

Waterford side Pilltown welcome Geraldines on Sunday afternoon. The home side ply their trade in Div 1A of the Waterford League so Geraldines should have nothing to fear.

They still need to go into the tie in the right frame of mind and ready for a battle. If they do they should progress to a home quarter final possibly against Ballynanty Rvs.

The remaining game could prove the tie of the round. Regional Utd welcome Newmarket Celtic who lead the Clare league and are one of the best sides in the country over the last few seasons.

The meet a Regional side with similar ambitions. The Dooradoyle club reached the quarter finals of the FAI Junior Cup last weekend with a good 2-1 win over Tramore. Celtic will be another step up but Regional have shown already this season that they can raise their game considerably. Any slacking will be punished by the visitors but that works both ways and with confidence so high in the Regional camp they may well run into the welcome problem of fixtures congestion.

Two good games scheduled in the Lawson Cup



**Regional's David Cowpar on the attack through midfield during his side's win over Tramore in the FAI Cup last weekend**

sees high flying Division 1B side Newport take on Division 2A leaders Hyde Rgs and similarly Division 1B hopefuls Hill Celtic at home to Division 1A leaders Coonagh Utd.

In the Premier League Janesboro will open up a four point gap on Pike Rvs if they can take full points on their trip to Nenagh.

With the amount of goals Nenagh have been leaking of late and the scoring form of

the Janesboro front runners this suggests just one outcome.

Aisling will be glad to get back to the hum drum of League action after five consecutive cup ties.

They welcome a brave Carew Park side who take the field week after week despite knowing what faces them.

Prospect, bitterly disappointed to have exited the Munster Junior Cup last weekend to Pearse Celtic in

Cork are at home to a Charleville side that need to start gathering points rapidly if they are to avoid the drop.

One game that could have a huge bearing on Division 1A promotion is Athlunkard Villa hosting of Mungret Reg on Sunday morning.

Tomorrow (Thursday) the Div 1A O'Halloran Cup continues with Fairview Rgs taking on Cappamore in Jackman Park at 7pm.

## JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	15	13	1	1	40
Pike Rovers	15	12	3	0	39
Ballynanty Rovers	14	11	1	2	34
Regional Utd	13	9	2	2	29
Fairview Rgs	14	7	5	2	26
Aisling Annacotty	13	6	2	5	20
Geraldines	14	5	2	7	17
Nenagh AFC	14	4	0	10	12
Prospect Priory	14	2	5	7	11
Kilmallock	13	3	0	10	9
Charleville	16	2	1	13	4*
Carew Park	15	0	0	15	-3*

DIVISION 1A	P	W	D	L	Pts
Coonagh Utd	15	9	5	1	32
Moyross	15	10	1	4	31
Mungret Reg	14	9	3	2	30
Fairview Rgs B	16	8	5	3	29
Athlunkard Villa	14	8	3	3	27
Murroe	15	7	2	6	23
Holycross	14	6	3	5	21
Corbally Utd	15	5	2	8	17
Cappamore	16	4	4	8	16
Aisling Ann B	16	3	5	8	14
Castle Rvs	16	2	3	11	9
Summerville Rvs	16	2	0	14	6

DIVISION 1B	P	W	D	L	Pts
Kilfrush	16	13	1	2	40
Hill Celtic	15	12	1	2	37
Newport	14	10	1	3	31
Knockainey	17	8	5	4	29
Geraldines B	16	9	2	5	29
Shelbourne	16	7	5	4	26
Southend	17	6	4	7	22
Caherdavin Celtic	15	5	1	9	16
Ballylanders	15	5	0	10	15
Granville Rgs	16	2	2	12	8
Regional Utd B	17	3	1	13	7*

DIVISION 2A	P	W	D	L	Pts
Hyde Rgs	10	10	0	0	30
Star Rvs	10	8	1	1	25
Patrickswell	9	5	1	3	16
Caledonians	10	5	0	5	15
Kennedy Park	10	3	0	7	9
Charleville	10	3	1	6	7*
Glenview Rvs	10	2	1	7	7
Corbally Utd B	11	2	2	7	5*

DIVISION 2B	P	W	D	L	Pts
Pallagreen	12	8	4	0	28
Mungret Reg	12	8	1	3	25
Holycross B	13	6	0	7	18
Newport	13	5	3	5	18
Athlunkard Villa B	11	5	2	4	17
Parkville	12	4	4	4	16
Aisling Annacotty C	12	4	4	4	16
Caherdavin Cel B	12	3	2	7	11
Ballynanty Rvs B	12	1	2	9	5

DIVISION 3A	P	W	D	L	Pts
Kilmallock B	13	10	2	1	32
Castle Utd	13	8	4	1	28
Wembley Rvs	13	7	4	2	25
Murroe B	13	7	2	4	23
Meanus	13	5	5	3	23
Janesboro B	13	6	1	6	19
Prospect Priory B	13	5	1	7	16
Knockainey B	13	2	3	8	9
Abbey Rvs	13	1	3	9	6
Aisling Annacotty D	13	1	1	11	4

DIVISION 3B	P	W	D	L	Pts
Herbertstown	12	9	3	0	30
Brazuca United	12	6	3	3	21
Hyde Rgs B	10	6	2	2	20
Northside	11	6	1	4	19
Weston Villa	10	6	0	4	18
Coonagh Utd B	12	5	0	7	15
Kilfrush B	11	4	2	5	14
Cappamore B	10	3	3	4	12
Dromore Celtic	10	2	1	7	7
Mungret Reg C	12	0	1	11	1

DIVISION 4	P	W	D	L	Pts
Lisnagry	11	9	1	1	28
Fairview Rgs C	11	8	1	2	25
Coonagh Utd C	10	6	1	3	19
Parkville B	11	5	3	3	18
Shelbourne B	11	5	1	5	16
Aisling E	11	3	2	6	11
Athlunkard Villa C	11	2	3	6	9
Murroe C	10	2	2	6	8
Newport	10	0	2	8	2

Hyde Rgs v Kilfrush, 2.15, T Joyce

**EDEN HAIR SALON DIV 4**  
Coonagh Utd v Lisnagry, 11.00, J Clancy, Shelbourne v Newport, 11.00, F O'Neill, Murroe v Fairview Rgs, 11.00, K McCormack

**NICK GREEN YOUTH DIV ONE**  
Aisling v Mungret Reg, 2.15, G Clancy

**NICK GREEN YOUTH DIV TWO**  
Caledonians v Regional Utd, 2.15, M Murphy, Corbally Utd v Newport, 2.15,

**UNDER 17 DIV TWO**  
Shelbourne v Aisling, 2.15, D Downing

## WEDNESDAY FEB 20

Div 1A O'Halloran Cup  
Athlunkard Villa v Coonagh Utd, 7.00, R Broe

# JUNIOR SOCCER FIXTURES

## FIXTURES

### THURSDAY FEB 14

**DIV 1A O'HALLORAN CUP**  
Fairview Rgs v Cappamore, 7.00, Jackman Park,

### SATURDAY FEB 16

**MUNSTER JUNIOR CUP 4TH ROUND**  
Grattan v Ballynanty Rvs, 2.00,

### EDEN HAIR SALON DIV 4

Aisling v Athlunkard Villa, 7.00, E Kenny

### GER RYAN YOUTH CUP

Regional Utd v Carew Park, 7.00,

### YOUTH DIV ONE

Charleville v Kilfrush, 7.00, G Clancy

### SUNDAY FEB 17

### MUNSTER JUNIOR CUP 4TH ROUND

Sporting Ennistymon v Kilmallock, 2.00, Lahinch, Pilltown v Geraldines, 2.00, Regional Utd v Newmarket Celtic, 2.15, Pike Rvs v Hibernian, 2.15, B Higgins,

### FAI YOUTH CUP

Stella Maris v Nenagh, 2.00,

### LAWSON CUP

Newport v Hyde Rgs, 11.00, G Clancy, Hill Celtic v Coonagh Utd, 11.00,

### PJ MATTHEWS PREMIER LEAGUE

Prospect v Charleville, 11.00, D Power, Nenagh v Janesboro, 11.00, R Broe, Aisling v Carew Park, 11.00, R McCann

### GALTEE FUELS DIV 1A

Holycross v Corbally Utd, 11.00, M Cuddihy, Athlunkard Villa v Mungret Reg, 11.00, N Casey

### GALTEE FUELS DIV 1B

Knockainey v Shelbourne, 11.00, M Bourke, Granville Rgs v Regional Utd, 11.00, S Rooney, Kilfrush v Caherdavin, 11.00, M Kiely

### MCGETTIGANS DIV 2A

Kennedy Park v Charleville, 11.00, M Monaghan

### MCGETTIGANS DIV 2B

Caherdavin v Parkville, 11.00, A Whelan, Newport v Pallasgreen, 2.15, M Kennedy, Athlunkard Villa v Aisling, 2.15, M Kavanagh

### STA FURNITURE DIV 3A

Castle Utd v Meanus, 11.00, A Walsh

### ALL TAN SUNBED DIV 3B

Cappamore v Weston Villa, 11.00, E Kenny,

# ON THE BALL

“Limerick to the core...”

COLM KINSELLA

## Reds take pre-season to whole new level

SO you think pre-season with your local GAA club is proving tough so far?

Lots of running in dark, windy nights, with the rain blowing sideways, out of doors, exposed to the elements and then there's the dreaded gym sessions.

Tough going, for sure. Well, thank your lucky stars that you're not part of the Queensland Reds rugby squad which has been busily preparing for the start of the Super Rugby season this weekend.

Last month Queensland Red coach Brad Thorn put members of his playing squad under the wing of the Australian Army during a three day camp at the Kokoda Barracks in Canungra.

Reds captain Samu Kerevi said: "We walked miles and miles — I don't know how many — we pushed trailers, we carried people, injured combatants that we had to carry for ages, a couple of hours for walks.

"We had to swim in the river and make a boat out of nothing, with wooden stuff.

"That time together and those team activities — there was nights where we'd think we'd sleep but we wouldn't.

"It was awesome for us, it really brings the team together knowing

how much the mind can push the body.

"You think your body can only get to a certain stage but with perseverance and the mind, pushing those limits, you can actually do more than what you think.

"So in that sense it was really awesome to find out how far we can go, how far we can push the body, how far we can mentally handle that pressure.

"That's going to really help us in games, when we know we've been through tougher situations."

The Reds finished the 2018 Super Rugby season with a 6-10 record and will be looking to improve on it significantly in 2019.

The Reds have a round one bye in the 15-team Super Rugby competition this weekend, before starting their season away to the Highlanders in Dunedin. Guess we will know more then as to just how effective that army training camp has been.

Speaking of the Queensland Reds, former Munster head coach Tony McGahan was recently appointed as the Reds Academy Head Coach in a newly created role.

McGahan is the last Munster coach to win silverware with the



Former Munster coach Tony McGahan, now of the Queensland Reds, has put his team through a very rigorous pre-season regime alongside Brad Thorn

province, a Celtic League title eight years ago.

McGahan said he was excited to focus on the next generation of talent coming through the Queensland Pathway.

"This role is a good opportunity for me to get back to the pathway - where I started my coaching career - as well as to be closer to my family," said McGahan.

"There is a steady stream of talent flowing through the Queensland pathway."

Born and raised in Queensland, McGahan's coaching career began in his home state at the helm of Rugby nurseries Nudgee College and Anglican Church Grammar School's First XV programs, as well as Queensland

Premier Rugby side Easts.

He came to Munster in 2005 as an assistant coach and was involved in two Heineken Cup wins in 2006 and 2008 before becoming Director of Rugby, during which time he oversaw two Celtic League titles in 2009 and the 2011 season, as well as a famous victory over the touring Wallabies in 2010.

McGahan joined the Wallabies as a coaching co-ordinator in 2012, before taking on the role as Melbourne Rebels head coach ahead of the 2014 season. He left the role in Melbourne at the end of the 2017 Super Rugby season, where he finished as the longest-serving and most successful coach in the club's history, to take up a position at Ballymore as the Reds Senior Assistant Coach for the 2018 season.

DONN O'SULLIVAN

## Try-fest on the cards for Munster

The Pro14 returns this weekend as the Six Nations takes a break.

Munster Rugby fans welcome their side back to Cork as they face the Southern Kings on Friday night at 7.35pm.

This game might go under the radar in terms of rugby coverage in February as a whole, but the game itself is sure to be an exciting one.

The 'South African' experiment is still in its infancy, but one thing is for sure, the quality of the two teams chosen to participate has left a lot to be desired.

The Kings have won just two games of 14, while the Cheetahs are operating at just under .500, with six wins from their 14 games.

Like them or not, the Kings have guaranteed one thing this season, high scoring games, with loads of tries.

The visitors to Cork this weekend have conceded an average of 32 points per game, while also conceding an average of 4.5 tries per game.

So, this Friday night all points to a Munster bonus point win and a chance for Munster's stars to fill their boots.

With Chris Farrell, Andrew Conway, Darren Sweetnam, JJ Hanrahan and Jack O'Donoghue all set to see game time, one feels that the Kings could be leaving Leaside with another defeat in their locker. Sadly, the locker already pretty full.

JEROME O'CONNELL

## Recreational or Social hurling and football needed for over-35s

IT'S a movement that is badly needed and I am glad to see progress with Recreational or Social GAA.

I note Cork and Kilkenny are among those making strides and hopefully GAA officials in Croke Park can offer assistance in the near future to mould a model for Recreational GAA or Social GAA.

There is 5-a-side soccer and tag rugby but nothing for GAA players who hang up their boots. Recreational GAA can fill the void and is targeted at those over-35 who are not playing any GAA.

With the amount of astro-turf facilities across the country now, there is an opening for players to continue with some physical activity incorporating a sport they probably played for 20 years.

Like everything in the world these days, there are Health and Safety

Fenway style hurling - Will it work for over 35s?



issues but where there is a will, there's a way. Kilkenny started just last week and over 40 hurlers turned up on their first night and this will no doubt multiply in the coming weeks.

In Ladies Football there is the Gaelic 4 Mothers & Others initiative.

Mentally and physically it's not ideal to play hurling or football for most of your life and one day walk away. Recreational or Social

GAA is a must in the near future and I am sure that the Gaelic Players Association have encountered feedback from inter-county players when they retire.

At that stage, they still have their club to fall back on, but for all when the club jersey is taken off for the last time, there is a big void.

Back in November we saw Super 11s for the Fenway Classic in Boston and that modified version of hurling could be a starting point for Recreational or Social Hurling.



Action from Leinster versus the Kings in November

**COLM KINSELLA**

# The 'Canes' can end Crusaders three-in-a-row 'Super' bid

THE eagerly-awaited 2019 Super Rugby tournament kicks off this Friday 15 February.

There are 18 regular rounds of Super Rugby this season with the knock-out stages beginning on the weekend of June 22.

The Crusaders, who include Ronan O'Gara in their backroom

team, have a massive target on their back in 2019 as they seek a three-in-a-row of Investec Super Rugby titles.

The Crusaders open their campaign away from home against the Blues at Eden Park this Saturday, February 16.

With 16 wins in the 23 year history of the competition, it is

unsurprising that the top three places in the betting are all filled by New Zealand sides.

Defending champions, the Crusaders, head the betting at 5/2 with the Hurricanes available at 7/2 and the Highlanders next best at 6/1.

South African side, the Lions, are also available at 6/1.

The Hurricanes have a new coaching staff with the experienced John Plumtree joined by former All Blacks star Carlos Spencer.

Guided by All-Blacks TJ Perenara and Beauden Barrett in their backline, expect the Canes to mount a strong challenge for the title.



**Beauden Barrett will lead the Hurricanes this season**



**Sunday**



**Brian Cody will welcome Limerick to Nowlan Park**

**Wednesday**

**TENNIS**

QATAR OPEN  
BT SPORT 12.30PM

**SOCCER**

SHEFF UTD V MIDDLESBORO  
SKY SPORTS 7.45PM

**SOCCER**

BRENTFORD V ASTON VILLA  
SKY SPORTS 7.45PM

**SOCCER**

AJAX V REAL MADRID  
BT SPORTS 8PM

**SOCCER**

SPURS V DORTMUND  
BT SPORT 8PM

**Thursday**

**SOCCER**

BATE BORISOV V ARSENAL  
BT SPORT 5.55PM

**DARTS**

PREMIER LEAGUE DARTS  
SKY SPORTS 7PM

**GOLF**

GENESIS OPEN  
SKY SPORTS 7PM

**SOCCER**

MALMO V CHELSEA  
BT SPORT 8PM

**SOCCER**

CELTIC V VALENCIA  
BT SPORT 8PM

**Friday**

**RUGBY UNION**

CHIEFS V HIGHLANDERS  
SKY SPORTS 6.35AM

**CRICKET**

S AFRICA V SRI LANKA  
SKY SPORTS 8AM

**RUGBY UNION**

BRUMBIES V REBELS  
SKY SPORTS 8.45AM

**TENNIS**

ABN AMRO OPEN  
AMAZON PRIME 11.45AM

**SNOOKER**

WELSH OPEN  
EUROSPORT 11.45AM

**TENNIS**

QATAR OPEN  
BT SPORT 1.30PM

**RUGBY UNION**

PONTYPRIDD V SWANSEA  
BBC 3 WALES 7PM

**GOLF**

GENESIS OPEN  
SKY SPORTS 7PM

**RUGBY UNION**

OSPREYS V ULSTER  
EIR SPORT 7.35PM

**RUGBY UNION**

MUNSTER V KINGS  
EIR SPORT 7.35PM

**SOCCER**

QPR V WATFORD  
BT SPORT 7.45PM

**RUGBY UNION**

GLOUCESTER V EXETER  
BT SPORT 7.45PM

**Saturday**

**RUGBY UNION**

BLUES V CRUSADERS  
SKY SPORTS 6.35AM

**RUGBY UNION**

WARATAHS V HURRICANES  
SKY SPORTS 8.45AM

**TENNIS**

ABN AMRO OPEN  
SKY SPORTS 10AM

**RUGBY UNION**

SUNWOLVES V SHARKS  
SKY SPORTS 10.55AM

**SOCCER**

SOUTHEND V PORTSMOUTH  
SKY SPORTS 12.30PM

**SOCCER**

BRIGHTON V DERBY  
BT SPORT 12.30PM

**GAELIC FOOTBALL**

COROFIN V GAOTH DOBHAIR  
TG4 1.30PM

**TENNIS**

QATAR OPEN  
BT SPORT 3PM

**GAELIC FOOTBALL**

MULLINAGHTA V D. CROKES  
TG4 2.30PM

**SOCCER**

NEWPORT V MAN CITY  
BT SPORT 5.30PM

**RUGBY UNION**

CONNACHT V CHEETAHS  
EIR SPORT 5.30PM

**GOLF**

GENESIS OPEN  
SKY SPORTS 6PM

**HURLING**

CORK V CLARE  
EIR SPORT/RTE 7.15PM

**RUGBY UNION**

CARDIFF V GLASGOW  
EIR SPORT 7.35PM

**Brendan Rodgers takes his Celtic side to face Valencia**



**Back to the day job: Ronan O'Gara's Crusaders begin their Super Rugby campaign this weekend**



**GOLF**

ISPS SUPER 6 PERTH  
SKY SPORTS 4AM

**CRICKET**

S AFRICA V SRI LANKA  
SKY SPORTS 8AM

**SOCCER**

MOTHERWELL V HEARTS  
BT SPORTS 12.15PM

**SNOOKER**

WELSH OPEN  
BBC2 12.45PM

**SOCCER**

BRISTOL CITY V WOLVES  
BT SPORT 1PM

**SOCCER**

BLACKBURN V MIDDLESBORO  
SKY SPORTS 1PM

**HURLING**

KILKENNY V LIMERICK  
TG4 2PM - LIVE

**HURLING**

WEXFORD V TIPPERARY  
TG4 2PM - DEFERRED

**HURLING**

GALWAY V DUBLIN  
TG4 2PM - DEFERRED

**SOCCER**

SWANSEA V BRENTFORD  
BBC1 WALES 4PM

**SOCCER**

DONCASTER V C PALACE  
BBC1 4PM

**SOCCER**

KILMARNOCK V CELTIC  
SKY SPORTS 4PM

**GOLF**

GENESIS OPEN  
SKY SPORTS 6PM

**REA****O'CONNOR  
MURPHY****MUNSTER & CONNACHT**

Auction Date: Wednesday, 27th February 2019

**Venue:** The Strand Hotel, Limerick  
**Auction Time:** 11.00am

To Include Properties in Limerick, Cork,  
 Clare, Waterford, Kerry, Tipperary, Donegal

**A Selection from our Properties..... Full Listing Available at...www.reaocm.ie**

**37 Glenbrook,  
 Old Singland Road, Limerick**



Appealing 3 bed semi detached residence

Agent: **REA O'Connor Murphy** 061 279300

AMV €157,000

**BER D1**

**Apt. 9 Glendara, Kilteragh,  
 Dooradoyle, Limerick**



Spacious 2 bed first floor apartment

Agent: **REA O'Connor Murphy** 061 279300

AMV €132,000

**BER C1**

**Apt. 1 St. Luas,  
 Iona Drive, NCR, Limerick**



Attractive 1 bed ground floor apartment

Agent: **REA O'Connor Murphy** 061 279300

AMV €255,000

**BER B3**

**Apt. 17 Clonmacken Court,  
 Ennis Rd, Limerick**



Well located ground floor 2 bed apartment

Agent: **REA O'Connor Murphy** 061 279300

AMV €127,000

**BER C2**

**7a & 7b Salmon Weir,  
 Annacotty, Limerick**



2 story commercial premises currently utilised  
 as a sports physio clinic (tenants not affected)

Agent: **REA O'Connor Murphy** 061 279300

AMV €185,000

**BER G**

**Rathreadh, Ardagh  
 Newcastlewest, Co Limerick**



Rustic stone cottage residence adjacent  
 to Newcastlewest Golf Club

Agent: **REA O'Connor Murphy** 061 279300

AMV €37,000

**BER EXEMPT**

**2 Ross Fearnna,  
 Murroe, Co Limerick**



Semi detached 3 bed residence  
 (Tenants not affected)

Agent: **REA O'Connor Murphy** 061 279300

AMV €86,000

**BER C2**

**43 Wolfe Tone Street,  
 Limerick**



Mid terrace two storey 3 bed house  
 ideal investment property

Agent: **REA O'Connor Murphy** 061 279300

AMV €105,000

**BER D1**

**Tulligmore,  
 Dripsey, Co Cork**



3 bed extended cottage,  
 circa 0.22Ha (0.54 acre) site

Agent: **REA O'Connor Murphy** (Cork) 021 2428938

AMV €60,000

**BER F**

**8/9 Atlantic House,  
 Cobh, Co Cork**



Mixed used development comprising office  
 & residential accommodation (tenants not affected)

Agent: **REA O'Connor Murphy** (Cork) 021 2428938

AMV €239,000 VAT TOB Provisions apply

**BER E1**

**9 The Fairways,  
 Castlerock, Midleton, Cork**



Substantial 4 bed detached residence  
 (Tenants not affected)

Agent: **REA O'Connor Murphy** (Cork) 021 2428938

AMV €310,000

**BER C1**

**6 Roseneath Villas,  
 Military Rd, Cork**



Unique 1800's mid terraced  
 5 bed three storey Victorian residence

Agent: **REA O'Connor Murphy** (Cork) 021 2428938

AMV €304,000

**BER E2**

**15 Clonlara Village,  
 Clonlara, Co Clare**



Detached 4 bed bungalow set on a corner site  
 (Tenants not affected)

Agent: **REA O'Connor Murphy** 061 279300

AMV €145,000

**BER D1**

**50 St Patricks Tce.,  
 Kilrush, Clare**



Mid terrace 2 bed townhouse on the peripherals  
 of Kilrush Town Centre

Agent: **REA Paddy Browne** 065 684 1755

AMV €30,000

**BER F**

**Unit 8 Ballycasey Park,  
 Shannon, Co Clare**



Ground floor retail unit. Present rent is €6,600 p/a  
 (Tenants not affected)

Agent: **REA O'Connor Murphy** 061 279300

AMV €75,000

**BER D1**

**Apt. 1 Iveragh Block,  
 The Quays, Caherciveen, Kerry**



Ground floor 2 bed apartment  
 town centre location

Agent: **REA REA Coyne & Culloty** 064 66 31274

AMV €33,000

**BER D1**

**REA**  
O'CONNOR  
MURPHY

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